

# A Necessary Life Curriculum

## A STEP INTO THE GRANDEUR-OF-YOU

### *Understanding My Responses*

RECOGNIZE WHEN CHOICES ARE MADE FROM REACTIONARY AND CONDITIONED RESPONSES  
OR BIRTHED FROM INTRINSIC KNOWING WHICH COMMANDS SELF-HONOR.  
REVIEW YOUR PAST GRANDEUR SHEETS AND LIST CHOICE POINTS.

#### *Past Reaction Choices rooted in Conditioning*

*Staying quiet when it comes to  
what I want*

*Putting everything down when  
another needs my support*

*Saying yes to helping someone  
else even when I am busy*

*Eating something that is super  
unhealthy even when I am full*

*Not speaking up when I  
experienced discontent in my  
relationship*

*Not expressing my emotions for  
fear of making another person  
uncomfortable*

*Ignoring my Inner knowing when  
it told me to not to trust what  
someone was saying*

#### *Intrinsic Knowing Choices*

*Sharing what I really want with others*

*Putting my needs first before another's*

*Finishing what I need to do before  
supporting another*

*Eating something my body will enjoy for  
the joy of it*

*Speaking my Real Truth in relationship  
communications*

*Showing emotions I am experiencing in  
the moment*

*Listening to my Inner Guidance*

