



INSTRUCTIONS: Please date the document and next to each item place to what degree between 1 to 10 you believe it; with 1 being that you don't believe it and 10 as full belief. Repeat this exercise when you have completed the course and date it again with your new results in a different colour.

THE FOUR GOALS OF GARDEN OF AYDEN

1. FREE & EMPATHETIC

- ☐ I know that not everything I think is necessarily true.
- ☐ I agree that change begins with me and the key to all change is within me.
- ☐ I trust myself and I have confidence in myself.
- ☐ I am self-accountable and responsible for all my actions.
- ☐ I accept and embrace each step of my journey as it comes. It is what it is.
- ☐ I can alter my impression on any negative consequences from my past.

2. Responsible & Ethical

- ☐ I make my decisions calmly and thoughtfully.
- ☐ I can eliminate violence & aggression as useless tools in dealing with issues.
- ☐ I have control over my reactions and I maintain healthy coping strategies.
- ☐ I know that my beliefs are transferred to my children.
- ☐ I do not own my children, they are my keepsake, and a reflection of my values and legacy.

3. Valuable to community & purpose

- ☐ I have a purpose & there is meaning to my life.
- ☐ I have been acting based upon my indoctrination rather than my conscious beliefs.

4. Conscious of one's true self

- ☐ I can discipline my mind to focus on all the positive aspects and beauty of life.
- ☐ I have self-respect and therefore I have self-esteem.
- ☐ I believe in the wonders and magic of the universe.