



The 90 Day Self-Love Affair

Homerwork Checklist

	<i>Exercise Number</i>	<i>Page Number in Book</i>	<i>Description</i>
	1	p. 14-16	Your Reason Why Write about WHY you want to do this work and WHAT you desire to get out of it. Set your INTENTION now! Send me your ‘reason why’.
	2	p. 30-31	Fear Based Thoughts Journal as the exercise suggests then submit to me your top 10 ‘fear’ stories.
	3	p. 53-54	Your Life Vision. Write about what you want as if you already have it! Send me your written vision!
	4	p. 58-60	Identifying and Rating your Dissatisfaction Complete the entire exercise and submit all answers to me.
	5 - Part One	p. 68-70	Beliefs/Attitudes/Behaviours List the beliefs and attitudes of your parents/ carers. Submit this full list to me.

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	5 - Part Two	p. 70-71	Beliefs/Attitudes/Behaviours List the beliefs and attitudes that you have adopted as your own. Submit this full list to me.
	5 - Part Three	p. 71	Beliefs/Attitudes/Behaviours Consider now what people in your life might criticise you for. Submit that list to me.
	5 - Part Four	p. 72-74	Beliefs/Attitudes/Behaviours List the TOP TEN beliefs, behaviours and attitudes that you have which are causing you the most pain and which you feel are sabotaging your life. Submit your list of 10 to me.
	5 - Part Five	p. 75	Write a paragraph or two on how badly you desire to be free of your limiting beliefs, behaviours and attitudes. Submit that to me.