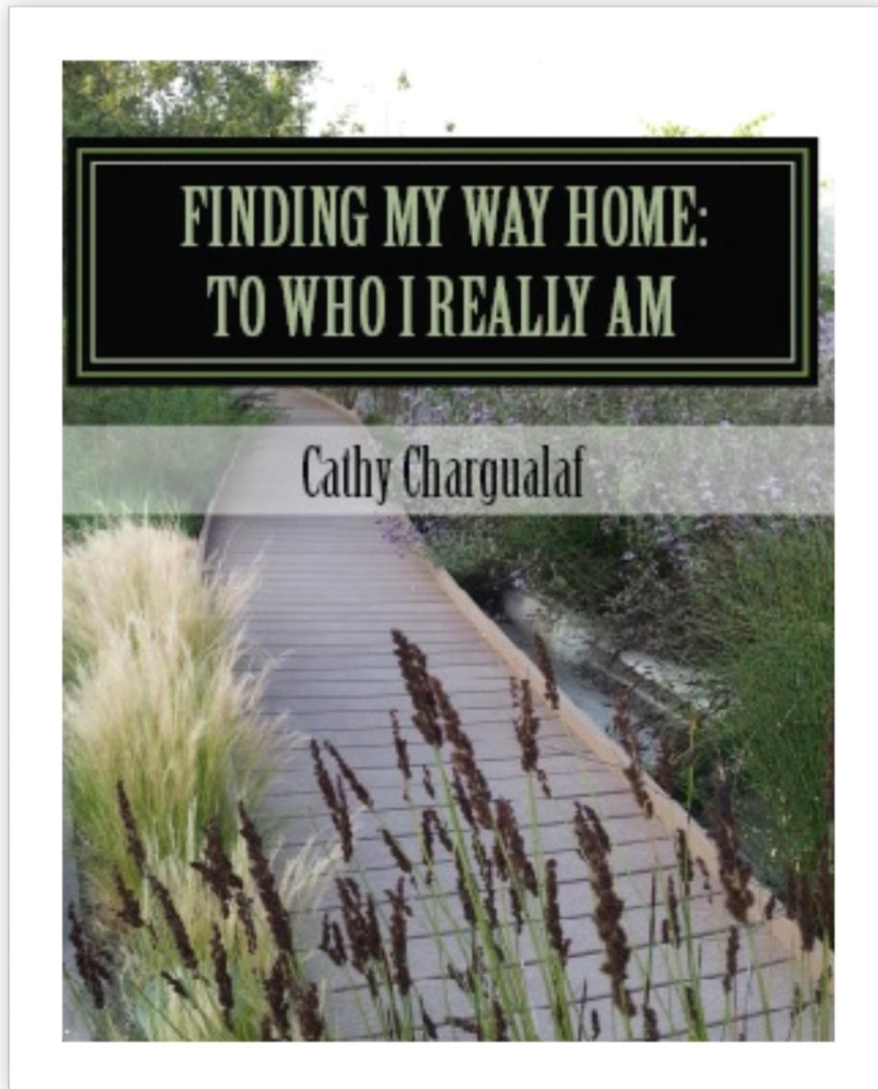


Life Esteem Plan

The Life Esteem Plan is a companion to the book entitled:



By Cathy Chargualaf

The Life Esteem Plan is a companion to the book entitled:

