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Today's Tasks are following:

Your tasks will be connected to all of these steps:

- Check out this Ted talk: <https://www.youtube.com/watch?v=-zdJ1ubvoXs> and think which one of these nine saboteurs are active in your life at the moment? What can you do to change it? Make a plan and take action!
- Do the Inner Family meditation here: <https://www.youtube.com/watch?v=04bGb6tgMgM&feature=youtu.be> Find out who in your Inner Family is the most and biggest saboteur? What does s/he need and how you can help him/her? Take action and change it!
- Describe your life without saboteurs and sabotage. What would that life be like? Describe it and write it down! Then start to live it!

Enjoy the tasks and change your life one task at the time!

CHECK OUT MY WEBSITE AT WWW.CRYSTALRALAKSMI.COM

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