

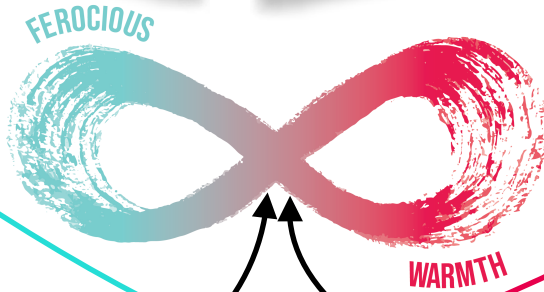


MY HEAD STRENGTHS



MY HEART STRENGTHS

1. Through self-awareness, identify where a strength has turned to a shadow
2. Draw on strength from the opposite side
3. Recalibrate back to centre



MY HEAD SHADOWS

MY HEART SHADOWS



When a shadow is playing, which opposite strength could I pull from to regain balance?

