**Clear Day - Sunday 8th January**

**Personal Form**

**Name: Length of Time in Care:**

**SRI Sequence (if known) Breath-B, Movement-M, Energy-E:**

**What are your main reasons for attending the Clear Day today?**

**What would you really like to get out of today?**

**Where in your life do these 3 statements relate to you (e.g. home, work, relationship, family, friends, social, etc)?**

1. You are feeling stuck, up against a brick wall that you can’t penetrate
2. You are in a lot of transition and things are changing
3. You are in flow with things working well

**Tick/circle the emotions and expressions that best describe you right now.**

1. Helplessness, loss, despair
2. Anger, hunger, reactivity, charged
3. Frustration or peaceful waiting
4. Inner strength, determination, courage, power
5. Curiosity, anticipation, temporary confusion, sense of knowing more/more coming
6. Determination, resolve, flexibility, excitement for the future
7. Excitement, focus, strength, resolution, peace
8. Peace, stillness, connection, gratitude for connection
9. Love, gratitude, joy, passion, heightened perception of joy and gratitude
10. Witnessing from a place of beyond self, awe, gratitude
11. Acceptance of self and others, humour, humility, love, grace, strength, passion, determination
12. Sense of coming home, acceptance of others as they are, synchronicity, sense of community, wanting to contribute and give back

**Which of the above emotions and expressions would you like to develop in your life right now to help you move forward or shift to a different space?
List number(s)**

**Is there anything else you wish to share that you believe to be important to your progress**