

# **SEVEN STEPS FOR CREATING A NEW YOU**

The most important relationship you have is  
your relationships with yourself.

## **Step One – Gratitude**

I give thanks for the self I have been up till now.

Here are the things I appreciate about myself:

## **Step Two – Good Times**

These are the positive things about myself that have brought me joy and satisfaction.

## **Step Three – Hopes and Dreams**

These are the hopes and dreams I've had for myself.

What remains unfulfilled regarding your relationship with yourself?

## **Step Four – Disappointments**

These are the things about myself that most disappoint and frustrate me.

What beliefs and attitudes do I have about myself because of these disappointments?

How do these ideas keep me in an old state of consciousness which limits me from moving into a higher expression of myself?

## **Step Five – Forgiveness**

This is the hardest thing to forgive about myself.

What is causing me not to forgive myself?

How will lack of forgiveness affect my future?

How will my life improve if I do forgive myself?

## **Step Six – Releasing my present self and embracing my new self**

Here is a list of the positive changes which will take place as I move into my new self and my state of consciousness.

## **Step Seven – Completion**

Do I feel inwardly resolved and ready to become my new consciousness and to welcome new possibilities into my life?

**I NOW SURRENDER MY OLD CONSCIOUSNESS**

**AND I OPEN MYSELF TO NEW POSSIBILITIES  
FOR MY LIFE!!**

**I COMMIT TO SUPPORT MYSELF DURING THIS  
POWERFUL TRANSITION OF CONSCIOUSNESS!!**