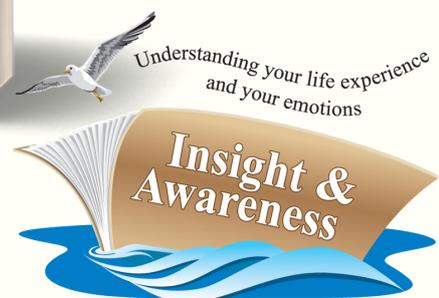
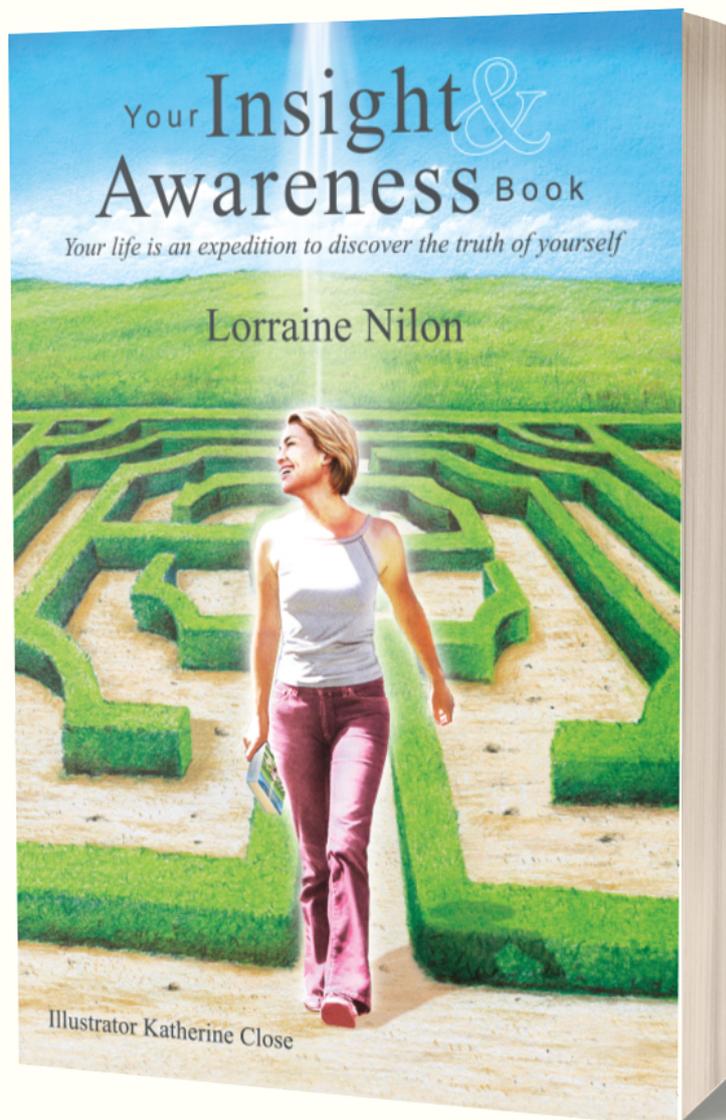
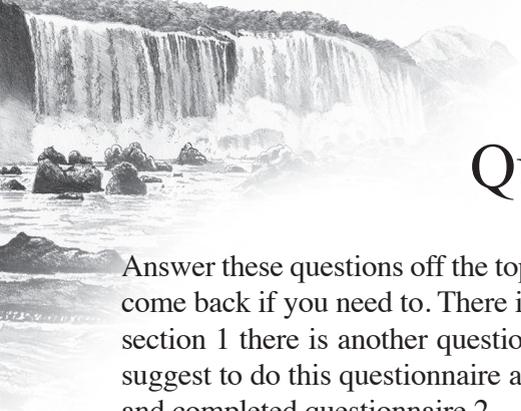


Free Worksheets for Your Insight & Awareness Book

*YOUR LIFE IS AN EXPEDITION TO
DISCOVER THE TRUTH OF YOURSELF*

LORRAINE NILON
INSIGHT & AWARENESS





Questionnaire 1

Answer these questions off the top of your head. Do not dwell on questions, just move on and come back if you need to. There is no right or wrong answer, just how you feel. At the end of section 1 there is another questionnaire and you will be able to compare your answers, so I suggest to do this questionnaire and to not look at it again until after you have read section 1 and completed questionnaire 2.

