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Write a bio for your future self â€“ the person youâ€™re becoming â€“ in the present tense. The best advice youâ€™ve ever received? What are 3 things you are currently â€“ and consistently â€“ doing that donâ€™t serve or support you?

for self-love, self-discovery + a spot of self-coaching

â€œThe Journey of Self-Discovery,â€• talks, conversations and interviews with His Divine Grace A.C. Bhaktivedanta Swami Prabhupada. COPYRIGHT NOTICE: This is an evaluation copy of the printed version of this

The Journey of Self-Discovery,â€• talks, conversations and

2 â€œJournals become an ongoing conversation with our souls. They help us become aware of the incessant chatter of the ego and allow us to integrate the fragments of

Journaling for Self-Discovery - Excoveries

15 new journaling ideas to add more fun to your process of self-discovery!

15 Journaling Ideas for Self-Discovery, Healing and Fun

I often include different journal prompts on Weightless because I think it's key to continually maintain a dialogue with ourselves. It's part of building a

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