

# *A Necessary Life Curriculum*

## A STEP INTO THE GRANDEUR-OF-YOU

### *Recognizing Opportunity in Each Choice Point*

1) When have you made choices based on what you “should” do instead of what is best for You ?

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2) When have you made choices out of fear?

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3) When have you kept silent in order to not “rock the boat”?

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4) When have you gone against your Inner Knowing/Guidance?

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## Self-Acknowledgement Worksheet

5) When have you put another's well-being over your own?

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6) When have you ignored your dreams so that someone else can follow theirs?

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7) When have you remained hidden because of thoughts of unworthiness?

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8) When have you not stood up for yourself?

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## Self-Acknowledgement Worksheet

9) When have you held your feelings inside, not sharing them because they may make others uncomfortable?

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10) When have you put yourself in a position of less worthy of another, letting them make decisions for you?

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11) Looking at your past relationships, what threads do you see in your Choices that seemingly had a negative impact on you?

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