



Day 3 - Worksheet

Curate your physical environment - - what do you want to let in and what do you want to filter out?

What distractions and bad news can you remove from your life?

For Example - not watching the news, putting limits on social media on your devices, reading a book instead of scrolling through social media at night.

Notes -

If you find yourself in a situation that disturbs you - here are three questions to ask yourself that will help you in choosing love over a fear response.

1 - How would love respond?

2 - Will this be important in 10 years time?

3 - What is there for me to learn here?

Notes -

Remind yourself each day of the three universal truths

- 1 - Nothing has gone wrong, everything is as it should be
- 2 - There is nothing to protect or defend here, we are all one of the same source energy.
- 3 - Trust in the process of life.

Notes -

Another exercise when you're caught up in believing something to be true - ask yourself these three questions (Which are a version of the 4 questions Byron Katie asks in her book, Loving What Is).

- 1 - Is it true? Can you absolutely know for sure that it is?
- 2 - How do you feel and act when you believe it to be true?
- 3 - What is the upside in holding onto that thought? And who would you otherwise be without that thought?

Notes -

Bring a situation or area of your life that you would like to apply this work to the next live coaching call.

Your Notes -