
CLIENT SELF DISCOVERY

List of my positive attributes

1. _____

2. _____

3. _____

List of areas I need to improve

1. _____

2. _____

3. _____

4. _____

What's holding me back from experiencing success? (List thoughts, feelings, emotions, limiting beliefs, old paradigms, and resentments)

1. _____

2. _____

3. _____

4. _____

What can I change? What actions can I take to have new and rewarding experiences?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

What resentments am I ready to let go of? Who am I ready to forgive?
What habits am I ready to eliminate? What lifestyle am I ready for?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

What rich new experiences, beliefs, and lifestyle conditions do I want to have today?

1. _____

2. _____

3. _____

4. _____

5. _____
