

Stop the negative self-talk

TRANSFORM YOUR LIFE WITH LOVE.



MASTERING
YOUR SUCCESS

Write down how or why you're stuck in the following areas of your life (if you need more space, write your answers down on a separate piece of paper):

MENTAL (How you reason and solve problems. Your intellectual capacity to learn, create and grow.)

SPIRITUAL (Your connection with your Higher Self, God, Spirit, the Universe, Life or whatever you would like to call it. OR your connection with yourself.)

PHYSICAL (Wellness and illness. Life and death. How you see and relate to your physical body.)

FAMILY (Parents, partner, children, extended family, a close friend, honorary person, etc. Whomever feels like family for you.)

SEXUAL (Your relationship to yourself sexually. How you see yourself as a sexual being. How you relate in your sexual relationship with others.)

PERSONAL SOCIAL (How you relate with your friends, acquaintances and loved ones.)

GLOBAL SOCIAL (How you relate to strangers and foreigners etc. (i.e. people not in your immediate circle of social relationships.)

FINANCIAL (How you handle your finances. How you see yourself financially. How wealthy or poor you consider yourself.)

CAREER (How you support yourself or earn an income.)

VOCATIONAL (What makes your heart beat. The special areas of insight, knowledge and wisdom that ignite you.)

Now, take a look at what you wrote. How did you feel when you wrote your answers? What was your inner dialogue? Were you kind to yourself? Did you show yourself compassion?

If not, go back and see if you can change the inner dialogue. Pretend you're talking to a child.

Notice how different you feel. Does your heart feel more open and expansive? Do you feel more open to growing, moving and transforming in the areas where you feel stuck?

Hey you. You're beautiful. Right now. In this moment. Keep going.

Want more transformation? Find out how your self-worth is killing your net worth, and what you can do to change it forever!

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