

HOLISTIC LIFE SOURCE

WWW.HOLISTICLIFESOURCE.COM

— Self-Mastery Worksheet 201 —

Welcome!

Let's begin by getting a basic understanding
of what Self-Mastery means:

Self-Mastery is the mastery of my thoughts, words, feelings, and behaviors which create my beliefs. Learning to stay present, by living in the present moment, helps me to learn about myself and what I want to create. This work is about getting clarity of who I am now and how I came to live this way. Then to learn how to connect to my true-self, and what I want to experience in my life. I have all that I need within me to become the master of my life— *I have the power to decide who I want to be, and how I want to live.* It is my power in my belief that creates my life, my reality.

• • • • •

—The first truth I need to believe—

No one is here to fix me, I am already perfect!

—The second truth I need to believe—

My life is my responsibility. I have created it.

If I do not believe I am responsible for all that I experience, I am in a victim mentality— a belief. However, once I take **full responsibility** for all that I am experiencing in my life, I regain **all my power**.

This is because of the Universal Law of Attraction (LOA). It is the vibrational law that states: *like attracts like*. Another Universal Law is the Law of Gravity. Universal Laws work **all the time**.

This is important to know, so as to understand that I create my life.

— Self-Mastery Worksheet 201 —

This worksheet is to help me define what I want to experience in my life.

If I find it difficult, just take a breath and relax.

This is for me, there is no judgment by me or anyone else. I am looking for clarity...

Why am I where I am in my life, and where do I really want to be?

- 1) (Q) What am I truly wanting to experience in my life?

(This is to begin to get clarity. Start with just one or two things, more can be added later. Again, this is for *ME!* No one needs to see it; I don't need to discuss it with anyone; it's all about *ME!* I am taking the time to practice listening while learning to trust myself so I know what I want, the *truth* about what I want, without any judgment.)

- 2) (Q) Rate my life from one to ten. Be **honest** here, this will bring me great benefit to see *the truth*. (1 being— the least satisfied with; while 10 being— I wouldn't change a thing!)

___ Work ___ Finances ___ Physical Health ___ Emotional Health
___ Spiritual Health ___ Family Life ___ Social Life ___ Intimacy Health
___ Relationship with Significant Other ___ Residential Health (where I live)

(A) Using this as a point of reference, to begin to get an idea of how I *feel* about my life— it is about taking a step back, and taking the time to gain clarity. How I truly *feel* about my life?

- 3) (Q) I don't know what I don't know... *Explain this.*

(A) This is just as it states, I don't know what I don't know, and that is okay for me to not know. No one knows everything. It is perfectly acceptable not to know something. It is, however, my responsibility to know what I *need* to know— Such as the Universal Laws, like, the Law of Gravity, and the Law of Attraction. These Universal Laws are 2 of many that will help me create a safe and enjoyable life.

- 4) (Q) "I already know that!" is the most restrictive belief of all... *WHY?*

(A) If I say, *I already know that!*, then it stops me from allowing new information in. When my coach would tell me the same thing over and over again (LOA), I finally stopped resisting and listened. I learned something new. If I say, *I already know that*, it stops me from learning and evolving.

- 5) (Q) What is everything made of? (*Including me.*)

(A) Energy.

- 6) (Q) If everything is made of energy, how are things different?

(A) Everything is made of energy and is differentiated by the vibrational frequency at which it resonates.

- 7) (Q) *Who controls my thoughts?*

(A) Me, I do. No one else can do this for me, it is personal.

- 8) (Q) What is a thought?

(A) A thought is a frozen moment in a stream of consciousness. It is a vibrational frequency and permeates all of space and time. (Source: *What the Bleep Do We Know!?*™ By William Arntz, Betsy Chasse, Mark Vicente & Jack Forem)

- 9) (Q) What do I think about most of the day, and how do I *feel* about it?

(A) Examples: People? Situations? Self?
Loving, Joyful, Free, Worried, Scared, Anger, Resentment, Jealous, Depressed, Powerless, Unworthy



A PROFESSIONAL
 TRAINING SYSTEM
 THAT HELPS ME
 QUICKLY ACHIEVE MY
 SELF-HELP GOALS.

www.holisticlifesource.com • 574-971-5443

10) (Q) What is a feeling?

(A) A feeling is a vibrational frequency in my body. We, as humans, put words to these feelings, but this is where we can lose touch with our bodies. Listen to the body by scanning it with awareness to find where it is out of harmony with how I want to live. To get back into harmony, feel my feelings to release them, and then replace the now empty space with the energy of love vibrations.

11) (Q) What is the Law of Attraction (LOA)?

(A) LOA is a Universal Law. It is Like attracting Like, (example: Birds of a feather flock together). This is why all that I have looked at in this questionnaire matters. This is the key to unlock the life I want to live. It takes awareness of what I am now, and then I must determine what I want and what I don't want. I have the power to choose my thoughts to create beliefs that work well for me.

• • • • •

— Self-Mastery Worksheet 201 Personal Observation —

(Q) *What did I learn about myself, the world I live in and what I want to experience?*

A message to HLS Students and Guests:

*I put this message in first party because it holds a powerful personal energy for you.
Please read this aloud in an accepting and loving tone and remember that you are
already perfect. This is true because you are made of the Divine Energy that all creation
is made from... Love Energy.*

I have the power of choice to control my thoughts.
Thoughts create beliefs. Beliefs create my experiences— my reality.
Whatever I believe to be true, I will experience (LOA).

Due to the Law of Attraction, there are many beliefs vibrating in my system
that don't resonate with me— that don't resonate with my true-self. To
become aware of those beliefs, I need to stay in the present moment and
continue to notice how I *feel* when I think the thoughts I think.

As I pay attention to what I am *feeling*, I can discern that if I don't like what
I am feeling, I have the choice to change my thoughts. As I do this,
I reprogram, or rewire, my beliefs and create new beliefs by *thinking*
thoughts that make me *feel* good which will change my experiences.

I remember, I'm using the Law of Attraction *all the time*. It's up to me
to do the work. It takes awareness. It takes time. It takes practice.

Breathe. Relax.

I am exactly where I am suppose to be.
Know that nothing matters unless I decide it matters to me.
I make my choices. The power is mine.

.....

Thank You for being a part of this experience. Create with intention!

—Dr. Sherrilyn Kirchner

Live in the Body, Master the Mind, Witness through Spirit.