

# Art for Awareness

## Journaling Tips:

Write for as long as you need. Use more space if required.  
If you get stuck - walk away and clear your head before continuing.

*My list of "What works when...."*

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*What 'not enough' false belief is hiding underneath my current stress/ anxiety?*

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*How is this false belief preventing me from accomplishing what I want?*

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*How have my thoughts made things worse? Is there a pattern?*

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*What is my Warrior Wisdom? Record any words, images, objects that arise.*

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*If you would like to share your  
'wisdom art' with me, I'd love to see it.  
Send a picture and a note to:  
[michelle@ammoartworks.com](mailto:michelle@ammoartworks.com)*



*Thank you!*

*I'm really glad you took the opportunity to explore your own wisdom and express it through this creative process.*

*I hope you found the session to be interesting and valuable for your business as well as your life.*

*If you'd like to stay in touch and continue to deepen your level of awareness, I invite you to join my private Facebook group:*

*Heart of the Matter*

*where I share free resources on a regular basis.*

*Click the image below or cut/paste this url:*

*[www.facebook.com/groups/HeartofMatter/](http://www.facebook.com/groups/HeartofMatter/)*

*I look forward to getting to know you better.*

*~ Michelle*



## *Heart Of the Matter*

Connection, Community  
and Conscious Living

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For those seeking  
*"Something More"*