



Sacred Depths Certification

Shift Your Relationship with Time Self-Quiz

1. What is at risk if a client is not moving in rhythm with time?

2. What are the four steps in the Breathe and Feel Process?

3. What are some tools for working with time on an inner level?

1) Progress on their goals, feeling the way they want to feel, and/or having the values they want in their life. 2) Slow down, Breathe, Open, and Feel 3) Awareness and belief work, cultivating trust with time, receiving, and correcting the language around time

4. T/F: Most people have a misaligned relationship with time.

5. Which of the following is NOT an outer tool for improving relationship with time?

- a. Bullseye activity
- b. Create an ideal schedule
- c. Blueprinting
- d. Identifying major and minor distractions
- e. None of the above

6. What are some ways you can support a client to cultivate trust with time?

4) True. 5) E. None of the above. All of these are tools at your disposal 6) Notice the places and ways they are not trusting time; Dialogue with Time to become better friends with it