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LOOKING

INTO THE

MIRROR

OF SELF

WORKBOOK

AKOSUA DARDAINE-EDWARDS

UNVEILING LOOKING INTO THE MIRROR OF SELF

Workbook
Module 3 Exercise 3

SELF
LOVE

SELF
RESPECT

SELF
ESTEEM

THE PILLARS OF SELF

UNDERSTANDING SELF

1. What if everything I have is taken from me?



Write your thoughts



UNDERSTANDING SELF

3. What would I actually have of value?





**You only live once,
but if you do it right,
once is enough**

MAE WEST

Understanding Self

5. WHAT BRINGS ME THE MOST PASSION, JOY AND FULFILMENT?

6. WHAT FEARS OFTEN HOLD ME BACK?



Understanding Self

7. WHAT HABITUAL EMOTIONS AND ACTIONS NO LONGER SERVES ME?

8. WHERE DO I CONSTANTLY LET MYSELF DOWN?



Understanding Self

9. WHAT ABILITIES DO I HAVE?

10. WHAT AM I REALLY GOOD AT?



**UNDERSTANDING SELF
~AFFIRMATIONS~**

*I accept the
good, the bad
and the ugly.*

*This is how I am, and I
am at peace with that.*

*I fully accept every part
of myself including my
flaws, fears, behaviors,
and qualities I might
not be too proud of.*



Akosua Dardaine-Edwards

PUBLICATIONS:

1. What Did I Learn Today? Journey to Unconditional Self Love
2. Nyabo (Madam) - Why Are You Here?
3. Daily Lessons on the Journey - A Journal

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