



NAVIGATING THE INNER MATRIX

LESSON REFLECTION FORM

Please complete this form to your level of comfort and return via email
NO LATER than Tuesday evening, 5pm, PT USA each week. You will
receive a personal response from your coach prior to the next session!

A valuable gift to amplify your journey! You can easily simply
copy/paste the questions and your responses into an email OR print
and scan this form with your responses and Email the scan to:

Support@SelfAscension.com

Please put *NIM response and your name in the subject line.*

With great love and respect for your journey!

Sri, Kira and the team of NIM Coaches



We are all children of the same universe

- 1. The process or exercise(s) that presented the greatest challenge for me to complete was/were:**
- 2. What I experienced while/during this was:**
- 3. How I am feeling about this now is:**
- 4. A JOY I experienced or positive personal insight I received from this lesson is:**
- 5. My personal action steps are:**
- 6. I would also like to share:**