

Day 2 Handout:

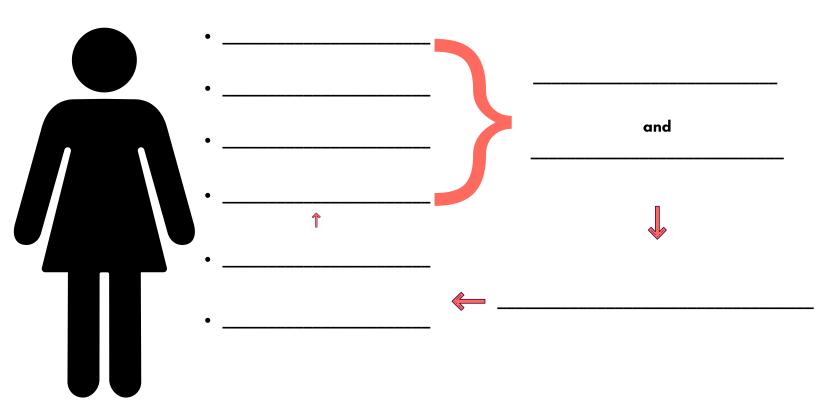
Get Out Of Your Head And Into Your Body

When it comes to our bodies, we are	_ but we are
hardly ever!	
When we get disconnected from our bodies, we get stuck	·
The disconnected mind is also where all of the,,	and
lives and this creates an internal	
and which will	
Which of the 6 "diseases of disembodiment" do relate to?	
Nataa	
Notes:	
Biggest Takeaway:	
Day 2 Action Steps: (See the Day 2 ACTION STEPS "sticker" in the FB Group for d	irections)
Completing all 3 of your Day 2 action steps will enter you to win \$6000 worth of co	aching with Deb.
Completed? Yes No	

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6 "Diseases of Disembodiment" Diagram



In order to break this cycle and get on my path of freedom, I need to ______