



VEIL *of*
CHANGE

WORKBOOK

Module 1

LIFTING THE VEIL OF CLARITY

Introduction

The Veil of Change is all about your own personal journey and how to effect any changes in your life that you may want to achieve. It is about your emotional self: understanding and respecting your own feelings so you can lead a happy, contented and fruitful life.

Lifting the Veil of Clarity will:

- ✓ Help you to recognise your behaviors and open your mind to clearly see the way ahead.
- ✓ Help you to not let other people's opinion of you destroy your own self-esteem and how change can be good.
- ✓ Help you to realise that feeling guilty is a soul destroying negative emotion and how you can tap into your inner resources, your inner advisors to help you make conscious choices.

- ✓ You have 9 videos and booklets:

3 Simple Ways To Overcome Childhood Patterns

How to recognize Repetitive actions

Getting Rid Of Bad Habits

Realign Your Living Thoughts

Creating Change In Your Life

Giving Guilt the Boot forever

How Not to 'Own' Other Peoples Opinion Of You

How To Develop An Open Mind

Tapping Into Your Inner Advisors

Take the time to watch the short videos as listed above and read the accompanying booklets on Lifting The Veil of Clarity if you have not done so already.

Using both mediums will help to cement new understanding and ideas leading you to create balance and control over your own life. The following questions are designed to help you identify certain areas of your life that you would like to change.

There are no right or wrong answers and this workbook is a tool that you can use in your own time and at your own pace.



When?

Where did the challenging event(s) take place?

What is your best guess about why it might have happened? If you have no idea about why, it's okay.

In what ways have you tried to deny or ignore your challenges?

3 Re-read what you wrote for Step 2.

Write here what you feel about the situation.

Tip: Remind yourself that it doesn't define who you are as a human being.

Can you now accept that it happened and that it's a part of your history?

4 What does it mean to you to take responsibility for your own life?

Write down your perception of the above statement.

Tip: Think about times when you have simply reacted without thinking because it was a habit. Now, consider what it would have been like if you had taken full responsibility and thought before you reacted. Would you still have guilty feelings or regret?

5 Do you respect yourself? In what way? Are some ways easier than others?

6 If someone mistreats you, what do you do? How do you handle the situation?

Tip: The one who loves him or herself has self-respect. They have limits in terms of how they allow someone to treat them. Sometimes, loving yourself means respecting yourself enough to change a disappointing or hurtful situation.

