



Art of “Fanning Your Fire”



Self-Study, a form of knowing yourself, is a life-long practice that is about learning and understanding our habits & actions, emotions & reactions, as well as gifts & flaws.

When life gets the best of us and we feel tired, foggy or in need to connect with who we really are - these practices can serve as the light you need to

R.E.C.H.A.R.G.E & R.E.S.E.T

“I wish I could show you when you are lonely or in darkness, the astonishing light of your own being.” – Hafiz

YOUR
TRUTH



1

do one thing that helps you
connect to...

_____ yourself

“The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can - Neil Gaiman”





YOUR LIGHT

2

**Think back to the
last time you felt
connected to...**

the feeling of flow

“ Do not allow others to diminish your light due to their own fears and insecurities. Instead, let your light shine so brightly, that you illuminate a pathway for others to find their way out of the darkness!” – Dr. Stacey A. Maxwell”





YOUR CONNECTIONS

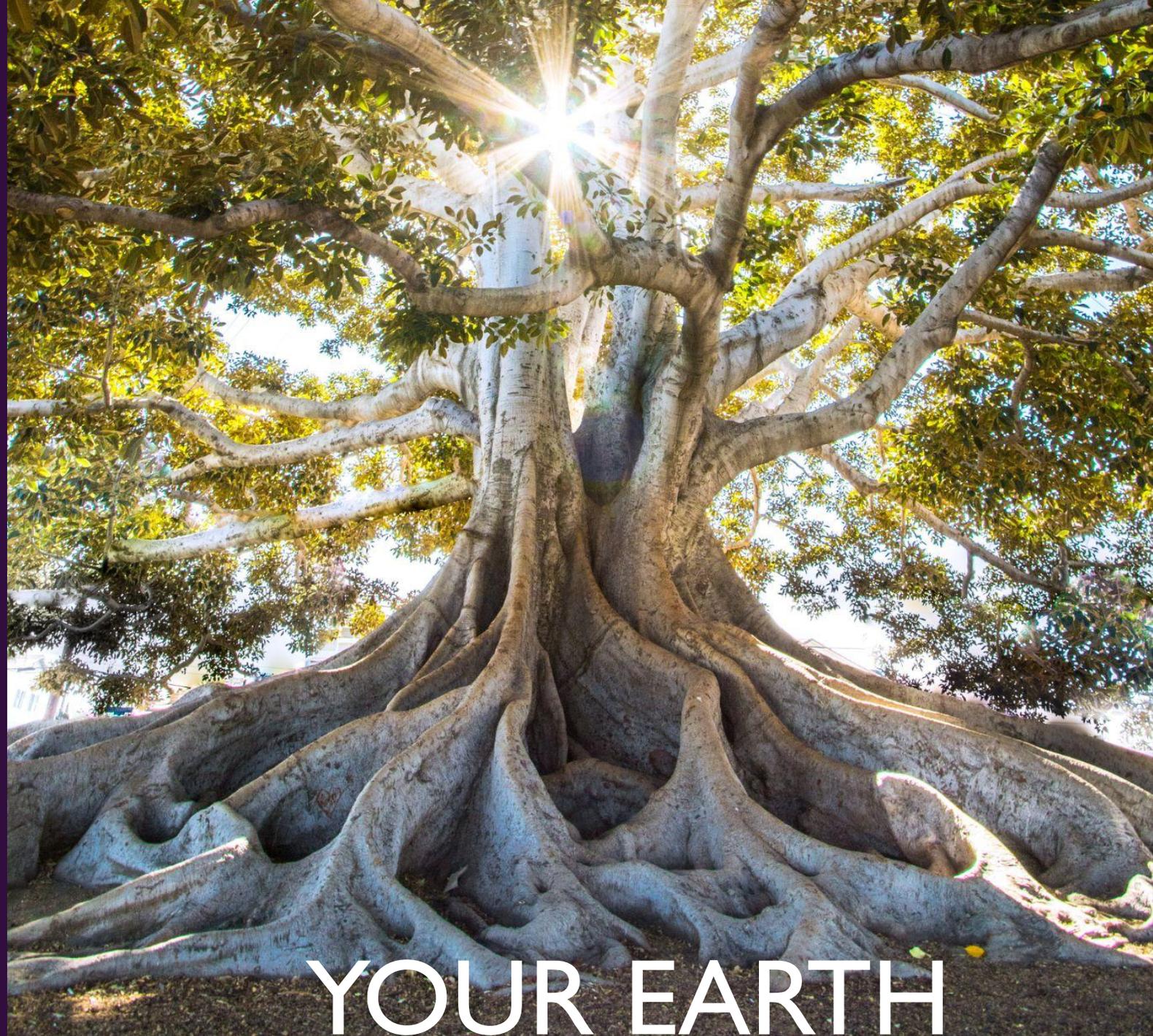
3

**Reach out to one person
that makes you feel
connected...**

authentically

If we wait until we're ready, we'll be waiting
for the rest of our lives. -- Lemony Snicket





YOUR EARTH

4

**Find 15 minutes in the day
and stay silently connected
to...**

nature

“Allow nature’s peace to flow into you as
sunshine flows into trees.” – John Muir





5

Take your favourite book and paper and contemplate...

What am I doing when my heart is filled with joy?

“Your work is to discover who you are and then with all your heart give your light to the world.” – Jennifer Williamson

YOUR GIFT





In essence, the practice of self-awareness is about reflecting on our wholeness in an effort to live a life that is in alignment with your desired universe.

We hope this helped you unplug, connect to your light and ignited that fire that shines ever so bright within you.

“Your only obligation in any lifetime is to be true to yourself.” – Richard Bach

