

Guiding your mind to a higher degree is not always easy to do  
But if you try to, the POWER's inside you  
If you can command it then nothing can stand in Your way.

# The Force Within

## What's Your Problem

rhonda ross

TODAY'S DATE: \_\_\_\_\_

Write one of the things/situations in your life that you complain about. It can be anything, but I suggest you start with something that is an annoyance as opposed to huge problem. (This works for huge problems, but it's always a good idea to "practice" on the small things).

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Write down reasons why you may be holding on to this problem. Does it "prove a belief about yourself"? (For example: "Things never work out for me", "Nobody likes me", "I'm a failure", "I just can't lose weight"). Look at what responsibility you are evading, by holding on to this problem.

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Now that you see the ways in which you are contributing to your "problem" (even on an unconscious level), what different choices can you make to take your power back?

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*Celebrate Each Step!*