



Bridging Worksheet



How would I be Different if I knew it
was "Already Done"?

Fear



Desire

What do I need to believe to be True
to Know I Can?

Belief



Know

How may I stretch and grow?

Theme/Story



Opportunity

Ideal Bridge (Inside) ~ SHAPE

Ideal Bridge (Inside) ~ SHAPE



Cut this
portion
off!!



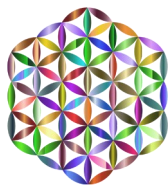
Ideal Worksheet



Wish



Desire



Ideal Qualities



My Chosen Ideal

Forming Ideals (Cover) ~ SHAPE

Declaration Worksheet

Ideal-

I Choose to Experience _____

Mantra-

I Choose to Believe and Know _____

Action- (3-5 Supporting Actions)

I am Committed to Acting in Alignment.



I Trust and Appreciate knowing
it is Already Done!



Declaration Worksheet (Back Cover) ~ SHAPE