

Prompt Questions for “The Ring of Confidence.”

*****To answer these questions you first need to complete the “Healing the Younger You and Finding your “I am”” visualisation. Your thoughts go inside the Circle before you add the other layers – watch the videos to see where I use the watercolour pencils.**

During the visualisation “Healing Your Younger You” you discovered your “I am....” belief. For example:

I am loved

I am safe

I am supported

I am strong

I am free

I belong

I am wanted

I am whole

I am beautiful

I am complete

Inside the Circle think about the following questions.....choose to answer whatever resonates for you:

“As you look forward now, how will knowing you have this transformed energy, this gift within you (your “I am.....” brought from the past through to the present) change how you see the future?

What was the symbol, image, colour or sound that symbolised your “I am...” gift?

How does the presence of this belief give you a new perception or feeling about yourself?

What could you do now with this energy?

Where is this new belief located in your body? How does it feel?

Imagine taking this “I am...” into the world, how will you be different in the world?

Fill the Circle with your thoughts, using lots of different colour watercolour pencils. Or use coloured pencils, the energy is there on the page just the same. (To see where and when to do this, watch the videos.)