



The Truth: “Discover who you really are”

Week Four - Balance

Just like last week, please read your affirmation daily, out loud, and in a mirror to yourself.

This is the final week of your course. Be sure this week to continue to ground yourself, white light protection, open and close chakra's & writing in your daily journal. Keep saying your affirmations even when the course stops. You are really changing your life and finding your truth! This week you will be asked some tough questions. Let yourself reveal the answers so you can go within and really discover the truth and change.

Date: _____

Please say these affirmations out loud in the mirror before writing. You may find it helpful to print a copy of this affirmation and stick it on your mirror. Say this out loud as many times a day as you can.

Week four affirmation:

Affirmations are any statement we make-either positive or negative. In this case we will be focusing on POSITIVE affirmations daily. Always make your affirmations in the present tense (example: “I AM,” “I WANT,” “I HAVE”). Making your affirmations in the mirror helps reflect the feelings you are having about yourself.

I am a divine gift of Spirit/God.
I am worthy of peace.
I am open, clean, clear, and balanced.
I surround myself with love and happiness always.
Abundance is coming to me always, and is here now.
I am healthy, whole, and complete.
I love myself and others unconditionally.
I am full of peace and bring peace to others.
I am surrounded by loving and giving people.
I am honest with myself and others.
I forgive myself for everything.
I forgive others for everything.
I am free. I am balanced. I am one with God and all of creation.
I am **amazing** and ready for greatness!
I am blessed to learn every lesson given to me and I welcome them all.
Thank you God/Spirit for giving me the gift of life, I will not waste one moment.



Where do you feel your life is imbalanced?

What can you do this week to show yourself more love and find balance?

What things are you “getting rid of” or “dumping into a chest” like I talk about in the video?

20 questions to go within. Please write your answers in your journal.

1. What was the best thing that ever happened to you in your life so far? Where were you when it happened? What was going on at that time in your life?
2. When was the last time you tried something new?
3. What did life teach you today? What did life teach you this month? What did life teach you this year?
4. What do you want to change the most? What's the first step you can take today to make that happen?
5. One thing you LOVE about your physical body? (I know this is hard for some. Write something and begin loving your body. It's equally important to self love.)
6. One problem in your life right now that you wish would go away? How can you create a solution to that problem?
7. If you had the ability to go back and change anything in your life what would you change? What can you learn from it instead of changing it?
8. When you close your eyes and I tell you to imagine anything..what do you imagine?
9. What do you want the most right now?
10. Who is the one person in your life that you know creates an imbalance and you need to detach from?
11. What is the one thing in your life that's creating an imbalance and you need to detach from?
12. When are you not speaking up or communicating to others and you need to? How can you make an concentrated effort today to change that?
13. Who do you need to forgive that you are still secretly holding a grudge against?
14. If you had one wish or prayer to come true what would that be? What can you do physically or mentally to make that happen in your life?

15. What do you think your biggest life lesson is? How do you think you can go about learning it?
16. How do you feel like you may have failed at something? Can you see the lesson even in the failure? (Right where we need to be when we need to be there)
17. What's one piece of advise you would give to your best friend on how to NOT make the same mistakes you've made?
18. Have you forgiven yourself?
19. What are you pretending not to know? (Be honest. Remember this is for you)
20. What do you deserve more of ? When are you going to start honoring, loving and giving that to yourself?

Take a step back, after answering these very thought provoking questions and read your answers over. These questions are meant to be a guideline for you and to expose the truth about what's going on right now in your life.

With knowledge comes power. Now you have the power to make positive life changes and the tools to spiritually, mentally and physically make that happen.

BEGIN LIVING YOUR TRUTH TODAY!