

The Vertical Arrow Technique

What is the strength or beauty that is awaiting to you?

1. _____

If that were true, why would it be awaiting to you? What would it mean to you?

2. _____

If that were true, why would it be awaiting to you? What would it mean to you?

3. _____

If that were true, why would it be awaiting to you? What would it mean to you?

4. _____

If that were true, why would it be awaiting to you? What would it mean to you?

5. _____

If that were true, why would it be awaiting to you? What would it mean to you?

6. _____

What patterns do you see in your thoughts and beliefs?

1. _____

2. _____

3. _____