

Soul Secret 2 - Self Acceptance



Acknowledge your biggest disappointments in the last five years:

What didnt work out?

What expectations remain unfulfilled?

What/who upset you?

Think of all the different areas of your life that felt like it didnt meet your expectations or how you wanted it to be.

'Dont let disappointment, cast a shadow over tomorrows dream'

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Ask yourself on each:

In what way was I responsible?

Could I have changed the situation or my response to it?

Why does it keep happening?

What could I have done differently?

If it happened again, how could I respond?

*'Your
mistakes do
not define
you'*