
YOU ARE REMARKABLE™ REFLECTION PACK

Designed to accompany the "I Am Remarkable" Audio Ritual

Just for YOU



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CREATE A SACRED PAUSE

Before you begin, take a moment to:

- Find a quiet space
- Light a candle, breathe deeply
- Let your nervous system soften

Then press play on your “I Am Remarkable” audio and listen from the heart.



WHAT LANDED FOR ME

After the ritual

- Journal freely for 5- 10 minutes. Record anything that stood out, sensations, thoughts, memories, images, shapes or colors.
- Lean in with curiosity and explore the reflection questions below.



GENTLE INQUIRY PROMPTS

What does my Self-energy
want me to know today?

I AM REMARKABLE DECLARATION

**Use this page to write your own
“I Am Remarkable” statement.**

You can write it as:

- A poem
- A list
- A single sentence

However, your truth wants to speak.

YOU ARE NOT BROKEN. YOU ARE BECOMING.


This is your invitation to remember who you are — again and again.

Let this ritual be something you return to when you forget, when you strive, or when you feel too much.

You were born remarkable.
Nothing can take that away.



REVIST ANYTIME

 Want to revisit the ritual anytime?

Scan this QR code to return to the YOU Are Remarkable™ bonus vault.



Or visit:
youareremarkable.net/audio-bonus-download



