

# AWAKEN YOUR INNER GAME

## What To Do When Things Go Wrong

### RESULTS BOOK

**What are 3 big challenges that you have experienced in your past?**

*These should be challenges that you no longer are experiencing. So NOT current challenges that you are currently going through*

1.

2.

3.

**What gifts, life lessons, and purpose can you now see these challenges had?**

*Think about the bigger picture here as well*

1.

2.

3.



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Choice brainstorm continued.....

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**What choices out of the ones that you brainstormed are going to have the biggest positive impact on your challenge?**

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**Which choices are you going to commit to and take action on?**

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# AWAKEN YOUR INNER GAME

**Have you been suppressing or not honouring your feelings lately?**

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**Are there words/behaviours/situations that you have been taking personally?**

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**Where and how have you been getting caught up in the drama of the challenge instead of focusing on moving forward?**

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