

EMPOWERED PROPHECY

SELF MASTERY WORKBOOK



Written and Created by
Lauren Campion

This practice is about getting clear on what you know to be true about yourself. Be sure to set yourself up in a quiet, uninterrupted space and turn inward for a time.

STEP ONE

List your top 3 - 5 values and qualities that make you who you are or that make you feel good about yourself.

STEP TWO

Now consider how you express these qualities and how does it feel to express them?

STEP THREE

Now, go one step deeper - has there been a time in your life where you felt like it was harder to access them than others? What was going on in your life? Where were you working? What types of people were you surrounding yourself with? If it's happening to you now contemplate these questions with your current circumstances.

How did it feel to complete this practice?

What is the most important breakthrough you've experienced from completing this?



INSPIRED TO DIVE DEEPER?
Go to www.empoweredprophecy.com for more.