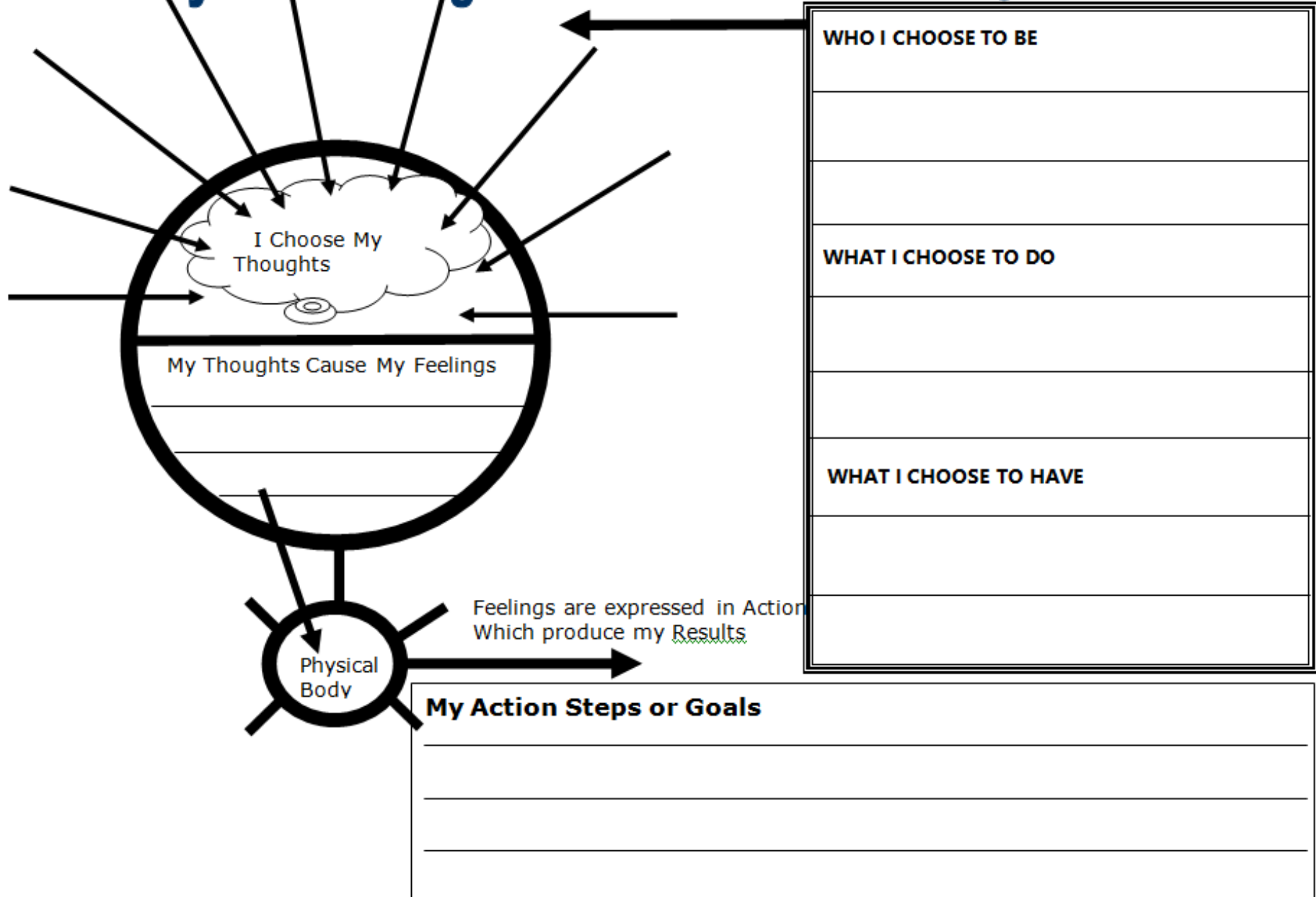


Week 10
Activity 2
Worksheets

My 'I am' Thoughts

I Choose My Results



In your journal

Write out when you last had a serious conflict with a family member and what it was about.

If a similar situation were to happen again what could you do differently to diffuse the negative energy.

Write out the following affirmation.

I am so happy and grateful now that I live in a home that is filled with peace, calm and joyful moments.

My Journal

