

Chapter 1 Self-Reflection
Five Steps to Greater Awareness

1. Identify areas in your life you would like more discipline.

2. Where would you like to be more patient?

3. Recall a time where you felt compassionate.

4. Use your imagination for good. Identify three things you want::

1. _____

2. _____

3. _____

5. Finish these sentences:

I am willing to _____

I have greater awareness of _____

I am grateful for _____

Chapter 2 Self-Reflection
Five Steps to Increased Self-Acceptance

1. Identify one of your self-defeating thoughts _____

2. Reprogram the statement in #1 into an affirmation:

3. Celebrate your successes! Identify things you are proud of:

4. Identify three things you are grateful for:

1. _____

2. _____

3. _____

5. Finish these sentences:

I am proud of my _____

I love my _____

I am grateful for _____

Chapter 3 Self-Reflection
Five Steps to Transform Doubt into Action

1. Identify something you want to accomplish.

2. Name three actions you can take to move forward.

1. _____

2. _____

3. _____

3. Name two people in your village you can turn to for help.

1. _____

2. _____

4. Finish these sentences:

I see myself _____

I have courage to _____

I am _____

5. I am grateful for:

Chapter 4 Self-Reflection
Five Steps to Move from Victim to Victor

1. Identify a situation where you have felt powerless.

2. Name three actions you can take to move forward.

1. _____

2. _____

3. _____

3. Who do you need to forgive?

4. Finish these sentences:

I see myself _____

I have courage to _____

I am _____

5. I am grateful for:

Chapter 5 Self-Reflection
Five Steps to Take Us Out of Suffering

1. Identify a situation where you have felt powerless.

2. Name three possibilities that could change this situation.

1. _____

2. _____

3. _____

3. Name two action steps you can take.

1. _____

2. _____

4. Finish these sentences:

I am willing to _____

I have courage to _____

I am _____

5. I am grateful for:

Chapter 6 Self-Reflection
Five Steps to Living an Abundant Life

1. Identify three limiting money beliefs you are ready to release.

1. _____

2. _____

3. _____

2. Uplevel those beliefs in #1 into affirmations or intentions.

1. _____

2. _____

3. _____

3. Name two action steps you can take toward your financial goals.

1. _____

2. _____

4. Name three areas you are willing to receive.

1. _____

2. _____

3. _____

5. I am grateful:

1. _____

2. _____

3. _____

Chapter 7 Self-Reflection
Five Steps to Move from Attachment to Freedom

1. Identify a situation where you are feeling attached and afraid to let go. Name your fear.

2. Describe the outcome you desire.

3. Identify three areas of life where you feel fear..

1. _____

2. _____

3. _____

4. Identify three steps you can take to release fear and move forward.

1. _____

2. _____

3. _____

4. Identify three people that can support you.

1. _____

2. _____

3. _____

Chapter 8 Self-Reflection
Five Steps to Move from Appeasing to Power

1. Identify a situation where you trying to appease in order to be nice.

2. Describe the outcome you desire.

3. Identify three areas in life where you can have better boundaries.

1. _____
2. _____
3. _____

4. Identify three things you are willing to ask for.

1. _____
2. _____
3. _____

5. Identify three things you are willing to do for yourself.

1. _____
2. _____
3. _____

Chapter 9 Self-Reflection
Five Steps to Move from Dependency to Love

1. Identify areas where you look for love from others, rather than acknowledge it in yourself.

2. Identify three areas you feel dependent on others.

1. _____

2. _____

3. _____

3. Identify and describe three strengths you appreciate about yourself

1. _____

2. _____

3. _____

4. Identify someone you need to forgive.

5. Affirm your faith:

I see myself _____

I have courage to _____

I am grateful for _____

Chapter 10 Self-Reflection
Five Steps to Living in Faith

1. Identify areas in your life where you can cultivate more faith.

2. Identify three places you are willing to practice more patience.

1. _____
2. _____
3. _____

3. Identify three goals or intentions.

1. _____
2. _____
3. _____

4. Identify three areas you are willing to experience more peace.

1. _____
2. _____
3. _____

5. I am grateful:

1. _____
2. _____
3. _____