

# GROWTH PROMPTS

In order to heal, we need to grow. Take a moment and close your eyes for a deep dive inward. Give yourself permission and visualize a snapshot of your current life. What do you see?

Are you content with the person you are at this moment?

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When you see yourself, see what you have accomplished this far, and what kind of relationships you have?

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When you see yourself are you feeling a mixture of emotions?

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What are those emotions that you are sensing inside?

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Mind, Body, Spirit Healing

Torus Therapy offers a variety of services from individual therapy to yoga and sound healing, reiki, and more!

If you are interested in learning more or connecting with us, call or email us today at 224-803-2295 or [info@torus-therapy.com](mailto:info@torus-therapy.com)

From our heart, to your heart.

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Do you sense fear in anything?

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What are those emotions telling you?

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Are they emotions that you want to carry with you or are they emotions that you wish would feel different?

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What is going on in your mind as you look at yourself, what is going with your innermost chatter?

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What kinds of ideas are floating in your head about yourself?

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What is the image of yourself in the mirror?

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