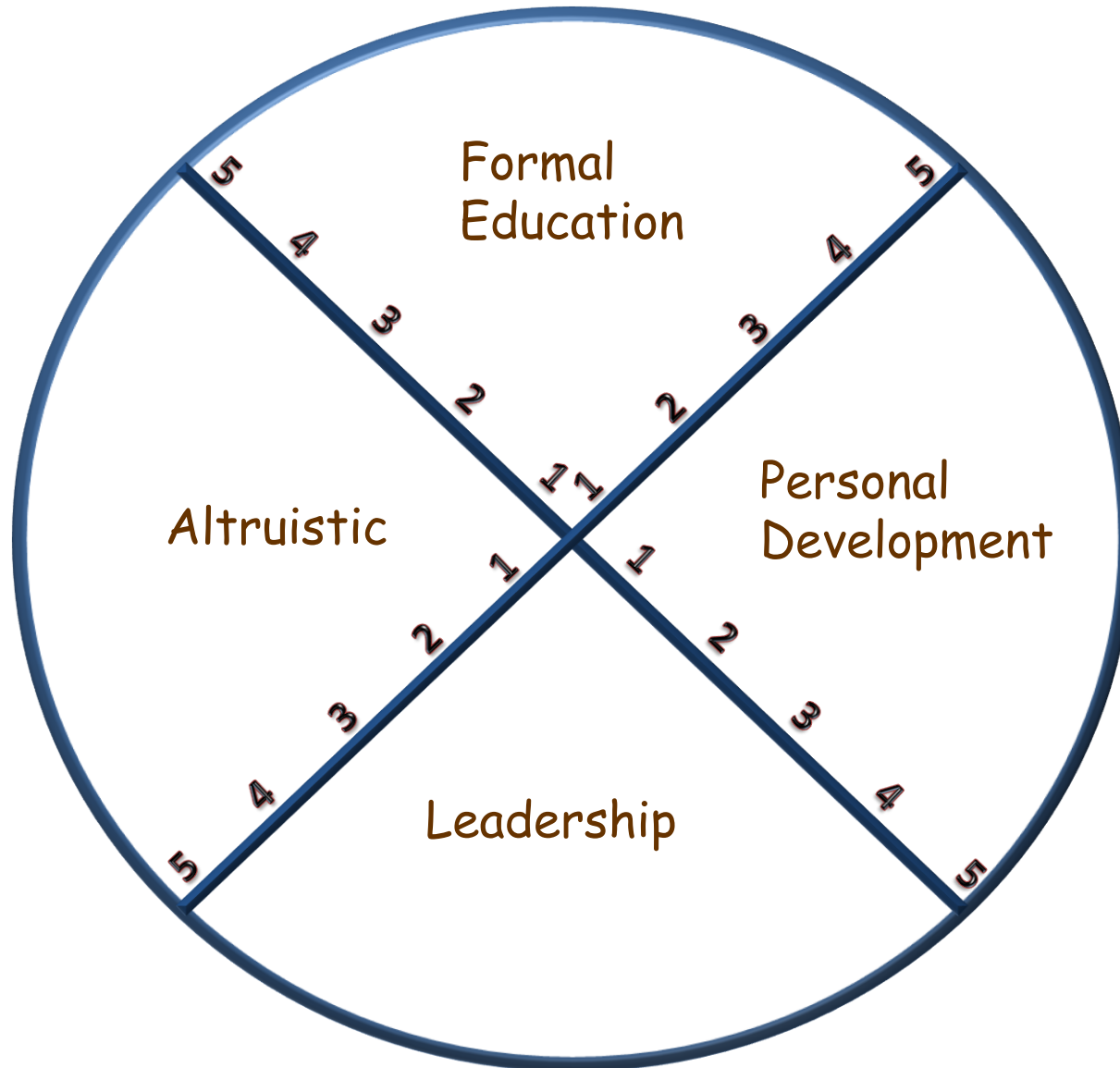


Week 4
Activity 1
Worksheets

Personal Growth and Education



Week 4

Personal Growth and Education

Who I Choose to BE

What I Choose to DO

What I Choose to HAVE

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Use your journal

What are the changes in my life that I am resisting?

What are some reasons I am resisting these changes?

What do I fear about these changes?

What might happen to me if I accept this change?

What would my life be like if these changes did not occur?

What are all the great things that could happen to me by embracing these changes?

What step can I take right now to accept and embrace this new change in my life?

You have been gifted with
INFINITE POTENTIAL.

My Journal

