

look at & attend to

- how we encourage others vs how we speak to ourselves
- as we go about dreaming & creating our future self & who we're growing into becoming, what is it we would've wished for our younger selves before we knew any of what was going to come along?
 - > before we were changed by any of those experiences, before we were shaped and conditioned.

**WHEN WE WERE JUST OURSELVES
WHAT IS THE MESSAGE WE WOULD'VE HAD FOR
OURSELVES?**

SAY THEM TO YOUR 5 YEAR OLD SELF...