

QUIZ FLOW

Prepare a notebook.

You do not need to submit your answers.

When you have finished filling in your notebook with the answers to the questions for this period, press [3.REVIEW] and proceed to get a deeper understanding.

You can participate in this work because it is finally time to get to know yourself. Because you know that if you don't take the time to face yourself, nothing will change. Because you don't know who you are yet. You don't want to repeat the same problems, worries, and pain.

Let's make one notebook to learn about yourself.

It's okay, try everything, and that's where discoveries are made, and people grow.

Don't worry. You have done nothing wrong in your life so far. You have worked very hard. Who can't deny that? Everything has been a learning experience. Everything has been for the greater good. And from here, you will live your life as your authentic self. Don't worry. You have you.

You have you who is strong, beautiful, and gentle.



Module 1

Understand your current state.
Look deeply into yourself.
Where are you?

Total number of questions: 3

Q1: Who are you trying to be beautiful for?

- (1) When you wake up in the morning and look at yourself in the mirror, what do you think of first?
- (2) When putting on makeup. Who do you think of first?
- (3) When you change your clothes.
Why did you choose that outfit?
- (4) When you go shopping. Why do you want that item?

Hint: Be honest. Write down everything your heart intuitively feels.

Q2: Is your life running smoothly right now?

Do you have a good balance between work, family, and private life?

Do you find that time slips away as you are swallowed up by the daily pile of things to do?

What are your priorities today?

Please list the top three.

Hint: Family? Lovers? Friend? Work? Hobby? Exercise? Meals? Whatever.

Q3: What is your current state of mind?

(1) Happy, Anger, Sad, Strong, Confusion, Energized, or what?

(2) Why is that?

Hint: Be honest. Write down everything your heart intuitively feels.