



Field Guide: Self Reflection Form

Section 3: Present Updates Underway

1. Do you identify with the notion of being a visitor? Why or Why not? Has this answer changed at all for you? How so?

2. In Section 3.2 the topic is challenges that visitors face. Do you have challenges? If so, do they relate to identifying as a visitor?

3. Are there things that you sense others have an easier time with than you? Is it possible that it is ok that you aren't as good at that?

4. What are the opportunities you are most excited about as a Visitor Updating Humanity (if you identify with that)? Is there a way to state that opportunity in a way where you have more authority over it happening?

5. We listed some Tips for Visitors Updating Humanity. What tips would you add to the list that would be more specific to you? Let yourself daydream on this one, to reach beyond the brain and mind, allowing you to share with you, from the inside out.

6. Do you have an interest or even fascination with UFOs, ETs, aliens? If so, can you let your sense of your own humanity be at least as valuable, worthy and even advanced as them? Why or why not?