



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.

