



Living your dharma

a self-reflection workbook



HALE PULE
AYURVEDA & YOGA

Living Your Dharma Workbook: Self-reflection

Self-reflection exercises are useful techniques to identify blockages and find clarity. Use these prompts to guide you through what's holding you back and how to move forward.

1. What qualities do I want in my life?

2. What are three ways I can be of service?

3. Who do I want to serve and support?

4. What do I need to let go of to allow myself to take the next step?

5. What's the next right thing to do?

