

HOW TO HIGH FIVE YOUR INNER DAIMON

THE WORKSHEET

1

2

THINK OF YESTERDAY

THINK OF A CHOICE POINT YOU CAME ACROSS YESTERDAY - DID YOU ACT WITH ARETÉ?

IS THERE A SITUATION TODAY, WHERE YOU WILL ACT WITH ARETÉ? WHAT DOES IT LOOK LIKE?



IF NOT, HOW WOULD A REACTION WITH ARETÉ HAVE LOOKED LIKE?

THINK OF TODAY...