



## BUILD YOUR COUNCIL

*Our inner council is working on our behalf to strengthen us for comprehension. Each of us has a mental panel made up of supporters and fearmongers, wounds and memories, a witch brewing healing or a warrior ready to raise the sword. We are under many influences, causing us to feel uplifted or beaten down. Think about your inner team—all of the archetypes you're made up of. Think about the internal repairs you must make to keep going.*

Do I have any reservations about acknowledging my inner voices? (It's okay that we “hear” our inner promptings)

What names do I call the members of my inner council by?

How can I understand what influences my life by listening to them?

Do I have fears around how I am guided?

When I'm at my strongest, who am I listening to?

What member of my panel always guides me to the right move?

What am I still carrying that can be lightened by my council?

Who helps me get to where I'm going most efficiently?

Which of my inner voices am I most likely to trust?

How did these “sub-personalities” come to be?

Which member of my council would I like to connect with more?

Which members encourage and uplift me?

What do I look for outside of myself that I can look for inwardly?

For what do I need to ask for outside help?

How does diving deeper into my reserves help me show up in service to others?

If you want a good cool drinka water  
You gotta dig a little deeper in the well