

Your Assignment for Week 1:

Each day this week set aside 20 minutes to observe and reflect on something that is going on in your life: a challenge, a condition, a problem, something that is unresolved or anything of the sort.

Answer these questions about that thing:

How did I create this?

What was I feeling when I created this?

What can I learn from having created this?

What would I rather create in my life?

How must I change my sense of myself to create an outcome I prefer?

What can I do today (or tomorrow) to make that change in me a reality?

Bring your 6 pages of responses with you to class next week.