



2026 Theme: OPEN AT THE TOP

April Theme: Divine Doubt

Week 18: *Self Doubt as the Starting Block*

May 3rd thru May 9, 2026

When Doubt is included as activity of the Divine, we empower ourselves to explore our relationship with our own self-doubts and to be genuinely curious about what the benefits might be of embracing doubt as part of our normal experiences.

TALK NOTES:



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GOING DEEPER

Recall a time when you were experiencing self-doubt and ignored it. Journal about your experience.

Recall a time when you were experiencing self-doubt and listened to it. Journal about your experience.

What doubts am I currently experiencing?

What doubts am I currently hiding and why?