



HAVASS
Academy & Coaching

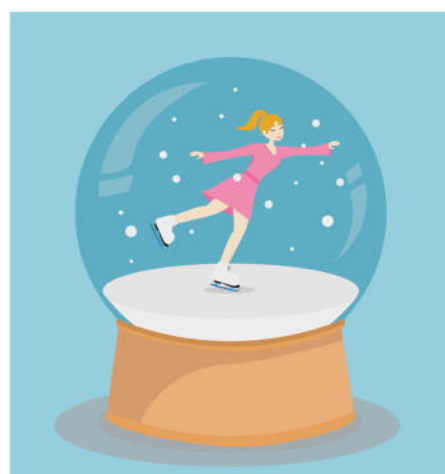
DAY 1

You talk with your friends, with your boss, with your family, you even talk with someone you meet on the way. Do it, have a good time!

Do you ever talk to yourself? Do you ever ask yourself how you are doing? How is she doing, how is she feeling, what kind of situation is she in, what did she need? There are so many voices out there ... Everybody knows a lot! One of them thinks it's right, the other thinks it's absolutely wrong. So, what do you think, have you ever wondered? Up until this point, people who talk to themselves have always been considered crazy, but that's not the case. You were always the first person you had to talk to. You are the one to listen to first!

When you learn to listen to yourself, you can easily see what you need. You will be a light to yourself on a dark path. When you learn to listen to yourself, your inner voice whispers to you what to do, which way to go, what is right and what is wrong for you. When you learn to listen to yourself, you become your best friend. You will stop looking outside for love and affection, you will stop being needy and become free. You become independent of any person or circumstance. Because you are there. Therefore, your first task is to talk to yourself in front of the mirror! Come on, make yourself a cup of coffee and stand in front of yourself. Look into your eyes. It may seem strange to you at the beginning to talk to yourself. Completely normal. Because

we are not used to hugging each other tenderly. Accept this strange feeling and keep talking. If you say "How are you?" once, the conversation will continue. If you're scared and say "if I get caught everyone will think I'm crazy" you can lock the door, if you say "no, I can't lock my door either." you can go to the bathroom. So what? If someone asks, then you say "busy" :)



Below I give you the questions that are useful to answer them:

- How are you?
- How do you feel?
- How is your life?
- What do you expect from this program? What should happen?

Don't forget to write your experience on the worksheet. I wish you a lot of entertainment! See you tomorrow!



Tasks

- Talk to yourself in front of the mirror for at least 15 minutes.
- Write down your experiences in your agenda.
- Listen to your affirmation before you go to sleep at night

