

Admission Commission Submissions: Group P1, July 2024

Submissions from: UT, VA, DC, TX, WV, IA, FL, WY, GA

When the negative voice inside my head starts chattering, what I most often hear it say is that I'm.....

*'...not good enough. That I don't know what I'm doing.
That I lack focus and I'll never complete anything I start'*

'...not working up to my potential.'

'...not good enough.'

*'...not good enough; not worthy;
not lovable'*

*'...not doing something right or should or
shouldn't feel or act a certain way'*

*'..too busy, cant take time for myself, can't focus
on one thing, cant make the right decision.'*

*'...not like other people, I don't fit, not interesting,
overlooked and forgettable'*

'...overwhelmed, frustrated.'

'...Not good enough and I don't know what I'm doing.'

'...not good enough.'

'...a procrastinator.'

'...anxious.'

When this happens, what I want to believe instead is that I'm...

'...talented and capable of executing creative ideas from vision to completion.'

'...worthy.'

'...being hard on myself and need to make small progress steps.'

*'...I am more than enough; I am a child
of God, He makes me worthy.'*

'...ok and not a bad person.'

*'...enough - and that everything is
falling into place.'*

*'...positively accepted and important in this
world. I matter, I matter and I'm appreciated!'*

*'...completely capable and can
handle it with ease.'*

*'...right where I am supposed to be, perfectly
fine, flowing towards my dreams and goals.'*

'...worthy, competent.'

'...safe.'

*'...disciplined and
productive.'*



The emotion I want to experience related to that new belief is.....

"...empowered, knowledgeable, confident, worthy."

"...joyful confidence, wholeness, peace, joy."

"...confidence."

"...self-compassion."

"...powerful."

"...calm and peace."

"...acceptance and peace."

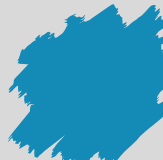
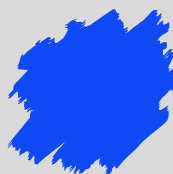
"...Freeing, confident, motivated, sure."

"...fulfillment, valued, connection, love, ease. peace and joy."

"... confident, courageous."

"... joy and confidence."

The one color I'm most drawn to associated with this emotion is.....



The one shape I'm most drawn to when I think about embodying this new belief and emotion is.....

