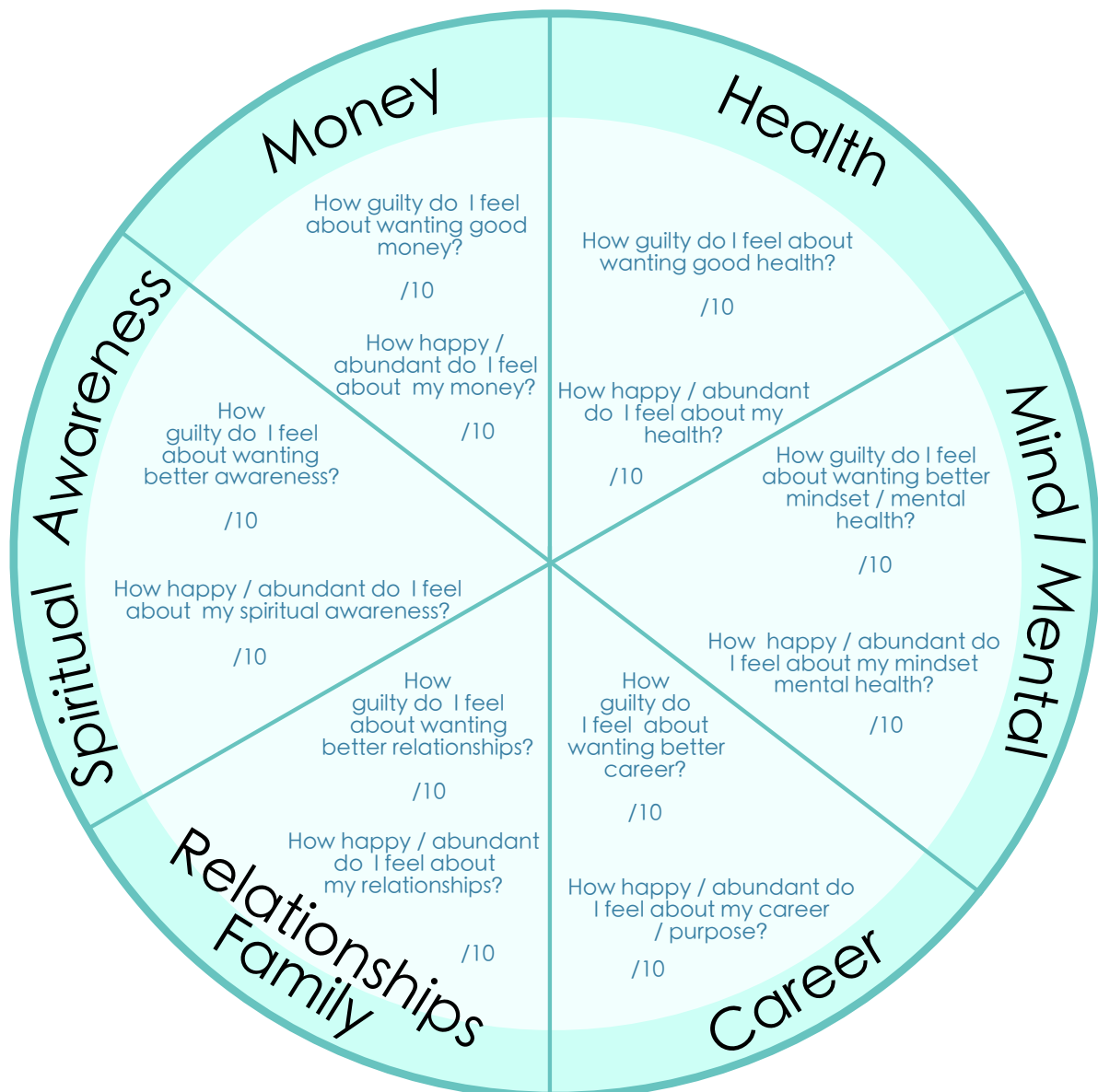




# Module Four - Funsheet

## 6 Key areas of Life



Area of Life: e.g Health ..

What am I feeling guilty about?

Makes me feel ...

1. _e.g I want to eat healthier food_____	sad and don' t care about myself_____
2.	
3.	
4.	
5.	
6.	

Rewrite the above guilty statement as the opposite of what it is:  
What is the opposite feeling:

(as the example above)

“I deserve to receive a balanced mind & body”

or “I am now living in the healthy, respectful relationship with myself”

or “I allow myself to love myself enough to look after myself”

Choose one sentence from your list  
(this will energetically clear everything on your  
lists

Write this as:

I deserve and I am now\_\_\_\_\_

---

Tune in to your centre - and the first thing that  
immediately comes to mind: Choose #1 or #2

USE your 5 senses to imagine a movie screen with your new reality playing on it. 'See' that future as if it were now.

Write your "I AM Statement" ( It MUST be written in the present tense)

1. I AM/ HAVE/ ENJOY \_\_\_\_\_

What do I see ? (describe the scene in front of you , on that imaginary screen)

---

---

---

What do I hear?

---

---

What do I feel? (what is around you on the imaginary screen? — what do you feel inside you emotionally?)

---

---

What do I hear yourself saying about yourself? What do I hear others / friends saying about you so that you know you have reached this reality?

---

---

Cross your ankles, wrists and hold your own hands