

A Necessary Life Curriculum

A STEP INTO THE GRANDEUR-OF-YOU

Setting a Release Intention

1) What type of relationship would you like to have with yourself?

2) How can you stop compromising yourself?

3) How can you stop lying to yourself?

4) How can you stop marginalizing yourself?



Self-Acknowledgement Worksheet

5) How can you stop being silent and hidden just to keep peace?

6) Go deeper, what does a new, more intimate relationship with You look like?

7) Reviewing everything you listed above, list out what societal and familial conditioning, self-judgements, negative self-talks, etc. you need to release to Step Into the Grandeur-of-You?

