

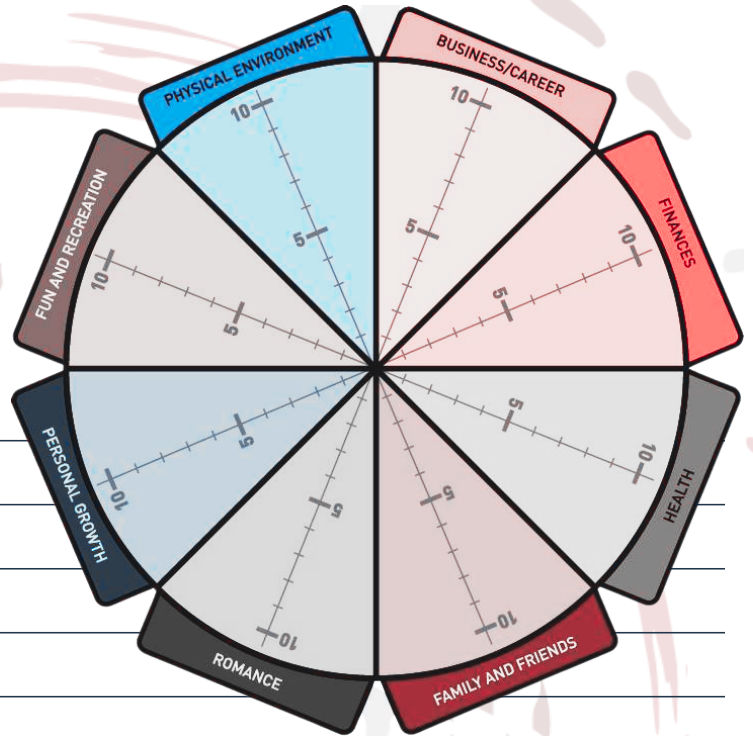
# Contemplation

## BELIEFS ABOUT MYSELF

### Instructions

Step 1: On the life wheel, rate your satisfaction with each area of your life. 10 is 100% satisfied and 1 is totally unsatisfied.

Step 2: Ponder the questions below for 1-3 of the sections you rated at the least satisfying.



### The primary section I want to focus on is:

What is a struggle about this part of your life right now?

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How is being an HSP relevant to your struggle?

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What do you believe about yourself related to this topic?

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Where does this belief come from?

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What do you want to believe about yourself related to this area of your life?

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What do you want to believe about yourself related to this area of your life?

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**The second section I want to focus on is:**

What is a struggle about this part of your life right now?

How is being an HSP relevant to your struggle?

What do you believe about yourself related to this topic?

Where does this belief come from?

What do you want to believe about yourself related to this area of your life?

What do you want to believe about yourself related to this area of your life?

**The final section I want to focus on is:**

What is a struggle about this part of your life right now?

How is being an HSP relevant to your struggle?

What do you believe about yourself related to this topic?

Where does this belief come from?

What do you want to believe about yourself related to this area of your life?

What do you want to believe about yourself related to this area of your life?