

LIFE MASTERY: CHOOSING HAPPINESS

Week: 3 - October 25 – 29, 2010

NO ONE KNOWS YOU BETTER THAN YOU KNOW YOURSELF	MONDAY, OCTOBER 25, 2010
<p>QUESTIONS for the DAY:</p> <ul style="list-style-type: none">~ What do you know about yourself that few people know (keep it positive) :-)~ What are your special talents?~ What are your core values? <p>Action Step:</p> <ul style="list-style-type: none">~ Write a positive affirmation about yourself and state it throughout the day.	

WHAT YOU GAIN BY UNDERSTANDING YOURSELF BETTER	TUESDAY, OCTOBER 26, 2010
<p>QUESTIONS for the DAY:</p> <p>Action Steps for the day (examining and asking yourself):</p> <ul style="list-style-type: none">~ What do I want to achieve in this situation?~ What message is my behavior giving to other people?~ Do my actions match and reflect my intentions?~ What is needed here?~ What would make a positive difference?~ What can I bring to this situation?	

THE SELF I AM AND THE SELF YOU SEE	WEDNESDAY, OCTOBER 27, 2010
<p>QUESTIONS for the DAY:</p> <ul style="list-style-type: none">~ What is the single biggest attitudinal change you would like to make when you are with other people?~ Who am I when no one else is around?~ How can you be more authentically yourself? And what is the biggest risk or fear you have of being totally yourself ?	

LOOK FOR PATTERNS	THURSDAY, OCTOBER 28, 2010
<p>QUESTIONS for the DAY:</p> <ul style="list-style-type: none">~ How do you react when someone asks you to do something you don't "feel like" doing or when they criticize you?~ When you meet someone with whom you might possibly get involved, do you always tell yourself how unlikely it is that things could work out well?~ Are you constantly defending your actions in your own mind?~ Do you feel taken by surprise when things go really well?	

QUESTIONS for the DAY:

In addition to following the process outlined in the book, consider today's questions as well:

- ~ What are some ways you have used to challenge a familiar pattern of behavior that you may have exhibited in the past?
- ~ How did it work out?

Action Step:

Outline in detail what qualities you would need to more effectively handle your pattern or reaction.