

[**www.BeingWomanHealing.com**](http://www.BeingWomanHealing.com)

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**Food for Thought:**

*“*The more you can be self-aware and honest about yourself, the more you can cultivate that in other people.*”* ~ *Mark Pincus*

*Note: Be sure to complete the Self-Concept Assessment before moving towards this self-reflection exercise.*

Now that you have a working knowing of limiting/unchallenged core beliefs, take a moment to answer the following questions either her or in your journal.

Always start with an opening process.

Below write and intention for what you want to experience as you move through this heart exercise and write an affirmation that will support you in creating the experience.

My intention for this assignment is… \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My affirmation for this assignment is that I am…

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1. **Who am I?**

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1. **What is my place in the world?**

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1. **Where do I matter and to whom?**

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1. **What do I truly value in life?**

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1. **What I am worthy of?**

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