

Awareness Practice: Activating and Empowering Your Inner Wise Self

Now it's your turn. Use a pen, pencil, or keyboard to create your own Love Note or to ask something of your Inner Wise Self (IWS). You don't need to know "how." Just begin anywhere.

Here are some ways you can expand your practice with your Inner Wise Self:

- ☆ Read your Love Note to yourself after you've written it.
- ★ Read it out loud.
- 🌀 Read or send it to a friend.
- ★ Say out loud to yourself in any situation something like, "Inner Wise Self, what do I do with this one?"
- ★ Here are some questions to ask your IWS:
 - ★ What do I want to receive from a Succulent Wild relationship?
 - 🌀 What is the best path for me regarding intimate relationships in my life?
 - 🌀 What will I appreciate knowing about myself and relationships?
- 🌀 Here are some possible blanks to fill in with the help of your Inner Wise Self:
 - ☆ How do I talk with _____ about _____?
 - ★ In my relationship with _____, what is a good path for me to take?
 - 🌀 I want love to be _____.
 - 🌀 I don't want love to be _____.
 - ★ My favorite parts of relationships are _____,
_____, _____.
 - ★ In love relationships, I'm completely puzzled by _____,
_____, _____.
 - 🌀 I'd like to experience more love in the following ways: _____,
_____, _____.

Your Inner Wise Self has surprises for you. Go here to explore more:

SucculentWildLove.com/IWS