

Worksheet # 6– “One Life Awakened”

1. Think of something in your life that you want to change but have been putting off for a while. Write it in the space below.

2. Now ask yourself the following two questions around the change you have identified. Don't think too hard when answering these questions. Just go with your gut response. There are no right answers; it's just food for thought.

- What will you get if you make this change?

- What will you deprive yourself of if you allow your Enemy Within to keep you from making this change?

3. Finally, read the following quote from Steven Pressfield from his book, “Do the Work!” What comes up for you after reading it? Here's the quote:

“Do it or don't do it. It may help to think of it this way. If you were meant to cure cancer or write a symphony or crack cold fusion and you don't do it, you not only hurt yourself, you hurt your children. You hurt me. You hurt the planet. You shame the angels who watch over you and you spite the Almighty, who created you and only you with your unique gifts, for the sole purpose of nudging the human race one millimeter farther along its path back to God. Creative work is not a selfish act or a bid for attention. It's a gift to the world and every being in it. Don't cheat us of your contribution. Give us what you've got.”