

Treat this workbook as a journal to track your progress for a month at a time.

Journal Entry 1

Write a paragraph or so at the end of each day on how you released old habits from finding your place from within.

Journal Entry 2

Write at least a sentence for how a new and old definition on finding your place from within affect your: feelings, actions, thoughts and behaviors; daily.

Feelings_____

Actions_____

Thoughts_____

Behavior_____

Journal Entry 3

List three ways a new thought pattern helped you find your place from within today.
