

Glow in 7 days Audio

Audio #2 Worksheet

1

WHY AM I AFRAID TO ASK FOR HELP?

2

WHAT ARE MY STRENGTHS?

3

WHAT CAN I DO TO ROLE
MODEL MORE RESPECT FOR MYSELF?

4

VALUE MY TIME BY.....

5

WHAT ARE MY FOLLOW UP CONSEQUENCES
WHEN MY BOUNDARIES ARE CROSSED.

6

WHAT ARE SOME KIND STATEMENTS I
CAN USE MIRE ABOUT MYSELF.
