



At the core of every challenge  
lives the key to greater goodness, understanding and success.

Instructions and suggestions for completing the written exercise:

The following questions are designed to assist people in finding greater clarity in matters of unwanted circumstances and troublesome issues which arise in any aspect of one's life, whether it be professional or personal. In this, new perspectives are accessed, new solutions are realized, new results are produced.

The process is an exploration - an adventure into the impact and influence our perceptions have in the experiences of our lives. The only answers that matter are your own. You are not asked to believe anything. Your answers to these questions open the door to new perspectives and possibilities, the result of which is commonly a newfound sense of freedom and peace, which extends into every aspect of our lives – personally and professionally.

It is through the unhurried investigation of our (often unconscious) beliefs that significant self-discoveries are made which can change the way we see ourselves and the world, in a ways we never dreamed possible.

This experience is an opportunity to change your mind, and it is entirely your choice to do so or not. To change your mind means to live in a world that is kinder than we ever thought. To change your mind means to have a willingness to release your pain and confusion. To change your mind means that you would rather be happy and at peace than be right.

Please answer the following questions as honestly and candidly as you can. No one but you will know what you write, unless you choose to share it with others yourself. This experience is for you. As you write, please do your best not to edit your responses to diminish your true feelings, or to justify your sense of how you "should" be.

We've all been told not to judge all of our lives, and still, it is one of the things we do best. Give yourself the gift of your own real truth in this moment. **The truth heals**, and so the more honest and unedited you let yourself be, the deeper the opportunity for understanding.

This is not therapy; it is *self-investigation* which naturally results in self-awareness and self-empowerment. "Consciousness is curative" said Carl Jung, and awareness brings consciousness.

Use short, simple and direct sentences. Long sentences can be confusing to work with.