

Iyanla's Spiritual Spa WORKSHEET

FAITH: Your Relationship with Yourself

Faith is more than just thinking about it. Faith is about believing it is possible.

Your Relationship with yourself begins by knowing what it is that you want for yourself.

On a scale of 1-5, where 1 is the lowest score 5 is the highest score:

1. How would you rate your current relationship with yourself? 1 2 3 4 5

2. How would you rate the level of faith you have in your ability to manifest your ideal life? 1 2 3 4 5

3. When you think about your current relationship with yourself, what are the three most positive words that come to mind? List them here.
4. When you think about your current relationship with yourself, what are the three most troubling words that come to mind? List them here.
5. What do you want, right now, in this moment?
6. What do you want to experience today?
7. What do you want to create for yourself this week?
8. What do you want to change this month?
9. What do you want to have in your life? (Circumstances and Results)
10. How do you want to be in your life? (Values and Attitudes)
11. When you re-read your responses, how do you feel? (*Limit your response here to 3-5 words.*)

In-Faith! Be Blessed!

