

Your Story

1. Think of a time when you had Yin and Yang in balance. Describe it in detail. What allowed that to happen?

2. How have you thought about maturity, the need to “grow up,” or “adulting”? Has it been part of your story? How does it show up? Is it scary or attractive or both?

3. How has the instinctive drive for wholeness shown up in your life? Describe times it has manifested and times it has been defeated.

4. Off the top of your head, which domains of maturity do you think you're strongest in? Weakest? (There will be more exploration of this later.)