

16 August 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Self Acceptance - The Dark

As you'll know from watching the Masterclass, self-acceptance is key and a massive part to a better relationship with ourselves (and others so that there is no incongruent unconscious vibes). As it's such a big subject, I have split it in 2 parts so this week's challenge will focus on our dark and next week on the light.

Please bear in mind that some of the questions are quite deep and could potentially bring up some negative emotions but this is a crucial part of the process. Take your time to answer each one even if they don't seem relevant at first. The deeper you go, the better.



Monday - Have there been times in your life where you've not been honest with yourself? Are you being honest with yourself at present? What will be the benefits of doing so? How does it make you feel & why?

Tuesday - What do you not like about yourself? What do you hide about yourself? What would be the worst thing that could happen if people knew? What would be the best thing that could happen if people knew?

*Wednesday - What events do you wish never happened?
What decisions do you regret making? Do any of these
ever cross your mind? What do you do when they do?
How does it make you feel?*

*Thursday - What decisions have you ended up making by not making a
decision & staying in a state of limbo? Did this happen from a place of
empowerment or fear or something else? How do you feel about it?*

*Friday - Have you ever lived a lie? How did it make you feel at the time?
Are you currently living a lie?*

*Saturday - Which statement am I challenging? What's the obvious behind it?
Am I helping or hindering the process? What am I doing about? What else
could be behind it? For what purpose? What does that get me? Why?*

*Sunday - What is your current reality? Is it how you want to live your life?
Do you need to make some changes or is staying as you are a better option?
Are you in victim mode or empowered? Do you tell yourself excuses?*