

HOLISTIC LIFE SOURCE

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— Self-Mastery 101 Worksheet —

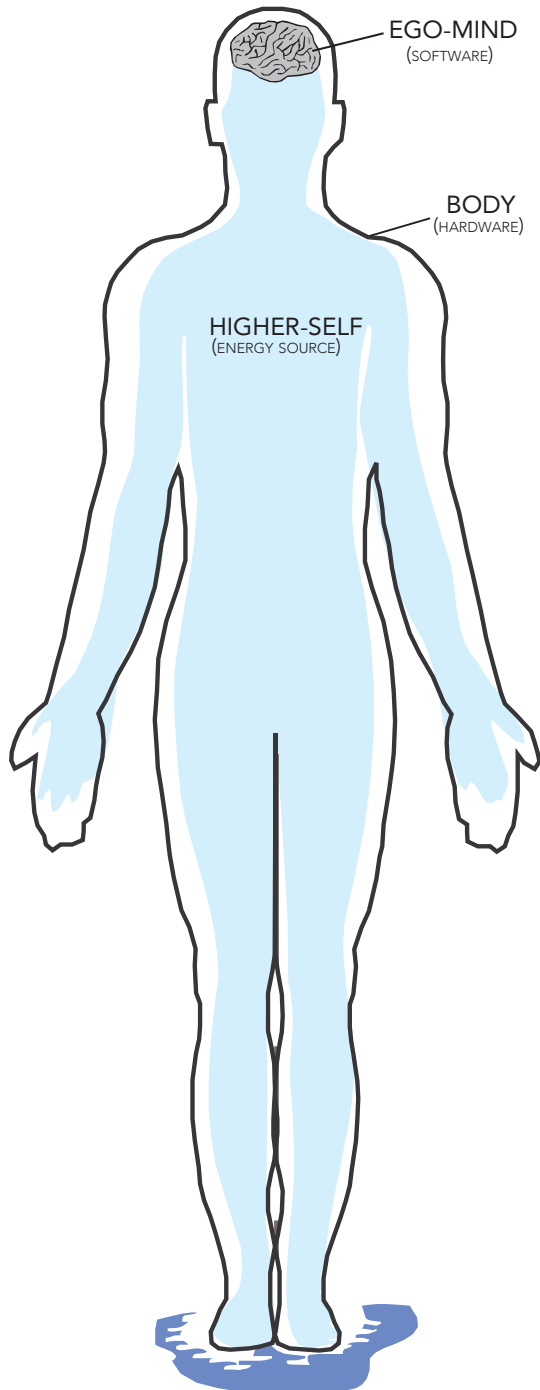
Welcome!

Let's begin by getting a basic understanding
of what Self-Mastery means:

Self-Mastery is the mastery of my thoughts, words, feelings, and behaviors which create my beliefs. Learning to stay present, by living in the present moment, helps me to learn about myself and what I want to create. This work is about getting clarity of who I am now and how I came to live this way. Then to learn how to connect to my true-self, and what I want to experience in my life. I have all that I need within me to become the master of my life— *I have the power to decide who I want to be, and how I want to live.* It is my power in my belief that creates my life, my reality.

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— Self-Mastery 101 Worksheet —



BODY: HARDWARE

- MY VESSEL TO GET ME AROUND IN THIS PHYSICAL WORLD
- MY 5 SENSES HELP ME NAVIGATE AND EXPERIENCE THE PHYSICAL WORLD

EGO-MIND: SOFTWARE

- MY COMPUTER SOFTWARE
- MY LINK TO ALL MY PAST EXPERIENCES
- RESPONSIBLE FOR PROTECTIVE PROGRAMMING
- FEAR-BASED ENERGY
- SURVIVAL MECHANISM
- NOT INTERESTED IN TRUTH
- ENJOYS BEING ENTERTAINED
- TALK! TALK! TALK!

TRUE-SELF: ENERGY SOURCE

- MY HIGHER-SELF
- SPIRIT
- CONSCIOUSNESS
- THE LISTENER
- KNOWS MY TRUTH
- MY GUIDANCE SYSTEM
- MY REAL POWER OF CREATION

Using the illustration on page 1, fill out this worksheet.

This worksheet is to help me see how I have the power to change my life.

If I find it difficult, just take a breath and relax.

I am looking for clarity...

What I need to understand is how I have the power to change my reality.

1) (Q) What do I call my computer?

2) (Q) Where is the information for my past stored?

3) (Q) Where is my protective programming stored?

4) (Q) Where is my fear-based energy?

5) (Q) What part of me is not interested in the truth?

6) (Q) Who enjoys being entertained (drama)?

7) (Q) *Who loves to talk?*

All answers are: Ego-Mind

I have the power to change my life. I am the operator of this software. I can choose to learn any information I want and reprogram my computer (ego-mind). This is a constantly evolving system and I can choose to input beneficial information. If I choose to just let this system run on autopilot, then I will be continually living my past experiences over and over again because the past is all this system knows. My life will change when I input new information into the system. Learn, evolve, this is my power.

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— Self-Mastery 101 Worksheet Personal Observation —

(Q) *What did I learn from completing this worksheet?*

Thank You for being a part of this experience. Create with intention!

—Dr. Sherrilyn Kirchner

Live in the Body, Master the Mind, Witness through Spirit.