

FOUNDATIONS DAY FIVE ASSIGNMENT

1) Using the Life Area Perspective Form (link is below), briefly describe an area of your life that is working well. You can look at the Life-Area Perspective form online here:
<https://form.jotform.com/231877268845068>

What are some thoughts you have about yourself when you think of this area of your life?

What thoughts do you have about the other people or institutions (if there are any) that you interact with in this area?

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2) Now describe an area of your life that *is not* working well.

What are some thoughts you have about yourself when you think of this area of your life?

What thoughts do you have about the other people or institutions (if there are any) that you interact with in this area?

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Would you be willing to consider the possibility that this area of your life is not working simply because your perspective of yourself (vibration) in this area is lower than in other areas?

Would you be willing to consider the possibility that your current belief about yourself in this area is inaccurate?

Notes
