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AKOSUA DARDAINE-EDWARDS

UNVEILING LOOKING INTO THE MIRROR OF SELF

> Workbook Module 3 Exercise 3



SELFSELFLOVERESPECTESTEEM

THE PILLARS OF SELF

What if everything I have is taken from me?
Write your thoughts



2.What if all I had was myself? How would I feel?

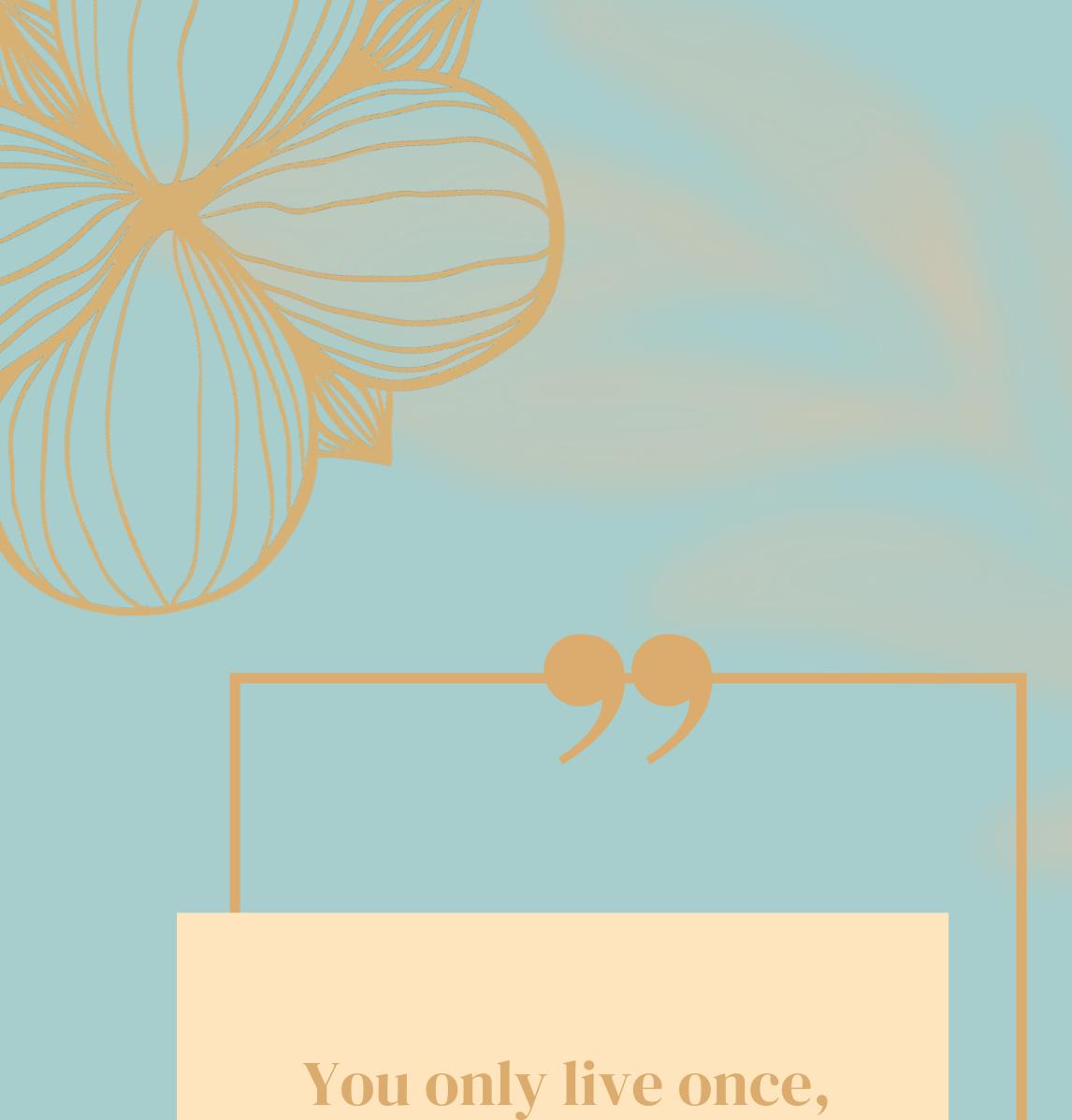


3. What would I actually have of value?



4. What key moments define who I am today?









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

Follow Akosua on

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