

# Secret One - Self Awareness - Week Two



Be honest with yourself as only then will you begin to unravel the limiting beliefs and thoughts you are deceiving yourself with and begin to change the story and change your life.

What's blocking your own happiness?  
Find the words to describe how you are really feeling.  
Add your own if you wish.

ILL NO TIME I MOAN LOST TOO BUSY

NEGATIVE EMPTY ANGRY CRITICAL LAZY

POWERLESS FEARFUL EXHAUSTED

OVERWHELMED STRUGGLE SURVIVING

SETTLING STUCK SAD

OVER SENSITIVE UNATTRACTIVE LONELY

HURTING

*'You  
can't  
change  
what  
you  
refuse to  
confront'*

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After you have circled the words that you are feeling, reflect and write about how doing that exercise made you feel, what you have realised and what you would love to begin to change.

REFLECTIONS:

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