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| Life Phase | Positive meanings/beliefs/  judgements I’ve internalised as true: | Negative meanings/beliefs/ judgements I’ve internalised as true: | Wise Woman’s empowering perspective on these meanings/beliefs/judgements: | Blessing and gifts that I embrace with this fresh perspective: |
| Eg Age 1-7 or  1 -10 |  |  |  |  |
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