JOSSELYNE HERMAN-SACCIO

THE FOUNDATION FOR BEING *Unmessablewith*

5 WEEK COURSE

WEEK 2: WHAT MESSES WITH YOU?

FOUNDATION WORKBOOK

REASONS I HAVE NOT FULFILLED MY DREAM:

FEARS ASSOCIATED WITH FILLING MY DREAM:

FOUNDATION WORKBOOK

JUSTIFICATIONS FOR HAVING NOT FULFILLED MY DREAM:

CONSIDERATIONS I HAVE FOR FULFILLING MY DREAM:

FOUNDATION WORKBOOK

CIRCUMSTANCES THAT ARE NOT ALLOWING ME TO FULFILL MY DREAM:

ADDITIONAL NOTES:

FOUNDATION WORKBOOK

WHAT I NOTICED ABOUT WHERE I WAS "MESSABLEWITH" THIS WEEK-

WHAT RED FLAGS DID I NOTICE? (THOUGHTS, BODY SENSATIONS, MOODS, INNER DIALOGUE, FEELINGS ETC...)

WHAT PRECEDED THE RED FLAG? (SITUATION, PERSON, ENVIRONMENT ETC)

DAY 1:

DAY 2:

DAY 3:

FOUNDATION WORKBOOK

CONT...

DAY 4:

DAY 5:

DAY 6:

DAY 7:

BE UNMESSABLEWITH,

Josselyne

SEE YOU NEXT WEEK

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