

EMPOWERMENT MENTORING WORKSHEET

Reflective Exercises:

Begin to simply notice where you feel static

- Where and when did you feel it begin?
- What is/was going on in your life when it first appeared?
- What are/were you reading?
- What are/were your habits?
- What are/were your relationships?
- What books or movies are/were relevant?
- Why did it show up?
- Where else is the disharmony showing up?

Be still and silent, listen and observe, listen to your thoughts and look at what is going on around you.

Tune into the static-where is it coming from and why is it here now?

Consider the possibility of how the very condition or circumstance that you are now identifying as out of harmony or static in your life used to serve you. Does it still serve you to serve it and, if not, what do **you** now want to serve?

Stay in the question, “Is this in harmony with what I want to create in my life?”