



super
abound
COACHING

H.E.A.L Static

SUPERABOUND BOOK BONUS WORKSHEET

H.E.A.L Static in Action

Honor what's happening for the issue at hand
(name what you are feeling):

Experience the Static (describe in detail how it
feels in your body):

Ask, why is it there, and what does it want you to know?

Listen to any wisdom that might be here for you. Does this Static need something from you before you can move to a clearer space?