Exploring ‘3 steps home’

On a scale of 1 to 10, with 1 being not at all and 10 being completely, how would you rate the truthfulness of the following statements for you right now?

Please be honest with yourself. Avoid answering how you would like things to be. This is where your journey home begins. Finding where you are now.

Take a deep breath and answer, knowing you are always loved.

Statement	**Scale of 1-10**	**Reflections**
Connecting with myself		
I feel at home in myself		
I notice the stories I tell myself, and can change the tale if I want to		
I am open to the spark of different possibilities		
Total score out of 30		
Reflections:		
Connecting with my inner child		
I am safe		
I make sense		
I am valuable		
Total score out of 30		
Reflections:		

Connecting with the universe		
I can find the next right step for me		
I know what can help when things fall apart		
I can dream when I feel held and supported		
I see the magic in life when I see my part in the bigger picture		
Total score out of 40		
Reflections:		

Once you have connected with yourself, your inner experiences and the universe, you are then in a better position to connect with your child/ren.

Connecting with my child or children		
I show interest in my child/ren's ideas		
I understand what me child/ren needs to feel held		
I give my child/ren the space they need		
Total score out of 30		
Reflections:		

Total score out of 100:
What you have noticed about exploring these statements:
Questions you now have:
Having answered these questions, what is the next step you will take in the next 24 hours?
Having answered these questions, what is the next step you will take in the next 7 days?

Thank you for taking the time to explore these statements. I would love to hear what you have discovered.

Feel free to post in the Starseed Parenting Facebook group with your reflections and see what other people have found: https://www.facebook.com/groups/starseedparenting or email: charlie@starseedparenting.org

Warmest wishes to you as you explore xxx