



## *Courage*

Digging up the SELF requires stepping into the courage to be vulnerable and let go of expectations.

## *Curiosity*

With curiosity you are able to see things in a different light. We never know the experience of others, and often don't even recognize our own. Take a step back and ask "I wonder" questions.

## *Compassion*

Compassion for self and others helps you to dig up the lost parts of SELF without judgement.

## *Connection*

Pay attention to when and how you are connected to SELF and/or others. What does real connection feel like?