



Episode 3 Exercises

1. What positive actions are you hesitant to take due to fear of the outcome? (Consider areas like career, hobbies, or personal relationships.) List at least five.

2. How would your life improve if you successfully accomplish these actions? List the positive outcomes for each.

3. How would you rate your appearance on a scale of 1 to 10?

4. What are 10 unique qualities that make you beautiful? Write them down and remind yourself of them daily for a week. Say to yourself, "I am beautiful."



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