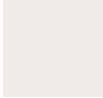
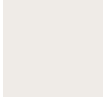
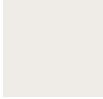
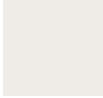
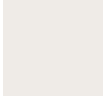
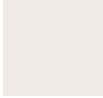
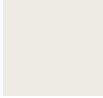


WEEK 1

SELF AUDIT - SCALE 1 TO 10

Take an inventory of where you are currently. Rate yourself from 1 to 10.

- 1** Being my own person, knowing my own mind and trusting myself to go my own way is a non-negotiable for me. I am clear on who I am. 
- 2** Each relationship in my life has a place and a purpose and I am clear on my boundaries. It is clear to me what I will and will not accept from each connection in my life. 
- 3** I am clear on my values, my standards and my priorities. In fact, they are an integral part of my decision making process in creating the life I desire. 
- 4** My day has been designed purposefully to incorporate what I want to do. I know that each task and activity is a choice and I am happy to commit to them. 
- 5** I wake up excited and eager each day. I am curious to see what the day brings and I am confident in my ability to take it on! 
- 6** My body is healthy and I feel great in my own skin. I have created a fantastic relationship with my physical form and I look into the mirror and love what I see. 
- 7** My life has meaning. There is something beyond myself and my comfort that drives me forward and keeps me motivated. This is my mission - my purpose - my guiding light. 
- 8** Abundance is a part of my life. I feel blessed to receive everything that I need in terms of health, wealth and love. Whatever I need, I know I can achieve. 