

Becoming A Match To Your Desire- Paint the Inner Picture:

What does the version of me who has what I want feel like?

What do they think like?

What do they act like?

What do they not do? What do they not tell themselves? What do they not feel (about themselves)?

What do they not tolerate (within themselves)?

Affirmations Planning Page:

Affirmations to support the new version of yourself you are becoming:
(this is how the desired version of yourself speaks to themselves)

Ease Your Discomfort

Identify what do you like about where you currently are.

What feels good about your current circumstances and vantage point?

How do you feel about the version of yourself that you're becoming?

What do you like about yourself now that wasn't there before?