***Please note:** I recommend you use a separate journal in which to write your answers to the questionnaires, so you can use this questionnaire numerous times without being influenced by what you have written before.*

1. List three emotions that sum up how you feel about yourself.

2. List three emotions that sum up how you feel about your life.

3. What do you know and understand about the cause of these emotions?

4. How do you define yourself as an individual?

5. What inhibits you from being honest with yourself about your emotions?

6. Name three people who have influenced the way you feel about yourself (Negative or Positive).

7. What do you know about your desire for control?

8. Are you living the life you want or envisage for yourself?

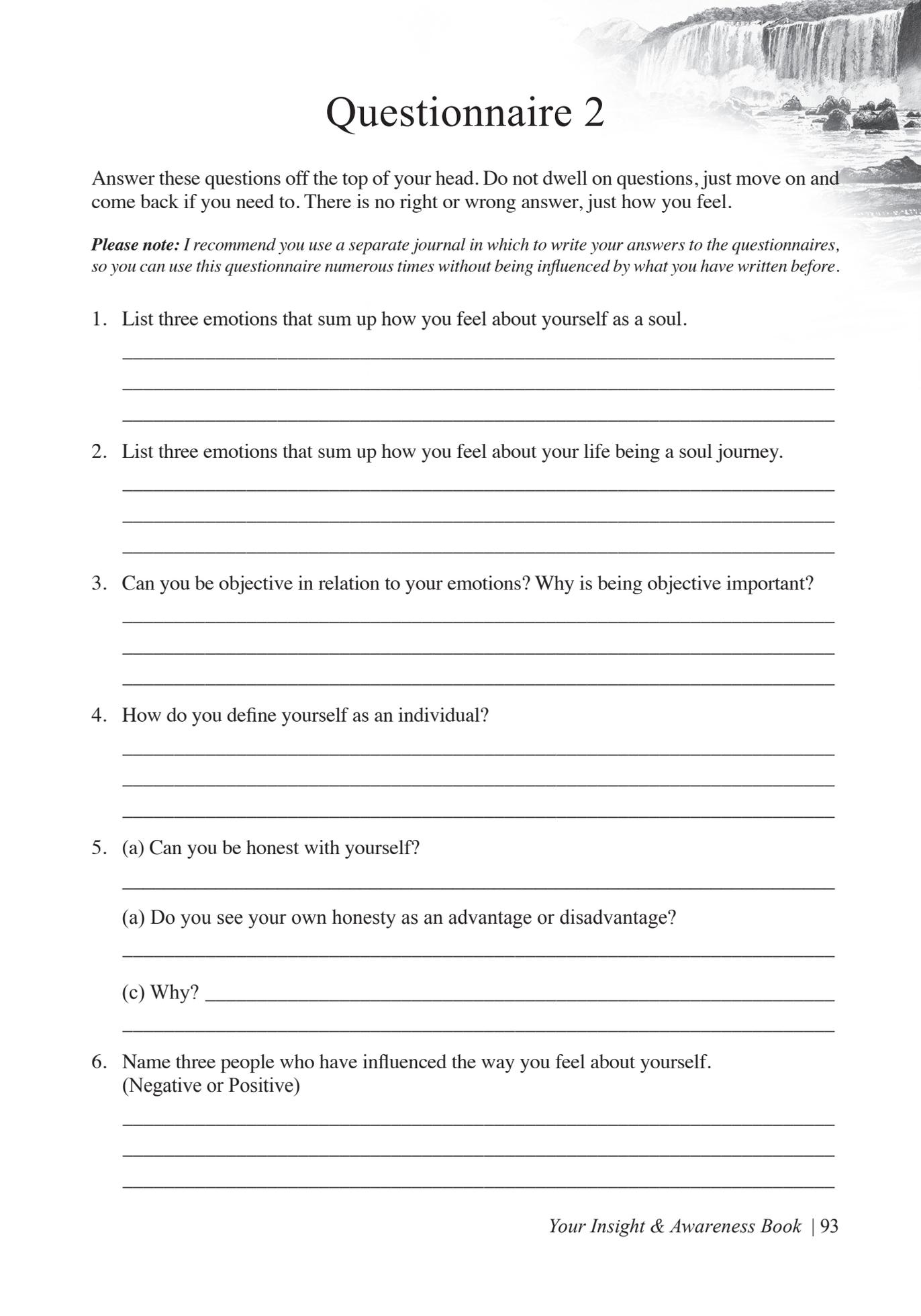
9. What would you like to change?

Choose one word from the negative beliefs list on page 65 and insert the word into question 10. Trust yourself to choose whatever word stands out to you, or if you feel yourself attempting to avoid a word, that would be your word.

10. What does _____ mean to you?

Choose one word from the soul oppressive addictions list on page 78 and insert the word into question 11. Trust yourself to choose whatever word stands out to you, or if you feel yourself attempting to avoid a word, that would be your word.

11. What does _____ mean to you?

A faint, artistic illustration of a waterfall cascading over rocks into a pool of water, serving as a background for the top half of the page.

Questionnaire 2

Answer these questions off the top of your head. Do not dwell on questions, just move on and come back if you need to. There is no right or wrong answer, just how you feel.

Please note: I recommend you use a separate journal in which to write your answers to the questionnaires, so you can use this questionnaire numerous times without being influenced by what you have written before.

1. List three emotions that sum up how you feel about yourself as a soul.

2. List three emotions that sum up how you feel about your life being a soul journey.

3. Can you be objective in relation to your emotions? Why is being objective important?

4. How do you define yourself as an individual?

5. (a) Can you be honest with yourself?

