

EMPOWERMENT MENTORING WORKSHEET

Thomas Troward:

*The beginner in the study of truth makes the fruitless attempt of trying to make the **outer adjustment**-a correction of a certain state of affairs in his environment or outer life- **without first making the inner adjustment**. He tries to force the action of spirit in adjusting external conditions, without first relating himself to spirit, within himself, and without consciously knowing his relationship to this power."*

A study of _____ is the study of and the awareness of our inner _____-the source of which is truth.

Our _____ precede our results.

How do we move to a state of harmony?

2 Steps:

1. We have to be willing to _____ so that something fits, _____, confirms, or adapts within us.

2. We want to make _____ to be in harmony with what we say we want to create in our lives.

If what we want is not showing up in our lives, it is because somewhere, we are out of _____, somewhere we need to make an adjustment.