



MEME AND MEANING

MOVING TOWARDS GREATER SELF HONOR

1. Do you not like yourself, or do you not like one or a few aspects of yourself?
2. Who told you that this thing you don't like about yourself is actually a problem?
3. Go look at yourself in the mirror and say "I love you."
 - a. What feelings arise when you say that and where? What thoughts arise?
 - b. Is this what you wanted to feel like when you envisioned your life up to this point? If not, what happened?
 - c. What do you want to feel instead?
4. What would you have to do to look back and regret this period in your life?
5. What would you have to do to look back and cherish this period in your life?
6. What matters more, how you are perceived by others, or peace of mind so you can do what *actually* love?
7. Who would you be if you weren't so obsessed with how flawed you are?
8. What would you do if you weren't so obsessed with how flawed you are?

9. What would your older self, or the wisest person in the world say about how you are choosing to relate to yourself at this period in your life?
10. What are the top three things you could start doing regularly in your life that you love?
11. Who is holding yourself back from accepting yourself?
12. Can you accept yourself as you are, as a human being on a journey and yet still strive to become something greater than you currently are?
13. What do **you** need more of at this period in your life:
 - a. More self-acceptance so you can enjoy the moment?
 - b. More focus on the person you could become and the effort to bring that into fruition?
14. What do you have to start doing to honor and thus reclaim those parts of yourself which you have shunned away? What is the MAIN thing you have to do?
15. How good are you at being with and loving other people when you are preoccupied with how imperfect you are?
16. List one person who isn't flawed in some way.
17. What the hell do you want instead of all this?
18. Considering all of the work you've done here, what do you need to do now?

- a. What are the three most important, tangible actions you need to act on to create a better relationship with yourself and move towards greater self-honor?