



INSTRUCTIONS: Utilise this document as an assessment to navigate through challenging topics or situations. Using the columns to untangle the detail. Identify areas that are easy for you and those that are more challenging. Enjoy the process and make notes about any realisations you have as a result.

BATTLES WORTH FIGHTING FOR

- Adaptability
- Dignity
- Integrity
- Flow
- Freedom
- Peace
- Respect
- Self-Worth
- Truth
- Understanding

VALUES REQUIRED TO ACHIEVE IT

- Acceptance
- Coping Skills
- Desire of Heal
- Desire to Learn
- Empathy
- Forgiveness
- Generosity
- Humility
- Service
- Tolerance

BATTLES TO RELINQUISH

- Being the center of attention
- Circumstantial Trauma
- External Noise
- Fear of Consequences
- Instant Gratification
- Negative Projections
- Peer Pressure
- The need to control
- The need to be right
- Worry

HOW

- Active Listening
- Intuition
- Rejecting Limiting Beliefs
- Self-Reflection
- Silencing the Mind
- Trust
- Unconditional Love
- Untangling the meaning
- Vulnerability
- Wisdom

OBSTACLE THAT PREVENT IT

- Arrogance
- Closed Mindedness
- Ego
- Fixed Mindset
- Indoctrination
- Insecurity/Self
- Doubt
- Limited Beliefs
- Rigidity
- Self-Righteousness
- Short Sightedness

GIVE FREEDOM TO AND RESPECT

- Beliefs
- Boundaries
- Choice
- Context
- Dualities
- Experiences
- Feelings
- Inner Freedom
- Opinion
- Sensitivity

NOTES

Empty rectangular box for taking notes.

