

## Lesson 5. The SEJ Worksheet Step 2 Example

### STEP TWO SELF Regulation

Sit in Silence and greet the thought you believe. Remember as you sit with the thought you stop thinking, in other words you do not run with this thought or add new thoughts to it, you simply remain open, observing the thought with no judgment. In this open state a Truth will rise from within you.

Or...

### Climb the ladder of Truth!

List some opposites until a thought resonates with you.

\_\_\_ *I can do this* \_\_\_\_\_

\_\_\_ *I must do this* \_\_\_\_\_

\_\_\_ *I might be able to do this* \_\_\_\_\_

\_\_\_ *I can't do this* \_\_\_\_\_

**Mental:** My Truth is...

*I can do this.*

**Emotional:** The emotions I experience when I allow space for this Truth are...

*Inspired, excited.*

**Physical:** With this Truth my bodily sensations are...

*Body is upright.*

**Physical Action:** With this Truth my actions are...

*To do the recorded presentation.*

**Spiritual:** With this Truth I am open to...

*I am open to the knowing that I can and will complete the task.*