

## Chapter 6 - Self Discovery & Awareness Is Everything

	<u>Your Current Beliefs</u>	<u>Acceptance - Where They Came From</u>	<u>New Beliefs</u>
<b>Example: Yourself</b>	<i>I am not good enough.</i>	<i>My father always telling me I was not good enough, low self worth</i>	<i>I am good enough</i>
<b>Yourself</b>			
<b>Your Abilities</b>			
<b>Your Strengths</b>			

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<b>Your Weaknesses</b>			
<b>Your Family</b>			

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<b>Your Relationships</b>			
<b>Your Career/Work</b>			

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<b>Your Finances</b>			
<b>Your Health</b>			

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<b>Your Intimacy</b>			
<b>Your Achievements</b>			

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<b>Your Potential</b>			
<b>Your Past</b>			