

Awaken Your Light

Worksheet ~ Lesson 3

Presented by Caroline Maria Meade



If you were to describe yourself to someone, what would you say?
Who are you?

Do you believe you are truly living as your real self?

What are you Fearful about?

What do you believe would happen to you or your life if these fears came true?

If the fears did come true, what would you do if faced with them?

Do you believe things are meant to be?

*How often in an average week do you get
frustrated/panicked/worried?*

*What can you begin to do to ease these feelings and in turn, allow more
flow into your life?*



What is your current self-care practice like?

What could you do to improve this?

It has been proven that we have 40% power within our mind set to choose. What thoughts and life are you actively choosing now?

Do you choose to have a better life? Think a better thought? Choose to be YOU?

What are your goals, aspirations and dreams?

What action are you taking right now to make these a reality?

What can you do to create a happier you?

What do you need to help you on this path?
