

Reflection

WEEK 1

TH. Use the journal prompts in today's newsletter to reflect on past manifestations.

F. Get clear on what you want with Unblocked No: [Looking at Self](#).

WEEK 2

M. Review what's no longer serving you with Unblocked No: [Inventory](#).

T. Using your journal entry from Friday, find one activity to commit to today that feels aligned with your future self.

W. Further your sense of clarity with Unblocked No: [Essence](#).

T. Review your 'Block' list. Take time to add any additional items that have come up over the last few days.

F. Repeat the heart opening exercise from Wednesday.

WEEK 3

M. Identify where you are settling with Unblocked No: [Blocks](#).

T. Use the heart opening exercise from Unblocked No: [Essence](#) and reread your journal entry from yesterday.

W. Understand the energetics of 'No' with Unblocked No: [Act](#).

T. Identify one area where you are settling, undervalued, or mistreated. Journal to identify how you can shift this energy.

F. Review any modules that need reinforcing.

WEEK 4

Use this week to fully integrate any triggers that came up for you with the [Subconscious Reintegration DRE](#). Repeat daily for maximum results.