

UNAPOLOGETIC with K & C

Week 1 – Worksheet & Life Changing Actions (LCA's)

Week 1, Video 2

Notes:

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What are the most common language and stories you say to yourself (internally or externally) on a frequent basis? (Relating to relationships, finances, health, employment/business, emotions, etc.)

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What are the main things I commonly focus on? Do these serve me, are these empowering or disempowering?

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What am I aware of now, that I was not that aware of up until this point?

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What am I going to shift based on this new awareness and consciousness?

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Video 2 Action: Share a post with the Facebook group what are some of the key realisations you've had relating to your focus, language, and stories you have been running unconsciously, and what you're going to shift?