

Silly Me!

A path to self-acceptance

Companion Notebook



Steven Howard

Chapter 1 – The First step: Separating the Wheat from the Chaff

Which life challenges do I believe I've now overcome?

What are the challenges I continue to face in my life?

Chapter 2 – Taking a Closer Look at the Wheat

These are judgments/limiting beliefs I have about myself:

These are judgments/limiting beliefs I have about others:

Chapter 3 – Judgment and How It Shows Up in Our Lives

Religious beliefs I was taught when I was young:

Other thoughts about judgments that have come up for me:

Chapter 4 – Ways to Suspend and Transform Judgment

SELF-JUDGMENT	REASON TO "LET GO AND LET GOD"	REASON FOR HOLDING ON

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JUDGMENTS OF OTHERS	REASON TO "LET GO AND LET GOD"	REASON FOR HOLDING ON

Tools I can use to dis-empower old, false beliefs and BE who I've come here to BE.

DENIAL STATEMENT: A Denial Statement is a statement that serves to dissolve the power our mental mind has given to a false belief, an untruth.

These are MY denial statements:

AFFIRMATION STATEMENT: An Affirmation is a positive statement of Truth.

These are MY affirmative statements:

Chapter 5 – Lighten Up a Bit! Life Can Be a Hilarious Journey

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