



Satsang Month 6: Understanding Your Dosha (and its impact on your business)

Journaling Prompts . . .

My predominant dosha is . . .

This is how I experience my endurance:

This is how I experience my energy:

According to my dosha, I most need:

The greatest mind-body challenge I face is:

This is how this comes up in my life generally:

This is how this comes up in my business:

One way I can shift this using knowledge of my dosha is:

I'm recognizing that my greatest mind-body strength is:

This is extremely valuable in my work in this way:

How can I use this more often/effectively/strategically in my business?

What if I made this a prominent feature of my work and business? What would that look like? What would it open up for me?