

ACTIVE

WHAT WE DO

PASSIVE

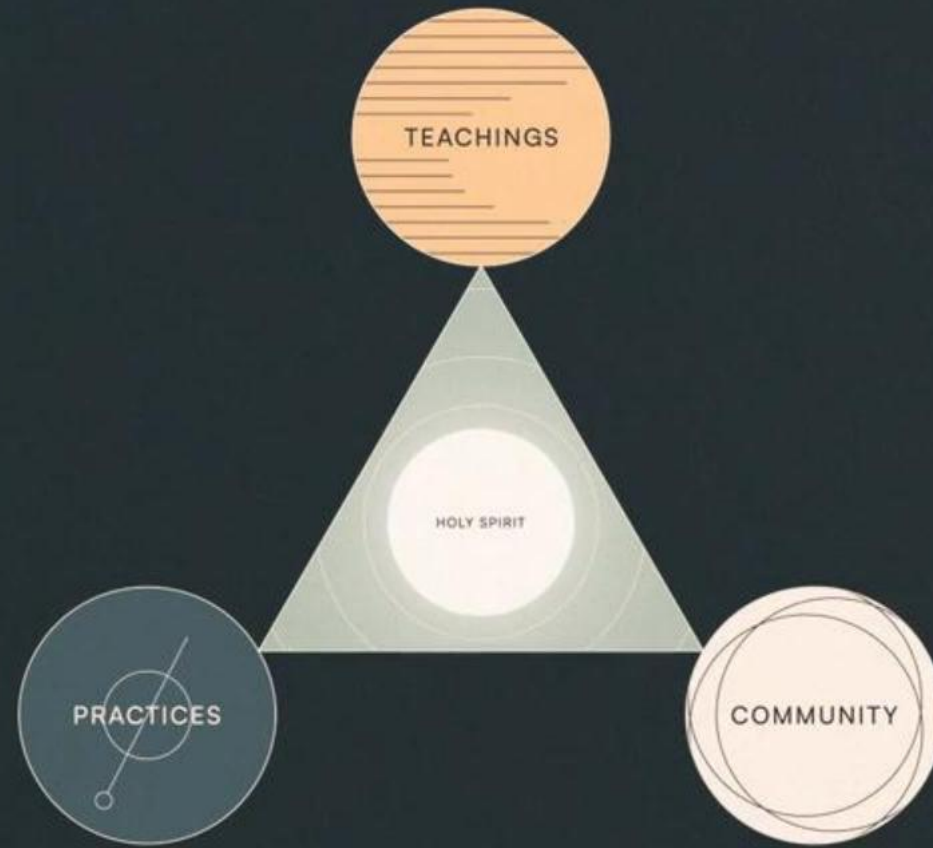
WHAT IS DONE TO US

TIME

EXPERIENCE

Formation Audit

- 01 — Write out your morning routine, workday, your evening habits, and your eating and sleeping patterns.
- 02 — Write about your various relationships and your family history.
- 03 — Identify how these patterns and relationships are forming you.



ACTIVE

WHAT WE DO

PASSIVE

WHAT IS DONE TO US

TIME ————— SUFFERING