



life's journey, LLC

**SELF DISCOVERY AND SELF UNDERSTANDING CIRCLE  
FOR WOMEN IN MID-CAREER/MID-LIFE  
SIGN UP FORM**

*Groups are constantly forming, please fill out this form to register your interest*

**PLEASE E-MAIL, MAIL OR FAX BACK THE FOLLOWING INFORMATION  
sunshaw@lifesjourney.net or 212-838-9043 (fax)**

**SELF DISCOVERY AND SELF UNDERSTANDING CIRCLE  
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The program is a full day, in-depth, meditative and experiential process of asking the question: "Who Am I, Really? How can I use this awareness and insight to further my personal and professional development? How can it take me back to living a more authentic and abundant life, one that resonates more truly and aligns better with the person I am meant to be? Three questions are asked:

***Where have I been? Where am I at? Where am I going?***

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Primary e-mail address: \_\_\_\_\_