



Block 1 – CURRENT REALITY (NOW)

Journaling:

Mahatma Ghandi said:

*Keep your thoughts positive because
your thoughts become your
WORDS.*

*Keep your words positive because
your words become your
BEHAVIOR.*

*Keep your behavior positive because
your behaviors become your
HABITS.*

*Keep your habits positive because
your habits become your
VALUES.*

*Keep your values positive because
your values become your
DESTINY!*

1. Considering how you see yourself now. Is there anything that concerns you about your current reality? If so, write down those concerns.

2. Decide where you want to grow. In what areas do you see potential for yourself?