

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!!!

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?