Finding My Way Home: To Who I Really Am

CATHY CHARGUALAF



LIFE ESTEEM, LLC

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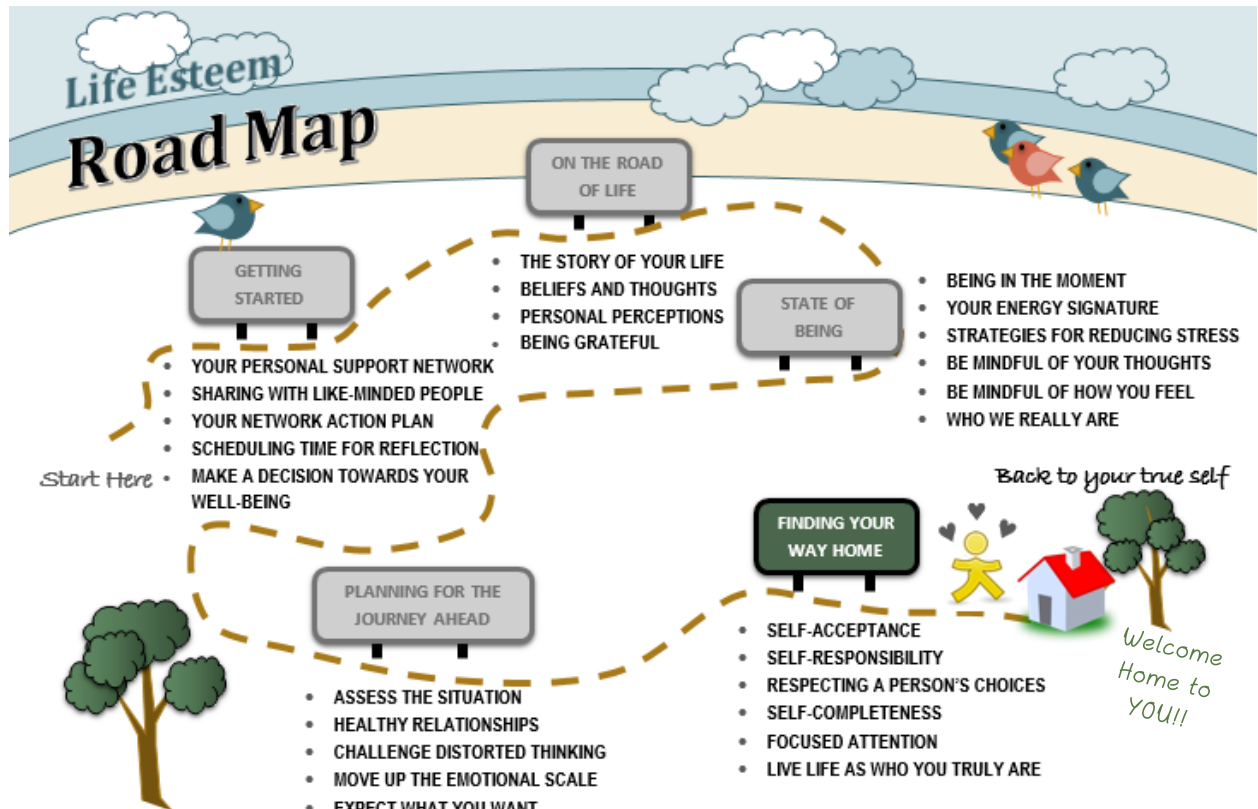
Cover Photograph, interior design, and illustrations by Cathy Chargualaf

The Life Esteem Plan
A companion booklet to Finding My Way Home: To Who I Really Am

This **Life Esteem Plan** is a companion booklet to the book entitled: Finding My Way Home: To Who I Really Am by Cathy Chargualaf.

This plan will help you begin the unveiling of your authentic self. It provides a place for you to write the key things that you will start and stop doing. This helps you identify the unique actions to apply in your life that supports who you are. You may see opportunities that you may have overlooked before.

Instructions: On the following pages, write your insights and actions most important to you, in the applicable pages of this booklet. Chapters and sections are aligned with the book Finding My Way Home: To Who I Really Am, as illustrated in the Life Esteem Road Map below.



The Life Esteem Plan
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YOUR PERSONAL SUPPORT NETWORK

