

Mastering M.E. - Mind & Emotions

Week 10 Reflections and Growth

Questions to reflect, answer, and grow. Answer the questions below, print out a copy for you and bring to our next call, as well as send me copy.

1. You have been retraining and programming your mind. You have created a process for how you Self-Regulate back to being in control - back to MASTERY. Reflect on your process and put words to explain it without examples of events or stories - share just your articulation of the process.
2. Where are you being foolish in a habit, belief, or behavior? Hint, where are you foolishly holding onto to something that no longer serves you?
3. What has your new REALITY brought you?
4. How affected are you by what others think of you?
 - a. I don't care
 - b. I care, but have to continually tell myself I don't
 - c. I worry about what I say and do most of the time
5. How do you feel about goal setting?
 - a. I still struggle with what goal to set and how to achieve it
 - b. I tend to set goals I know I can achieve
 - c. I am lack with setting goals and with achieving them
 - d. I am boldly setting bigger goals, outside my comfort zone to stretch & grow
6. Do you expect perfection in yourself?
 - a. I am a "perfectionist" and expect perfection in me and see that I expect it in others too
 - b. I am a recovering "perfectionist" noticing where I still have strong expectations
 - c. I accept and love myself - faults, errors and all. Nothing bothers me.
 - d. I accept and love myself and when I see qualities less than desirable I lovingly reflect upon them to heal, restore and rebalance myself
7. How happy are you?
 - a. I am happy and nothing and no one alters that
 - b. I still pre-program happiness into my state of mind every morning
 - c. I have to remind myself I am happy
 - d. I allow others and life situations to take me away and find myself unhappy
8. How pleased are you with your progress, growth and change?
 - a. I am totally please, beyond expectations Delighted and give gratitude and acknowledgment for my progress
 - b. Have not even really reflected on my progress
 - c. Reflect and observe, but notice some judgment and dissatisfaction
 - d. Not where I want to be and not sure what to do about it.