



*The Ugly Duck*  
*Health & Beauty Profile*

ALIE JAMES

32.

**Do you feel like you are in a cage?** If yes, what do you think it was that put you in there? If no, how do you stay out of it?

33.

What is your definition of **Soul** and **Spirit** (apart from a religious context, if you can)?

34.

Describe or draw *yourself* as a flower.

35.

Check if your:

*Is in Full Bloom*

*Is Debloomed*

*Is Reblooming*

Mind

Body

Soul

Spirit

36.

Do you agree with what I wrote in my book, "Secrets ... " that Spirit should be your guide rather than your Mind, Body or Soul solely guiding you? Why or why not?

37.

For the most part, do you let Spirit guide you in life rather than your emotions (the Heart/Soul) or your Mind or Body? If yes, list examples how the Spirit guides you. If no, would you like it to?

46.

Now, describe or draw yourself as a flower again, but this time, make it a flower that is *beautifully perfect* and *perfectly beautiful*.

47.

Now, compare it to the flower in Question # 34. Does the first flower (the one that represents the way you are today) need more “sun, rain, pruning, fertilizer, or pest prevention” to become like the flower in Question #46 (the one that is “*beautifully perfect* and *perfectly beautiful*”) Try to answer this question with a lot of detail. Give it plenty of thought before you write anything.

48.

What do you want to name your flower?