1. _____
2. _____
3. _____

SHARING WITH LIKE-MINDED PEOPLE

1. _____
2. _____
3. _____

YOUR NETWORK ACTION PLAN

1. _____
2. _____
3. _____

SCHEDULING TIME FOR REFLECTION

1. _____
2. _____
3. _____

MAKE A DECISION TOWARDS YOUR WELL-BEING

1. _____
2. _____
3. _____

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THE STORY OF YOUR LIFE

1. _____
2. _____
3. _____

BELIEFS AND THOUGHTS

1. _____
2. _____
3. _____

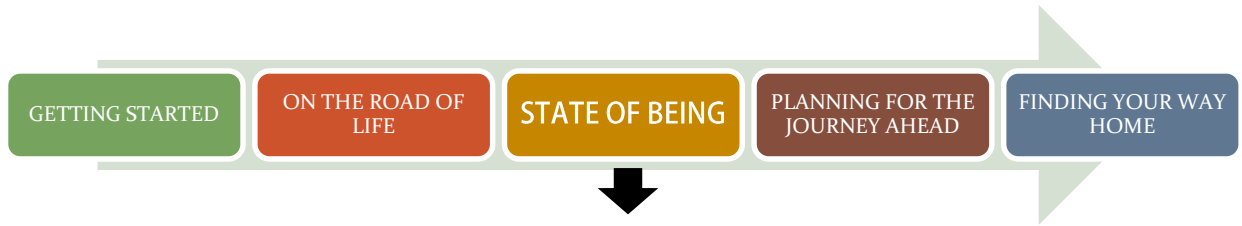
PERSONAL PERCEPTIONS

1. _____
2. _____
3. _____

BEING GRATEFUL

1. _____
2. _____
3. _____
4. _____
5. _____

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BEING IN THE MOMENT

1. _____
2. _____
3. _____

YOUR ENERGY SIGNATURE

1. _____
2. _____
3. _____

STRATEGIES FOR REDUCING STRESS

1. _____
2. _____
3. _____

BE MINDFUL OF YOUR THOUGHTS

1. _____
2. _____
3. _____

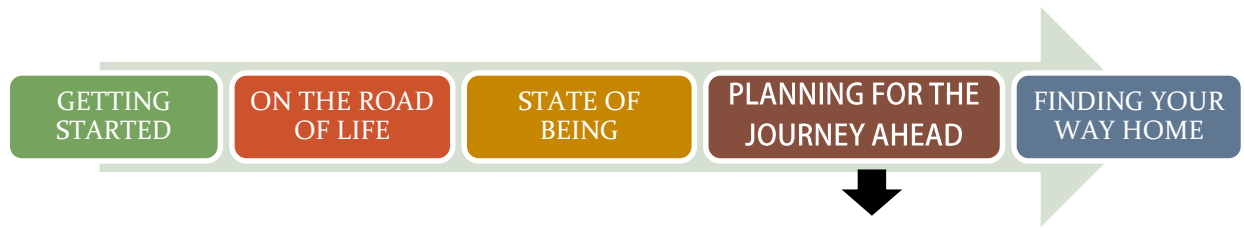
BE MINDFUL OF HOW YOU FEEL

1. _____
2. _____
3. _____

WHO WE REALLY ARE

1. _____
2. _____
3. _____

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ASSESS THE SITUATION

1. _____
2. _____
3. _____

HEALTHY RELATIONSHIPS

1. _____
2. _____
3. _____

CHALLENGE DISTORTED THINKING

1. _____
2. _____
3. _____

MOVE UP THE EMOTIONAL SCALE

1. _____
2. _____
3. _____

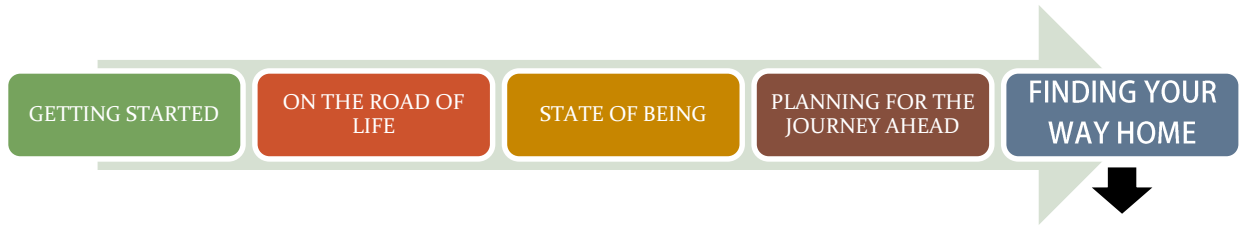
EXPECT WHAT YOU WANT

1. _____
2. _____
3. _____

BE ASSERTIVE

1. _____
2. _____
3. _____

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SELF-ACCEPTANCE

1. _____
2. _____
3. _____

SELF-RESPONSIBILITY

1. _____
2. _____
3. _____

RESPECTING A PERSON'S CHOICES (FREE WILL)

1. _____
2. _____
3. _____

SELF-COMPLETENESS

1. _____
2. _____
3. _____

FOCUSED ATTENTION

1. _____
2. _____
3. _____

LIVE LIFE AS WHO YOU TRULY ARE

1. _____
2. _____
3. _____

Next Steps:

AFTER ONE MONTH:

- Review your commitments listed on the previous pages.
- Determine what you want to focus on to complete your commitment(s).
- Recommit to the incomplete actions that you want.

AFTER TWO MONTHS:

- Review your “Time to Reflect” notes throughout the book.
- What additional actions or commitments are you ready to make?

- How has your life changed after working this plan?

- What have you stopped/started doing that has made a difference in your life?

- Is there anything else that you want to add to your plan?

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