

Relationship

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Relationship goes deeper than how we relate with others.

Relationships include a much more important dynamic and that is the one we have with _____.

This relationship, creates all things! Our view of our Self Worth; Self Esteem, Self Love. Knowing we are loved and lovable, and above all Enough!

How we _____ in our own lives.

How we _____ for ourselves with healthy boundaries, _____ care, nurture, courage to speak our truth, follow our own dreams, goals and life path.

How we _____ with and to ourselves.

Eckhart Tolle

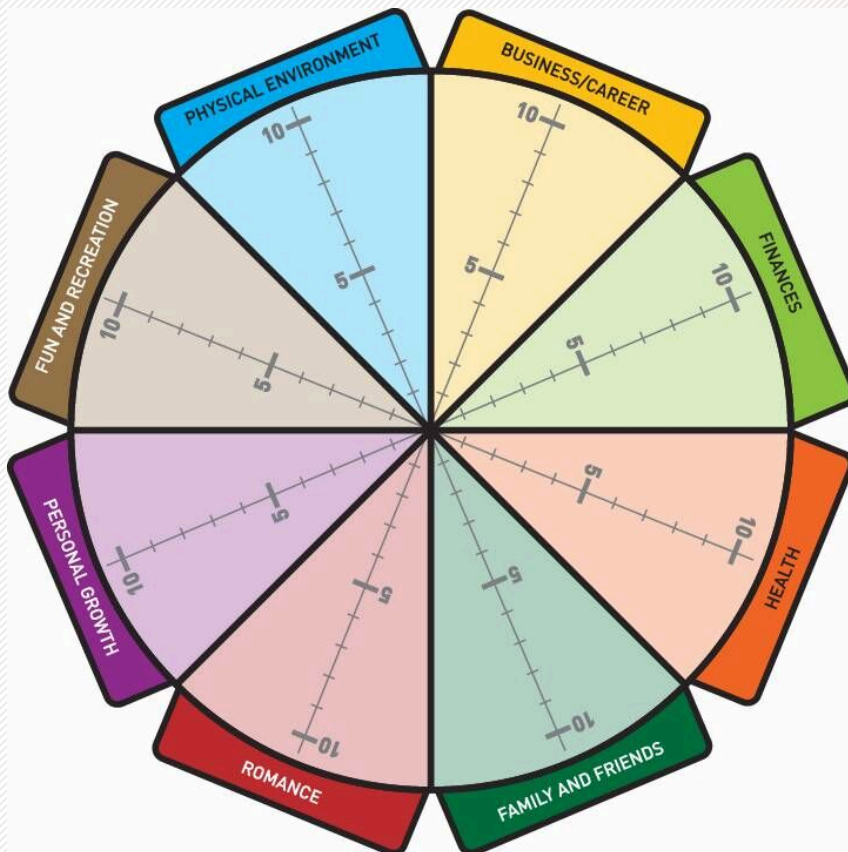
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TO KNOW YOURSELF – AS THE BEING,
UNDERNEATH THE THINK,
THE STILLNESS UNDERNEATH THE MENTAL NOISE,
THE LOVE AND JOY UNDERNEATH THE PAIN,
IS FREEDOM, SALVATION, ENLIGHTENMENT.

Seek to know yourself so you can heal

If we continue to do what we have always done,
we can not expect anything different.

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To complete this exercise. Move around the wheel and for each segment, mark between 1- 10 how you feel that segment 'is' according to your value system.

There isn't a right or wrong, it is an awareness exercise. For more information go to:

www.stepstochange.com.au/free-resources/the-wheel-of-life

Transforming Beliefs

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There are so many to choose from!!

The ones used specifically in the ReclaimME! Program include:

- _____ (EFT)
- Rapid Transformational _____.
- Awareness _____
- Journaling; Sharing and _____
- NLP Re_____
- H'opponono
- Meditation
- And a combination of all of these