

### THE CONNECTION CODE 1. ACCEPTANCE

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

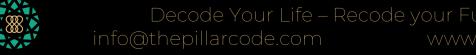
PRACTITIONER:

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:	POSITIVE LIST:
Eg. I'm miserable & bored at work.	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?	HOW DO YOU FEEL WITH THE POSITIVE?
Eg. I'm tired & unfocused at work.	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:	I AM CREATING AND MANIFESTING:
Eg. The clarity there is more for me.	Eg. A fun new role that expands my skill.



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