



Activity No. 2

January 27, 2025

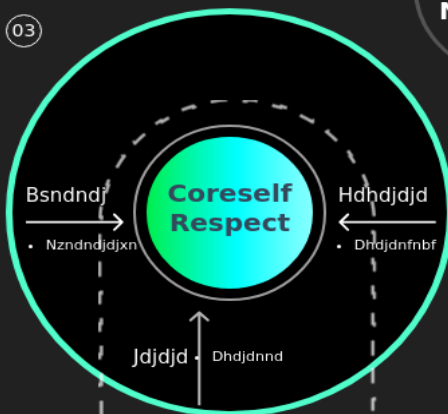
Internal
Observer/
Navigator

Coreself Mapping™



Value and
Practices

03



04 Thoughts and Plans

- Bdndndjdjxbxbcbcbcbf

05 Situation

- Nxndndjdjhfhfhfb

06 Strength

(resources available to you that you count & call on)

- Jxdjdjdnfnfnbnfnf

07 Struggles

(good faith efforts that have not paid off yet)

- Bxbndndjdjfb

08 Strategies | Real Questions

- Sjjsjdjdjdjdj

Emotional
Energy and
Sensations

02

