



The Course to Change

Weekly Action Sheet - Week 4

Reflect back to who and what experiences have formed you to who you are today. What traits of your parents do you see in yourself? What traits have you completely changed? Where do your current beliefs come from? Are they aligned with who you really are? Record your findings.

What strengths and hardships have changed you as a person?

Who is your ideal self?

What 5 things are you grateful for this week?

- ✓
- ✓
- ✓
- ✓
- ✓