



My Growth Worksheet #2 - EMPOWER

Before you begin, please find a quiet place and take a few deep healing breaths. Your mind may resist but pay attention to how you feel. Over time notice the shifts that take place. Repetition is how we learn and unlearn. Empower yourself by taking action to transform your challenge into a gift.

- I _____ promise to read these statements with enthusiasm, love, and joy. I willingly take action to support my journey of healing to become the best me today and everyday, for this I am grateful!
- I _____ promise to choose to release one bad habit that keeps me from living life to the fullest and replace it with a good empowering habit that supports my personal process of healing.

[Eg. I quit smoking, drinking and eating junk foods and began working out in a gym, yoga and meditation. You may have to do some research to find what is best for you. Please refer to my resource corner for information or email me for a suggestion.]

- I _____ promise to love myself and feed my body with nourishing foods, thoughts and actions to assist in my process of becoming whole.

[Note: Everything is food. Our thoughts feed our paradigm, see if you are beating yourself up and instead tell yourself you are beautiful, perfect and a gift to the world. You may have to do some research. Please refer to my resource corner for information or email me your question.]

- I _____ promise to pay attention to my surroundings and if I see I am being pulled down from my greatness, I will take action to release those relationships that hurt me or cause me pain.

[Eg. As we grow we may see that we have people in our life who complain and wish to stay where they are, that is ok. I had to release those who were like this. You can say thank you and release them from your life. Take time to contemplate this is a big step so you may find it's a challenging one but again you do what you can and honor your process.]

- I _____ offer my heart in gratitude knowing the gifts that are to be revealed will take me to new places of my own growth and souls evolution. All is well and I know this to be true now and always. And so it is.

Note: Please feel free to post this in your home, at your office, or even write on 3X5 cards and read them a few times a day. You can use the list or do one per week and keep a journal of your experience.