

The first three sheets are just a few timely reminders from the 2 sessions to think about and work on.

The other three sheets are all linked to the '7 thoughts that have defined/dominated our life thus far

Remember, I said that we can't change any single thing in our lives until we first bring it into our awareness, become conscious of it

Well, these sheets help do that. They help us to become more acutely aware of what is REALLY getting in the way, combined with what we REALLY feel about it. Along with how we feel about ourselves.

There are five repeat questions to each statement.

For instance, one is "I feel a failure when....."

Now the way this best works is, before every statement, you close your eyes, relax, put both hands on the heart, a few deep breaths, clear the static in the head Then Eyes open, keeping one hand on the heart.

You then read out to yourself that one statement in this case,

..... I feel a failure when

And then carry on writing the first answer that zips into the head to complete the sentence.

Then do the same again, next line read it out, then write the first thought down.

We may think we are a worrier, anxious, stressed, unconfident, fearful, a failure, or afraid at any given time. But we must make sure not to make it who we are. Our identity.

Instead, we can disassociate ... we can simply tell ourselves we are going through a temporary period, a pattern where anxious periods or worry is showing up.

Instead of telling myself ...

I AM a constant worrier
I AM always unconfident
I AM deeply fearful of the future

We can simply reframe it and keep telling myself

I am currently experiencing a period of worrying thoughts, unconfident thoughts, or fearful thoughts that's all.

The secret is NOT to overthink it. Overthink and you've lost it.

The underlying punching message for all the self-reflection work in the coming months is to unravel and reveal to ourselves what's REALLY going on inside of us under the surface, regards our thinking and feeling.

Secondly it is knowing that we don't have to remain chained to our old unwanted thoughts which may have previously defined us.