



Webinar 1 Worksheet

LOSSES- OPPORTUNITY TO GROW

LESSONS- OPPORTUNITY TO LEARN

BLESSINGS- OPPORTUNITY TO SHARE

Cobwebs

Clearing the cobwebs of your life is about moving away from the past and creating what you want; unlike anything you've known. You must look within and outward and be willing to extract the diamonds from the rough, the wisdom from the wounds and lessons from our experiences.

Identify your why? Why did you begin on this journey?

What are your motivations? (children, business, family, etc.)

Identify your hurt.

Identify the benefits of holding onto pain.

Identify the benefits of letting go.

List three achievements (Connects you with your strengths, and helps you focus on the positive elements of your life).

Identify one Challenges/Disappointments-(Highlight how we work and understand ourselves)

Describe one from each category: Losses, Lessons & Blessings (you are the expert in your life)

Quick Tips:

1. Protect your space.
2. You must save yourself
3. When someone tells or shows you who they are, listen.
4. Act deliberately
5. Say no when you want to
6. Identify your support system and keep them close
7. Clean up your past
8. Adopt an attitude of gratitude
9. Sit in silence
10. Choose your thoughts

Quotes:

Learn to get in touch with the silence within yourself and know that everything in this life has purpose. There are no mistakes, no coincidences. All events are blessings given to us to learn from.
E. Ross

The thoughts we choose to think are the tools we use to paint the canvas of our lives. L. Hay