



## Insights from the 'Finding Your Truth' Workshop

with Melanie Schambach,

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I gain insight in letting go of my emotions.

I have a calm and grounded mind.

I can make peace with my feelings. Acceptance.

I gain insight by communicating with greater clarity.

I am free of my inner critic.

I can figure out a way at any circumstance/mental processing  
as smoothly and efficiently as the line does:)

I live in the present.

I am free from all my sins.

I gain insight into expressing emotion with line, color and  
shape.

I want to figure out what I'm still scared of, what is holding me  
back.

I am learning about myself and the world around me.

I am present with my grief.

I feel grounded and relaxed.

I acknowledge my gifts.

I learn to listen with intent to be present and patient.

I release my emotions through drawing.

I gain insight on ways to find inner calm.

I gain insight in being more present, loving and joyful with  
myself.

I am open to new possibilities.

I am calm.

I communicate with compassion and strength.

I am feeling so joyful with our breakout room connection. :)

I am free, I am present, I am NOT in trouble.

I can connect more easily with my emotions.

I stop being a people pleaser.

I can practice emotional health hygiene.

I am inspired by observing different perspectives from my  
own.

I will focus on joy more than sorrow. I will celebrate my wins  
more than my losses.

I can step into power.

I have an understanding of self to continue learning and  
growing, and balance of emotions.

I create fun for myself, in love with the whole fullness of my  
heart and body.

I am flow.

I explore how I can access my vitality and presence during  
covid.

I am able to do what I want to do for me.

I gain insight about how to enjoy my time with myself and  
trust where I am, my process.

I purify my soul.

I want to gain insight about how to bring out my best.

I am dealing with more patience with a situation I do not have  
control over now.

I see and understand my patterns.

I am embracing myself and accepting myself where I am.

I am supporting myself and holding others up.

I watch the movement of my emotions during this time of  
transition.

I am calm and relaxed in the present moment.

I want clarity with my priorities moving forward with my work  
- not feel pulled in so many directions.

I am free to feel and be me!

I accept myself.

I have resilience.

I feel accepting and flowing.

I gain insight into my feelings and completely feel them.

I am simplifying my intention now: gathering, clarifying,  
feeling, inner guidance in connection with other spirits.

I am learning to take my time and not rush to conclusions.

I am joy.

I gain insight into how to be more compassionate with myself.

I can access my deepest thoughts and feelings and hold space  
for myself.