

UNAPOLOGETIC with K & C

Week 5 – Worksheet & Life Changing Actions (LCA's)

Week 5, Video 1

Take a moment to reflect on your life at the moment...

What are you growing?

.....

.....

.....

.....

.....

.....

.....

.....

What are you passing on?

.....

.....

.....

.....

.....

.....

.....

.....

Self-Reflection:

What are your top 5 qualities?

.....

.....

.....

.....

.....

.....

What do you acknowledge yourself for today?

.....

.....

.....

.....

.....

.....

What do you love about yourself?

.....

.....

.....

.....

.....

What is it, that makes you, YOU?

.....

.....

.....

.....

.....

.....

.....

.....

Notes:

.....

.....

.....

.....

.....

.....

.....

Video 1 Action: Share a post in the FB Group with your top 5 qualities **and** your discovery of what it is that what makes you, YOU.