

# **The Compass: Awakening to the Journey from You to Yourself**

**With Arnina Kashtan**

## **Connection Questionnaire**

1. Is there an area in my life on which I'd like to focus during this journey? (Relationship with myself, with my intimate partner, with my parents, my children, friends, in social circumstances, at work, other).
2. How do I feel in relation to the area I've chosen? (challenges, difficulties, feelings, thoughts)?
3. Out of the following words, which is the one I would most like to experience in my life - full Self Expression (Presence) / Inner Peace / Joy / Choice / Other?
4. What does it mean for me to live in this way of being? Where and how do I experience it in my life?
5. What prevents me from living this way of being as much as I would have liked?
6. What seems like THE thing, which if it changed, I would experience this way of being more?
7. What have I done till today to change this situation? What has worked? What has helped me?
8. What has NOT worked? And why? What did I tell myself when it didn't?
9. Which of these 3 keys do I need in order to create the transformation which I yearn to in my life = Courage / Listening / Choice?
10. Other Thoughts...?