

INTENTIONS • AFFIRMATIONS • MANIFESTATIONS

Four Stages of Change

2. Conscious Incompetence

"AWARE"

3. Conscious Competence

"LEARNING"

"Stress Zone"

*Frustration, Sadness, Guilt, Shame,
Overwhelm, Self Doubt*

*Lessening Frustration, Mental Exhaustion,
Evangelical Tendencies, Projection,
Extreme Mood Change (euphoria to anger)*

1. Unconscious Incompetence

"OBLIVIOUS"

4. Unconscious Competence

"SKILLED"

*Blame, Anger, Malaise, Sadness,
Depression, Poor Health,
Decreased Performance*

*Contentment, Happiness, Relaxation,
Lowered Awareness*

> > **COMPETENCE** > >

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>
>
CONSCIOUSNESS
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