

# Living my own truth?

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100 days - 100 questions

**Joost Walraven**

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# Foreword

In a world filled with influences from media, politics, culture, and societal expectations, I ask you: **are you living your own truth?**

This book challenges you to look beyond external pressures and be honest with yourself. Let go of imposed beliefs, discover your authentic voice, and find the freedom that comes with *living your own truth*.

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# Contents

Day 1-10: Awareness and self-reflection

Day 11-20: Critical thinking and perception

Day 21-30: Conscious living and presence

Day 31-40: Detachment and letting go

Day 41-50: Self-knowledge and inner wisdom

“Living my own truth?”

**Day 51-60: Connection with others**

**Day 61-70: Reality and consciousness**

**Day 71-80: Spiritual awakening and growth**

**Day 81-90: Freedom and self-determination**

**Day 91-100: Transcendence**

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# **Awareness and self- reflection**

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*1. Where do my beliefs and values come from? Did I choose them myself, or were they taught to me?*

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*2. How much influence do media and technology have on how I view the world?*

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*3. What do I take for granted every day  
without questioning it?*

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*4. How often do I reflect on my own thoughts and feelings?*

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