

# **I DESERVE**

## **IN RELATIONSHIPS**

I deserve \_\_\_\_\_

How much do I really believe this? 1 2 3 4 5 (1 – not much, 5 – absolutely)

I am living my life in a way that shows me I deserve this. YES NO

## **IN CAREER**

I deserve \_\_\_\_\_

How much do I really believe this? 1 2 3 4 5 (1 – not much, 5 – absolutely)

I am living my life in a way that shows me I deserve this. YES NO

## **IN HEALTH**

I deserve \_\_\_\_\_

How much do I really believe this? 1 2 3 4 5 (1 – not much, 5 – absolutely)

I am living my life in a way that shows me I deserve this. YES NO

## **IN ENJOYING LIFE**

I deserve \_\_\_\_\_

How much do I really believe this? 1 2 3 4 5 (1 – not much, 5 – absolutely)

I am living my life in a way that shows me I deserve this. YES NO

## **IN PERSONAL POWER**

I deserve \_\_\_\_\_

How much do I really believe this? 1 2 3 4 5 (1 – not much, 5 – absolutely)

I am living my life in a way that shows me I deserve this. YES NO

I AM READY TO ACCESS AND MORPH ALL MY NEGATIVE ENERGY (fear, regret, self-judgment, guilt, etc.) IN ORDER TO STRETCH MYSELF INTO SOMETHING DIFFERENT AND EXPAND WHAT I DESERVE. YES NO

Is this an honest answer? YES NO

If yes, what actions am I willing to take immediately? YES, you CAN!!!

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If no, you just acknowledged that you are lying to yourself to support your negative state of Being.

How does living in fear, regret, self-judgment, guilt or grief serve you?

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