

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

