

Lesson 6. The SEJ Worksheet Step 4 Example

STEP FOUR SELF Empowerment

Test the original thought believed to see what's changed.

Mental: The thought I believed at Step 1 was...

I can't do this.

Emotional: My emotions have changed to...

Neutral

Physical: My physical sensations have changed to...

Feel normal, very upright.

Physical Action: My actions have changed to...

Nothing to do.

Spiritual: This statement is true for me. 'I am no longer closed to... I am open to... (life / the situation / person).

I am no longer closed to doing the recording, I am open to recording the presentation, and the truth that I can and will.

Outcomes: To complete Step 4 we write out the outcomes to the situation.

Immediate Outcomes:(Internal Situation) Immediate Outcomes are the changes to your thoughts, emotions, physical sensations, actions, and being open.

The outcome was – I am excited to do the task. I feel excited and empowered.

Life Outcomes:(External Situation) Life Outcomes will be evident in the moment if the SEJ is done as the situation arises or appear later if the process is done retrospectively.

I did about 20 minutes of study on the new product, recorded the 25-minute video in one take.

A few days later:

I came joint 1st in the WORLD! Out of just under 100 people who did this presentation globally, I came joint 1st. The other 2 people who I drew with had all been with the company a long time and I

came above everyone else in the European team. I went from a place of not doing the presentation to coming joint 1st!

Lesson: What have you learnt from this situation?

When I believe my thoughts, they limit me, and I suffer.