



THE RITUALS

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THEATER OF  
**SELF-DISCOVERY**

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# THEATER OF SELF-DISCOVERY

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*Do you ever feel yourself getting frustrated or feeling judgmental toward someone you love without a clear reason?*

*Do you have a big life change or major step on the horizon that you feel unresolved about?*

*Are you hoping to gain insight into a situation that's been weighing on you?*

We all experience these feelings from time to time. Our inner landscape is far more complex than we generally realize or acknowledge. This is a good thing—it means there's always more to learn, more to be curious about, more to grow. But we can only change or be free of things if we have awareness of them.

This ritual will help you observe your behavior and recognize the patterns driving your life. By taking a closer look at how you show up in relationships, your work, and the world, you will gain new perspectives and a fresh awareness that will allow you to heal and face anything life throws at you.

## LET'S BEGIN

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Sit in a quiet, undisturbed space with a notebook and a pen.

Imagine you are sitting in a theater, watching scenes from your present life playing out on the screen. As you observe your life, jot down your responses to the following questions:

1. What area of your present life are you most happy with?

2. What area of your present life are you least happy with?

3. How do you perceive yourself looking and feeling?

4. Who is there with you?

5. What positive emotions come up most often?

6. What situations are playing out that trigger those positive emotions?

7. What negative emotions and disempowering thoughts come up most often?

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8. What situations are playing out that trigger each of those negative emotions and disempowering thoughts?

9. What do you say and do when experiencing each of the negative emotions and disempowering thoughts?

10. What leaps are you taking?

11. What are you most ashamed of?

12. What do you most desire?

13. What do you most fear?

14. What are you hiding from people?

15. What contribution are you making and how are you making that contribution?

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16. What would you change about what you see playing out on the screen? What do you most need or desire that you don't currently have?

17. Anything else you are observing that feels important to note?

With this expanded awareness comes expanded choices that are available to you in your life. Can you see old patterns you'd like to break free of? Do you observe situations you've outgrown and would like to transform? Are you ready to create the life you want your future self to have?

In my REVEAL program, you step into the role of director of the scenes you've observed playing out in the Theater of Self Discovery. Stay tuned for more information about the program coming your way soon.

*Natalie xo*

