

Worksheet Companion for
Conversations With Your Inner Voice: Honoring Your Past
To be completed at the session on September 3, 2022

What is your intention for today's session?

What do you need to do to keep that front of mind?

Remember a time you did something that you would not do again.

What was your positive intention in doing what you did?

Create a statement, affirmation, or mantra that reinforces your positive intention.

Should a similar situation arise, how will you handle it now?

Main take-away from today's session:

Commitment to yourself to work on before the next session (Oct 1, 2022; Embracing Your Present):

How will you remember to do that?

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