

# Inner Voice

1. Do you have an inner voice that alerts you when you're doing something good or something bad? \_\_\_\_\_

2. When you go against that inner voice, how do you feel? \_\_\_\_\_

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3. What other names could you give that inner voice? \_\_\_\_\_

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4. What is guilt? \_\_\_\_\_

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5. What does it feel like? \_\_\_\_\_

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6. Where do the uncomfortable feelings come from? \_\_\_\_\_

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7. How can you get rid of the uncomfortable feelings? \_\_\_\_\_

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8. What is your plan to ensure you follow through on this commitment? \_\_\_\_\_

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