

Live Well Lifestyle Teleseminar

Recap & Recording

May 15, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Self Discovery Follow Up

My Intention Today: To know my Greatness.

Review of Self Discovery Work: What were your answers? What did you discover about yourself?

What gives you the most Joy in Life?

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

What do you love most and appreciate about yourself?

What do others most love and appreciate about you?

Ask 3 people this question and make a list.

Today's Question: How do you know when you are loved?

Can Do Card: I am willing to learn. The more I learn the more I grow. No matter how old I am, I can always learn more, and I do so with confidence. Louise Hay

Wisdom Card: I am taking the next step for my healing. The moment I say positive affirmations, I step out of the victim role. I am no longer helpless. I acknowledge my own power. Louise Hay

Closing Thoughts: I think one of the biggest reasons people are ineffective or unsuccessful is that they never clearly declare what they want. It sounds so simple, but ask yourself, "Do I know what is most important to me?" You've got to have a goal in mind, or you will never have the opportunity to claim it. If you don't have one, then you're like an unguided missile. –Dr. Phil

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