

Believe In Your Self

Success #4: Reflect & Renew



This worksheet is ideal to complete at the end of each year – or, as every month concludes – any frequency which best supports your healing and wholeness journey. Complete recovery implies freedom from ED behaviors – and yet, recovery of one’s True Self is an ongoing unfoldment and process of discovery. The questions on this worksheet can be explored through introspective journal writing, or through a guided visualization (ask your EDIT™ Certified Practitioner to lead this for you, or create your own recording with your favorite music in the background).

Imagine that you are sitting in a movie theater – it’s your own private viewing room, with a very safe comfortable seating area. Take a few breaths, and relax into this visioning experience, allowing and thoughts, feelings, images, and other sensory information to gently be revealed. Imagine that your Intuitive Therapist is in control of cueing up different movie reels, so you can reflect about key parts of your past, learn from them, and integrate what is needed for your healing wholeness. You can stop this movie in your mind as you feel complete, or at any time while in process as needed. As you do, you’ll gently and safely come back to the here-and-now.

Reflect about the highlights of the past...

Reflect about the lowlights of the past...

Reflect about the key message from your Intuitive Therapist...

Now, revisit that same movie theater – and relax into this next visioning experience, allowing and thoughts, feelings, images, and other sensory information to gently be revealed. Your Intuitive Therapist is still in control of cueing up different movie reels, so you can renew an INTUITIVE VISION for your entry into a new phase of life. It may be the year ahead, or a few months, or any period of time you choose. You can stop this movie in your mind as you feel complete, or at any time while in process as needed. As you do, you’ll gently and safely come back to the here-and-now.

Renew your INTUITIVE VISION of the future, with infinite possibilities...

Renew your CREDO – the qualities of your True Self, such as Love, Joy, Peace ...

Renew the key message from your Intuitive Therapist...