



THE PILLAR CODE  
TRANSFORMING LIVES, MINDS & BUSINESSES

## THE CONNECTION CODE 1. ACCEPTANCE

NAME: \_\_\_\_\_

PRACTITIONER: \_\_\_\_\_

DATE: \_\_\_\_\_

My specific area of focus (issue, stress, or concern): \_\_\_\_\_

List three 'Negative' things in regard to your 'block / issue' (i.e., things that you always deem in a negative light). Beside them, list the positive outcomes or results of that negative issue.

NEGATIVE LIST:

Eg. I'm miserable & bored at work.

POSITIVE LIST:

Eg. It's pushing me to upgrade my skills.



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## THE CONNECTION CODE 2. AWARENESS

NAME: \_\_\_\_\_

PRACTITIONER: \_\_\_\_\_

DATE: \_\_\_\_\_

My specific area of focus (issue, stress, or concern): \_\_\_\_\_

Using the list from exercise 1. Acceptance, now write how the things on your lists make you FEEL in both the negative and positive (i.e., what these things are doing to your life, mind and body).

HOW DO YOU FEEL WITH THE  
NEGATIVE?

Eg. I'm tired & unfocused at work.

HOW DO YOU FEEL WITH THE POSITIVE?

Eg. I'm excited when I look into training.



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## THE CONNECTION CODE 3. GRATITUDE

NAME: \_\_\_\_\_

PRACTITIONER: \_\_\_\_\_

DATE: \_\_\_\_\_

My specific area of focus (issue, stress, or concern): \_\_\_\_\_

Using the negative list from exercise 1. Acceptance, write what you are GRATEFUL for from the negative experiences and what you are choosing to CREATE and MANIFEST from your Acceptance, Awareness & Gratitude.

I AM GRATEFUL FOR:

Eg. The clarity there is more for me.

I AM CREATING AND MANIFESTING:

Eg. A fun new role that expands my skill.



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