



Worksheet #5: Reflecting the Truth & Creating Awareness

- 1) Think about people in your life you care about (friends, family members, colleagues, clients)
 - a. Pick 5 people, and for each person - What is a possible awareness you see that may be in their blind spot right now?
 - b. For each truth that you see:
 - i. Check your filters to make sure you are seeing objectively
 - ii. On a scale of 1-10, how scary does it feel to share that awareness?
 - iii. If there is fear, what do you fear might happen if you share the awareness?
 - iv. How would this individual benefit if you shared the awareness?
 - v. What would you need to shift inside of yourself to reflect the Truth?
 - vi. Is there a personal anecdote that would be helpful or applicable for you to share with this individual?

****Important note:** The point of this exercise is NOT to actually Reflect the Truth with these individuals (though you may choose to do that if it feels aligned). The point is to go through the discovery process around it that is outlined above.

- 2) What are 3 Truths about YOURSELF that your own Inner Coach wants you to become aware of?

1.

2.

3.