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LOOKING

INTO THE

MIRROR

OF SELF

WORKBOOK

AKOSUA DARDAINE-EDWARDS



UNVEILING LOOKING INTO THE MIRROR OF SELF

Workbook

Now WHAT? Introduction

**SELF
LOVE**

**SELF
RESPECT**

**SELF
ESTEEM**

Who Are You?

Who are you without the things?

What if it's more than a problem.....What if it's a lesson?

“

Life shrinks
or expands
in proportion
to one's
courage.

ANÄIS NIN

EXPLORING THE LEARNINGS

I AM

I AM.....

I AM

I AM

EXPLORING THE LEARNINGS

I AM

I AM

I AM

I AM

EXPLORING THE LESSONS

I HAVE LEARNT

I HAVE LEARNT

Exploring the Lessons

I HAVE LEARNT

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



Akosua Dardaine-Edwards

PUBLICATIONS:

1. What Did I Learn Today? Journey to Unconditional Self Love
2. Nyabo (Madam) - Why Are You Here?
3. Daily Lessons on the Journey - A Journal

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