



# *Reflection Exercise*

*for "The Fall Season of Our Lives"*

## *The Receiving End of Soul Witnessing*

- List 3 times in the past when you have experienced another person witnessing your Soul.
- For the next 3 weeks, journal about one of your listed experiences; include body sensations, feelings, thoughts.
- For the 4th week, read & reflect on all three writings. Note patterns you see. Journal about what you learn & how you will carry these forward.