



THE PILLAR CODE
TRANSFORMING LIVES, MINDS & BUSINESSES

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.



Decode Your Life – Recode your Future - Today
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