



AwakenChrysalis.com  
Info@AwakenChrysalis.com

## **Five Awaken Chrysalis Questions Worksheet**

Awaken Chrysalis is a process of transformation and wholeness. These five questions will help jump start your creative juices and prepare you for your own awakening to health and well-being. Take your time exploring these questions and completing the Circle of Wholeness. Breathe, trust your intuition, and embrace your perfect wholeness.

As you explore these questions, allow your answers to come from within. Take time to look at your conscious and unconscious reactions. Become aware of your mental and physical responses.

- 1. How do you want to emerge from your current challenges or situation/s you are currently experiencing? When your transformation is complete, what does your life look like?**

Melinda Q. Toney, M.D.



**2. What are the resources available to you that will help fulfill your goals?**

a. **Internal** (e.g. determination, resilience, resourcefulness, creativity)

b. **External** (e.g. nutrition, exercise, family, doctor, therapist/coach)

c. **Both internal and external** (e.g. Higher Power, spiritual practices)

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**3. Describe your current situation and connect the dots.**

**a. What life events or circumstances have led to your current situation?**

**b. What parts of your life have been affected and will be affected if this condition continues?**

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**4. What changes would you like to make to your story to empower the Hero/Wise One in you to step up? What resources do you need to make it happen?**

**5. What are the next steps you will take to begin to reach your goal?**

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For additional options to assist you on your healing journey, we encourage you to explore the Circle of Wholeness exercise.

After completing these two offerings, feel free to contact Dr. Toney at [info@AwakenChrysalis.com](mailto:info@AwakenChrysalis.com) to request your gift of a recording of the Three-Fold Visualization/Breathing Process.

Enjoy the exploration of your life's journey of transformation and wholeness!  
With blessings and peace, Dr. Melinda Toney

Melinda Q. Toney, M.D.

