



THE DARE TO ASK JOURNEY

Your Personal Journey to a Life of Joy

An easy step-by-step process to help you (re) connect with your Whole Being: **Mind, Body and Soul.**

YOUR STEPS	YOUR CONSCIOUS OUTCOMES	YOUR WAY OF BEING TO QUESTION AND UNDERSTAND	YOUR DARE TO ASK TOPICS
1	<p>How to SEE Yourself</p> <p>“Release from your Unhealthy Ego”</p>	Your BELIEFS	Change
			Suffering
			Forgiveness
2	<p>How to ACCEPT Yourself</p> <p>“Silencing your Inner Critic”</p>	Your THOUGHTS	Pain
			Acceptance
			Truth
3	<p>How to LOVE Yourself</p> <p>“Stepping out from the fear of your Shadow”</p>	Your BEHAVIORS	True Will
			Intrinsic Value
4	<p>How to CONNECT with ALL others</p> <p>“Connection with your Higher Power to live a life of joy in the present moment”</p>	Your SPOKEN WORDS	Self Love
			Life's Purpose

