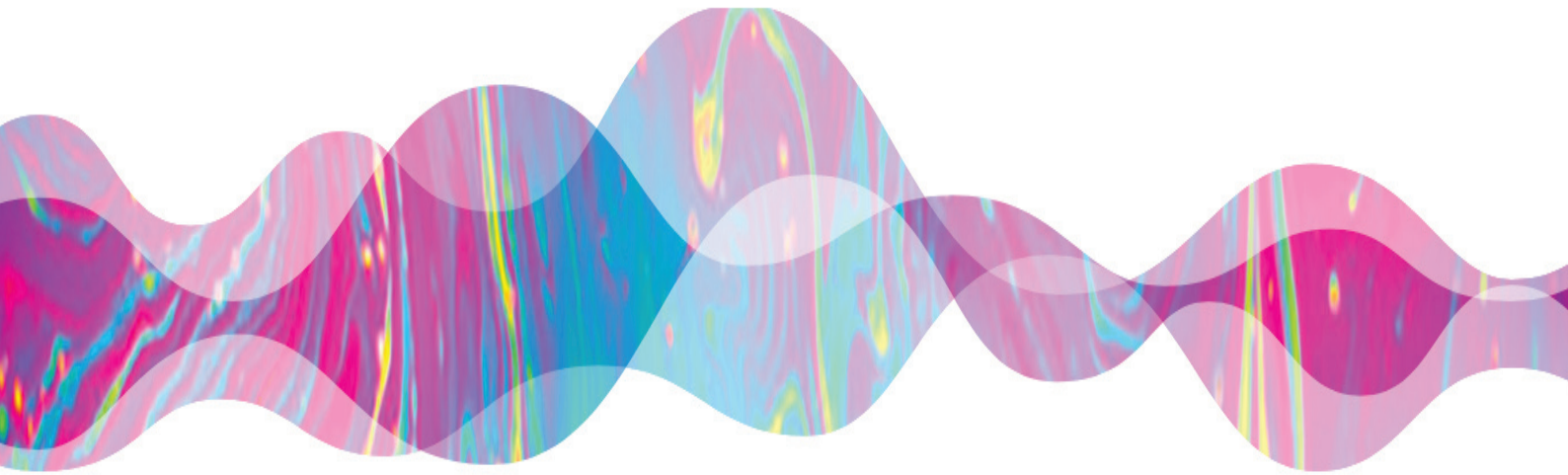


# Back to Basics

## Chapter 2



Trish Stewart  
INTUITIVE CONVERSATIONS

## Finding Your Magic

# Back to Basics

Look at your past, what you wanted back then and what you want now. Often what we want at the beginning we want at the end. To have magic, love and understanding. A sense of purpose and belonging. Without these ingredients in our life we can feel empty, bleak and alone. We can feel as if we are continuously being shut out of life and always having to battle for confirmation of our existence.

This mainly happens because we have been someone else and not our true self. We find ourselves living in the shadows of others.

## Write down your thoughts and ideas from your past.

What were your dreams?

---

---

---

---

---

---

---

---

How much did you accomplish?

---

---

---

---

---

---

---

---

What was your driving force that pushed you to accomplish what you did?

---

---

---

---

---

---

---

---

## **Affirmation:**

Write this affirmation on a card and keep it with you or print it off and place it on the wall. Have it positioned so that you see it everyday and live into it. This helps you to step into your true self.



*“ I now  
step out of  
the shadows  
others have  
cast for me ”*