

# Live Well Lifestyle Teleseminar Recap & Recording

April 17, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



**Topic: More Self Discovery. Who are you?**

**My Intention Today:** To really know who I am. To recognize my guiding principles?  
To notice what I will and will not tolerate.

**What gives you the most Joy in my Life?**

- 1.
- 2.
- 3.
- 4.

**What are your core values? The qualities you most value in your life.**

- 1.
- 2.
- 3.
- 4.

**What do you love most and appreciate about yourself?**

- 1.
- 2.
- 3.
- 4.

**What do others most love and appreciate about you?**

Ask 3 people this question and make a list.

- 1.
- 2.
- 3.
- 4.

**Inner Work for Today:** What do you need to let go of to be successful? What burdens What burdens are is holding you back? What do you need to do to Love yourself? Sit with this awhile and make a list.

**Keys to Freedom:** Everything happens FOR me, not TO me. No one can hurt me-that's my job. Byron Katie

**Closing Thoughts:** I now go beyond other people's fears and limitations. It is "my" mind that creates my experiences. I am unlimited in my own ability to create the good in my Life. Louise Hay *Power Thought Card*

To contact Perry A~ Arledge: [perrya@austin.rr.com](mailto:perrya@austin.rr.com)