

SEJ Worksheet Scale

Please transfer your responses from each step on your SEJ Worksheet onto this worksheet, then circle the number on the scale that represents where you are e.g., is your thought a stressful or stress free thought? etc. Please hand in this worksheet at the end of Lesson 7.

STEP ONE: Self Awareness **EXAMPLE from Lesson 5 and 6**

Mental: I can't do this When I believe this thought I am... 1 2 3 4 5 6 7
stressed stress free

Emotional: Ashamed, scared With this/these emotion/s I am... 1 2 3 4 5 6 7
unhappy happy

Physical: Slumped and tight With these physical sensations I am... 1 2 3 4 5 6 7
stressed relaxed

Physical Action: Ignore the email With this action my ability to reach my full potential is... 1 2 3 4 5 6 7
impossible possible

Spiritual: I am closed to the task. I am closed to the truth When I believe this thought I am... 1 2 3 4 5 6 7
closed to Truth open to Truth

STEP ONE: Self Awareness

Mental: _____

When I believe this thought I am... 1 2 3 4 5 6 7
stressed stress free

Emotional: _____

With this/these emotion/s I am... 1 2 3 4 5 6 7
unhappy happy

Physical: _____

With these physical sensations I am... 1 2 3 4 5 6 7
stressed relaxed

Physical Action: _____

With this action my ability to reach my full potential is... 1 2 3 4 5 6 7
impossible possible

Spiritual: _____

When I believe this thought I am... 1 2 3 4 5 6 7
closed to Truth open to Truth

STEP TWO SELF Regulation

Mental: _____

When I believe this thought I am... 1 2 3 4 5 6 7
stressed stress free

Emotional: _____

With this/these emotion/s I am... 1 2 3 4 5 6 7
unhappy happy

Physical: _____

With these physical sensations I am... 1 2 3 4 5 6 7
stressed relaxed

Physical Action: _____

With this action my ability to reach my full potential is... 1 2 3 4 5 6 7
impossible possible

Spiritual: _____

When I believe this thought I am... 1 2 3 4 5 6 7
closed to Truth open to Truth

STEP THREE SELF Confidence

Mental: _____

When I believe this thought I am... 1 2 3 4 5 6 7
stressed stress free

Emotional: _____

With this/these emotion/s I am... 1 2 3 4 5 6 7
unhappy happy

Physical: _____

With these physical sensations I am... 1 2 3 4 5 6 7
stressed relaxed

Physical Action: _____

With this action my ability to reach my full potential is... 1 2 3 4 5 6 7
impossible possible

Spiritual: _____

When I believe this thought I am... 1 2 3 4 5 6 7
closed to Truth open to Truth

STEP FOUR SELF Empowerment

Mental: _____

With this thought I am...

1 2 3 4 5 6 7

stressed

stress free

Emotional: _____

With this/these emotion/s I am...

1 2 3 4 5 6 7

unhappy

happy

Physical: _____

With these physical sensations I am...

1 2 3 4 5 6 7

stressed

relaxed

Physical Action: _____

With this action my ability to reach my full potential is...

1 2 3 4 5 6 7

impossible

possible

Spiritual: _____

With this thought I am...

1 2 3 4 5 6 7

closed to Truth

open to Truth