



## THE 5 HEALING QUESTIONS

1. What do you MOST want to heal which is deep down inside you and are you READY to heal it?
2. Are you willing to do WHATEVER it takes to heal this, including complete lifestyle changes and changes in your belief system?
3. What are you covering up that you do not want to see or let others see?
4. How do you cover it up – what are your coping mechanisms?
5. What would your life look like if this were already healed within you?

**BE HONEST**

