'NOW' COFFEE Questions (Optional)

**Take 3 deep breaths, relax and focus inward.**

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| **Date** | **What present challenge am I working on?** | **What is positive, essence or ideal of what I want?** | **What pain, conditioning or fear needs healing?** |
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| **Date** | **What does my Heart /Soul/Intuition say?** | **How can this serve my goals, purpose or truth?** | **What action serves highest good of all concerned?** |
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| **Date** | **For what am I grateful and appreciative of?** | **Breath into any resistance or attachment and let it go.** | **Affirm: I am whole, ready, willing and able to proceed.** |
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