



SORT YOUR STRUGGLES

Review your current life experiences.

List all the reasons you struggle with one of these core areas:

- *Community*
- *Purpose*
- *Identity*
- *Vitality*

Now sort this list into these three categories

Authority	Others	Yourself

Continued.....



Compare lists. Look for connections and patterns.

Review Playlist from Foundations lessons. Do they mimic your experience? Are your negative thoughts about yourself, others and authority impacting (reinforcing) your life's experiences?

Write out your truth statements that counteract the false limiting beliefs that you have about yourself, others and authority. Make sure that they are true and honest. Happy lies are not helpful.