

Worksheet 3 Prove the Truths

Let's take another step to prove that yes, you are the truths. For each of the statements below think back to a time when you fully embodied the moment described. When you felt you were truly **Free, Compassionate, Grateful, Trusting, Passionate, Guided, Accomplished, Confident, Attractive, Loved & Loving**. A moment in your life when you knew it and acted as such. Let's take the first truth and move on from there. Take your time.

Think of a time when...

...you were FREE, when you took action such that if you didn't take the action, you would have deeply regretted it. A moment when you freely acted in your best interest. ***Describe here.***

...you were COMPASSIONATE and without thinking of yourself, you took away the pain of another. Perhaps someone who you believed caused you pain, even towards them, you acted with compassion. ***Describe here.***

...you were GRATEFUL because you served another, you gave your time, money, attention and you knew you made a positive difference in their life in some way. ***Describe here.***

...you were TRUSTING and assumed positive intent knowing that to trust is to take a risk, but it was nothing when compared to the risks you faced in childhood. A moment when you trusted another even though you had no reason to, and in the end, you were happy you did. ***Describe here.***

...you were PASSIONATE because you chose to take the energy that anger created and you converted it to something that moved you closer to that which you desired deeply. ***Describe here.***

...you were GUIDED as you pursued something that you truly wanted to happen, it was your 'purpose for that moment in your life' and you succeeded. ***Describe here.***

...you were ACCOMPLISHED, where you had the courage to decide on and pursue something that was more than a goal, as a goal is a hope, but for you it was an outcome that you had to have and you achieved it. ***Describe here.***

...you were CONFIDENT because you took an action that you knew you needed to take or wanted to take even though you were fearful at the time. ***Describe here.***

...you were ATTRACTIVE, when you looked in the mirror and not only saw yourself but you saw yourself feeling and acting free, compassionate, grateful, trusting, passionate, guided, accomplished and confident. ***Describe here.***

...you were LOVED and WORTHY OF LOVE because in that moment it was not about you but it was about making another feel free, compassionate, grateful, trusting, passionate, guided, accomplished, confident and attractive. ***Describe here.***

I honor your persistence, stamina and focus. That exercise took some time. Let me ask you, how did you feel as you recalled those moments? Did you feel the truths? Did you see yourself embodying the truths, how did it feel in the moment?

Now take the final step and learn to live the truths each day and eliminate the lies.

Download Worksheet 4, Eliminate the Lies & Live the Truths at www.cdv.org to complete your journey.