Contemplation

BELIEFS ABOUT MYSELF

Instructions	Blica
Step 1: On the life, wheel rate your satisfaction with	BUSINESS/CAREER
each area of your life. 10 is 100% satisfied and 1 is	
totally unsatisfied.	
totally unsatisfied.	7
Step 2: Ponder the questions below for 1-3 of the	
sections you rated at the least satisfying.	1 on the
sections you rated at the least satisfying.	
The primary section I want to focus on is:	1
What is a struggle about this part of your life right now?	THE E
What is a struggle about this part of your life right how:	1 1
	Total Total
FOL ROW	O FRIENDS
ROMANCE	FAMILY AND FRIENDS
How is being an HSP relevant to your struggle?	
	• •
What do you believe about yourself related to this topic?	
	///
	• / //
W/h	
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?	



What is a struggle about this part of your life right now?	
Harris Later and HCD and the state of the LC2	
How is being an HSP relevant to your struggle?	
	.
What do you believe about yourself related to this topic?	
That do you believe about yourself related to this topic.	- ; ; <u> </u>
	, ,
Where does this belief come from?	· /
	: 0
	- / 7
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?	
	11
What do you believe about yourself related to this topic?	,))
W/L	
Where does this belief come from?	
	: 0
	/ //
What do on one to be it one that the best of the interest of t	
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?	

