



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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info@thepillarcode.com Call us at 1800-TPC-888

