

## Chapter 9 - The Scale Of Truth

Rank How You Feel About The Following Out Of 10	<u>Rank</u> <u>1 - 10</u>	<u>Actions To Get Closer To A 10</u>
<b>Example:</b>  Yourself	7/10	<i>Go to the gym everyday, read 10 pages of a self development book everyday, enrol in a self development course, focus on things which make me happy</i>
Yourself		
Your Abilities		
Your Strengths		

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Your Belief	<u>Rank</u> <u>1 - 10</u>	<u>Actions To Get Closer To A 10</u>
<b>Example:</b>  <b>Yourself</b>	7	<i>Go to the gym everyday, read 10 pages of a self development book everyday, enrol in a self development course, focus on things which make me happy</i>
<b>Your Weaknesses</b>		
<b>Your Family</b>		
<b>Your Relationships</b>		

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Your Belief	<u>Rank</u> <u>1 - 10</u>	<u>Actions To Get Closer To A 10</u>
<u>Example:</u>  Yourself	7	<i>Go to the gym everyday, read 10 pages of a self development book everyday, enrol in a self development course, focus on things which make me happy</i>
Your Career/Work		
Your Finances		
Your Health		

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Your Belief	<u>Rank</u> <u>1 - 10</u>	<u>Actions To Get Closer To A 10</u>
<u>Example:</u>  Yourself	7	<i>Go to the gym everyday, read 10 pages of a self development book everyday, enrol in a self development course, focus on things which make me happy</i>
Your Intimacy		
Your Achievements		
Your Potential		

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<b>Your Belief</b>	<b><u>Rank</u> <u>1 - 10</u></b>	<b><u>Actions To Get Closer To A 10</u></b>
<b><u>Example:</u></b> <b>Yourself</b>	7	<i>Go to the gym everyday, read 10 pages of a self development book everyday, enrol in a self development course, focus on things which make me happy</i>
<b>Your Past</b>		