PERSONAL POWER WORKSHEET DATE_____

ON SOME LEVEL, WE CREATE OR CONTRIBUTE TO OUR OWN REALITY. IN ORDER TO CHANGE THAT REALITY, WE NEED TO CHANGE OUR BEHAVIOR AND/OR OUR BELIEF STRUCTURES. PART OF THE HEALING PROCESS IS TO TAKE RESPONSIBILITY FOR OUR PART OF THE PROBLEM, SO WE CAN CHANGE OUR EXPERIENCE TO ONE WE PREFER. PLEASE BE HONEST AND DIG DEEP INTO YOUR REASONS FOR HAVING THIS "PROBLEM, LIMITATION OR CONDITION."

WE WORK TO HEAL, CLEAR AND/OR REMOVE THE CAUSE[S] OF YOUR SYMPTOM[S] ON VARIOUS LEVELS, DIMENSIONS, AND 29 BODIES WHICH INCLUDE THE MENTAL, EMOTIONAL, SPIRITUAL, & PSYCHIC TO NAME A FEW. THIS PROCESS CAN TAKE FROM 1 MINUTE TO 18 DAYS TO COMPLETE. THERE IS NO GUARANTEE OF COMPLETE HEALING BUT THE DEPTH IN WHICH YOU PARTICIPATE WILL DIRECTLY AFFECT YOUR RESULT.

SO, LET'S GET STARTED…..

1. WHAT SYMPTOMS, PROBLEMS, LIMITATIONS OR CONDITIONS WOULD I LIKE TO CHANGE, HEAL OR REMOVE?

2. WHAT ARE THE BENEFITS OF HAVING THIS PROBLEM? HOW DOES IT MAKE ME SPECIAL OR DIFFERENT? DOES IT GIVE ME A TRAUMA OR DRAMA TO TALK ABOUT OR DOES IT GET ME OUT OF DOING THINGS?

3. WHAT HABITS, PATTERNS, LIMITATIONS OR BELIEFS WILL I HAVE TO CHANGE OR LET GO OF TO HAVE THIS RELEASED?

4. WHAT ARE THE BENEFITS OF HAVING A NEW REALITY?

5. WHAT ARE SOME POSITIVE NEW BELIEFS, HABITS, OR PATTERNS I COULD ESTABLISH TO MAINTAIN THIS NEW REALITY?

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