(a) Do you see your own honesty as an advantage or disadvantage?

(c) Why? _____

6. Name three people who have influenced the way you feel about yourself.
(Negative or Positive)

7. How do you feel about your desire for control?

8. Who has the choice to create the life you want or have envisioned for yourself?

9. What choices would you like to change?

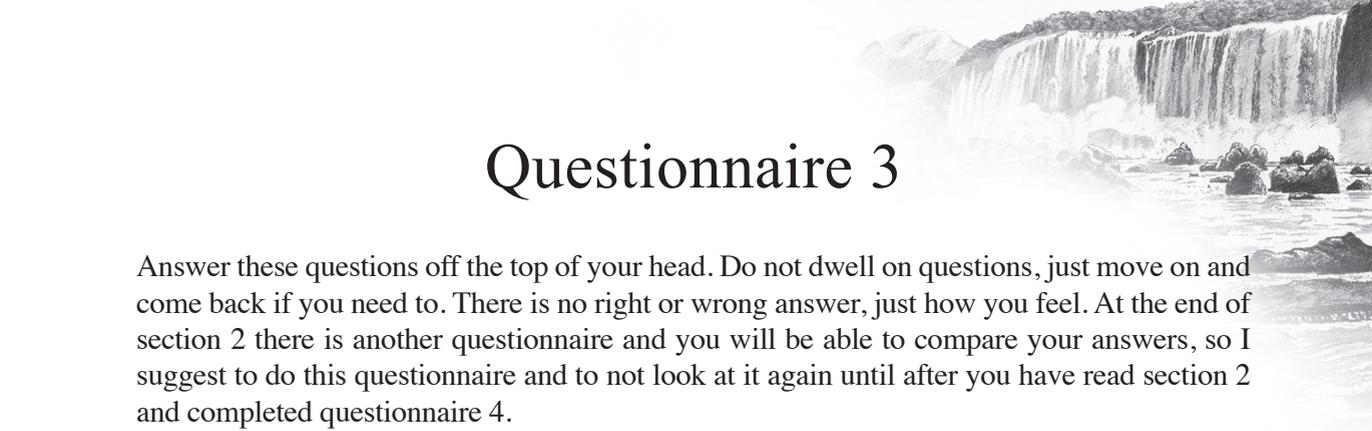
Use the same word you used for question 10 on Questionnaire 1, page 33.

10. How do you feel about _____?
What have you learnt?

Use the same word you used for question 11 on Questionnaire 1, page 33.

11. How do you feel about _____?
What have you learnt?

When you are finished questionnaire 2 compare your answers to questionnaire 1. You may observe how your awareness and perception of yourself and life has changed, and expose yourself to more truth within your answers.



Questionnaire 3

Answer these questions off the top of your head. Do not dwell on questions, just move on and come back if you need to. There is no right or wrong answer, just how you feel. At the end of section 2 there is another questionnaire and you will be able to compare your answers, so I suggest to do this questionnaire and to not look at it again until after you have read section 2 and completed questionnaire 4.

Please note: I recommend you use a separate journal in which to write your answers to the questionnaires, so you can use this questionnaire numerous times without being influenced by what you have written before.

1. Identify the indoctrinated beliefs and images you apply effort to.

2. Define the purpose for ignoring your ability to care for your soul.

3. What self-sabotaging behaviours do you give yourself permission to use?

4. Identify some of the components of soul care that you require resolution in.

Define what the following mean to you

1. Judgement _____

2. Compassion _____

3. Evolution _____

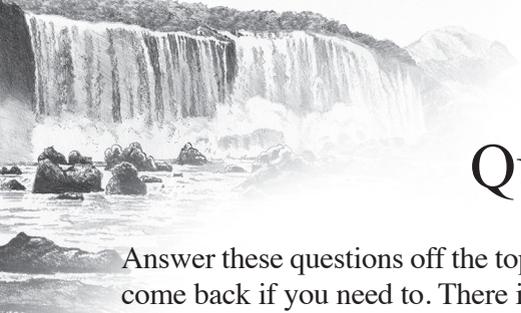
4. Stagnation _____

5. Consciousness _____

6. Unconsciousness _____

7. Integrity _____

8. Oblivion _____



Questionnaire 4

Answer these questions off the top of your head. Do not dwell on questions, just move on and come back if you need to. There is no right or wrong answer, just how you feel.

Please note: I recommend you use a separate journal in which to write your answers to the questionnaires, so you can use this questionnaire numerous times without being influenced by what you have written before.

1. Identify any soul concepts you would like to explore:

2. What are your thoughts on caring for your soul?

3. What are your thoughts on soul integrity?

4. How do you feel about yourself?

Define the following:

1. Soul Judgement

2. Soul Compassion

3. Soul Evolution

4. Soul Stagnation

5. Consciousness

6. Unconsciousness

7. Integrity

8. Oblivion
