

Lesson 6 Exercise 1. The SEJ Worksheet Step 3

Exercise Instructions: After watching the video example complete each step in turn.

SEJ Worksheet Template

STEP THREE SELF Confidence

We are now at Step 3, and here you quite simply look for **evidence and mirrors** to support your new Truth. These must again rise from within you, they **MUST NOT** come from mind. Simply sit and allow this to happen. A good starting point is to add the word 'because' at the end of the new realised Truth. Remember 'mirrors' are thoughts we project onto others, and so we need to claim them back for ourselves. Mirrors tend to show themselves as you go deeply into the evidence.

How do you know if the mind or Truth is speaking?

Remember, the mind will limit you and cause lower vibrational emotions. The Truth, however, will resonate deeply within you, feel empowering and cause higher vibrational emotions. It will feel like an Aha! moment, a light bulb moment, a satori moment, you'll be smiling at the very least, crying with joy, or laughing aloud.

Write your evidence and highlight your mirrors here. Add because at the end of the Self Regulation.

Once again, we go through the 4 bodies. This time choose either a Truth from Step 3 or if the most empowering Truth is still the one at Step 2 you can use this one again.

Mental: My Truth is...

Emotional: My emotions are...

Physical: My physical sensations are...

Physical Action: My actions are...

Spiritual: I am open to...