
Module 4.

Journaling question

Spend time thinking about these areas

What things in your life drain you & energise you in these 5 key areas?

What one thing could you change?

- Body
- Mind
- Soul
- Purpose
- Connection

Don't forget to let me know your reflections

Leave a comment below.

or email me: ed@mensmindgp.com



Dr Ed Rainbow
mensmindgp.com

