

A Necessary Life Curriculum

A STEP INTO THE GRANDEUR-OF-YOU

Recognizing Self-Honoring Choices

Self-Honoring Choice #1 When have you spoken your Truth, stood up for yourself or made a decisions that was for You?

How did you feel?

Now compare it to a choice that you made that was not for you.... what is the difference ?

Self-Honoring Choice #2 When have you spoken your Truth, stood up for yourself or made a decisions that was for You?



Recognizing Self-Honoring Choices

(Self-Honoring Choice #2 continued....)

How did you feel?

Now compare it to a choice that you made that was not for you.... what is the difference ?

Self-Honoring Choice #3 When have you spoken your Truth, stood up for yourself or made a decisions that was for You?

How did you feel?



Recognizing Self-Honoring Choices

(Self-Honoring Choice #3 continued....)

Now compare it to a choice that you made that was not for you.... what is the difference ?

Self-Honoring Choice #4 When have you spoken your Truth, stood up for yourself or made a decisions that was for You?

How did you feel?

Now compare it to a choice that you made that was not for you.... what is the difference ?



Recognizing Self-Honoring Choices

AND NOW....

What do you really want? what does your heart require to know fulfilment?

What is the self-talk you are having when you make a self-honoring choice?

