

Lesson 6. The SEJ Worksheet Step 3 Example

STEP THREE SELF Confidence

We are now at Step 3, and here you quite simply look for **evidence and mirrors** to support your new Truth. These must again rise from within you, they **MUST NOT** come from mind. Simply sit and allow this to happen. A good starting point is to add the word 'because' at the end of the newly realised Truth. Remember 'mirrors' are thoughts we project onto others, and so we need to claim them back for ourselves. Mirrors tend to show themselves as you go deeply into the evidence.

How do you know if the mind or Truth is speaking?

Remember, the mind will limit you and cause lower vibrational emotions. The Truth however, will resonate deeply within you, feel empowering and lead to higher vibrational emotions. It will feel like an Aha! Moment, a light bulb moment, a satori moment, you'll be smiling at the very least, crying with joy, or laughing aloud.

Write your evidence and highlight your mirrors here. Ensure to add 'because' at the end of the Self Regulation (Step 2).

I can do this because I'm a really good presenter and all I need to do is a bit of training on the product and then I can put together a really great presentation.

I can present, I can learn, I've been in IT for 20 years so I do know my stuff, so I am going to use this presentation as a great opportunity to show what I CAN do!

I have presented literally 100's of times to customers and colleagues, and I'm a fast learner. All I need to do is take some time to prepare, practice, and I can do a great presentation.

I realise that it is a truth I am new, however this does not stop me from presenting and doing a good job, to the best of my ability, as I do know how to present, I can research the product. I am using the thought "I am new" to justify not taking any action!

Mirror

I am judging with my thought 'I cannot believe they are asking me to do this, this is ridiculous!'

I can't believe I'm asking myself to do this, this is ridiculous. It is ridiculous the pressure I am placing upon myself, not them, me! They are simply asking me to do my job. I am the one putting the

pressure on. It's part of my job and this task isn't anything out of the ordinary. They are simply asking me to learn about a new product, understand it, and be able to present it as if I was presenting it to a customer.

Once again, we go through the 4 bodies. This time choose either a Truth from Step 3 or if the most empowering Truth is still the one at Step 2 you can use this one again.

Mental: My Truth is...

I can do this.

Emotional: My emotions are...

Excited, inspired, joy.

Physical: My physical sensations are...

Very upright.

Physical Action: My actions are...

Record the presentation.

Spiritual: I am open to...

I am open to recording the presentation.