

# **Life Esteem Plan**

By Cathy Chargualaf

@2018 Cathy Chargualaf | Finding My Way Home: To Who I Really Am - Life Esteem Plan |

---

*This booklet is a companion to the book entitled:*

# Finding My Way Home: To Who I Really Am

CATHY CHARGUALAF



LIFE ESTEEM, LLC

Life Esteem, LLC, California

[www.lifeesteem.com](http://www.lifeesteem.com)

Copyright © 2018 Dr. Cathy L. Chargualaf

Life Esteem, LLC, California

[www.lifeesteem.com](http://www.lifeesteem.com)

626-893-0340

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews—without prior written permission of the publisher, [www.lifeesteem.com](http://www.lifeesteem.com).

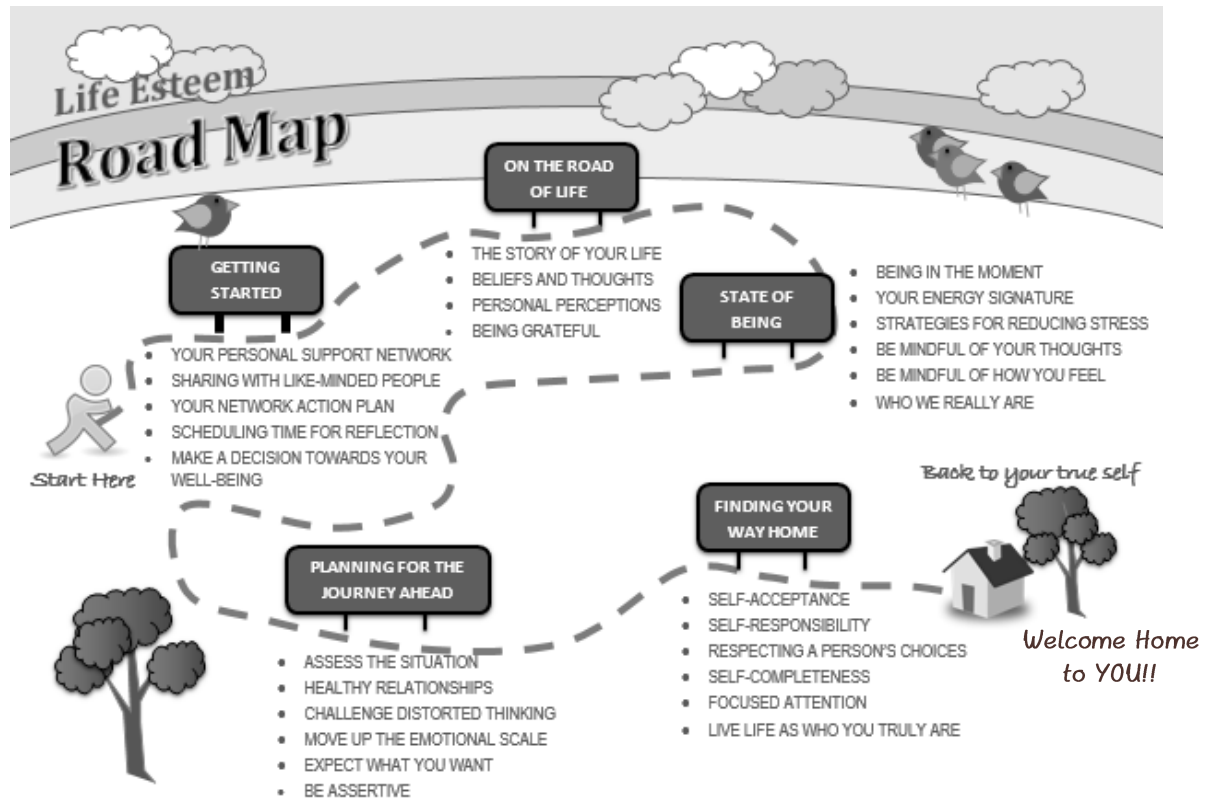
Photograph cover, interior design, and illustrations by Cathy Chargualaf

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

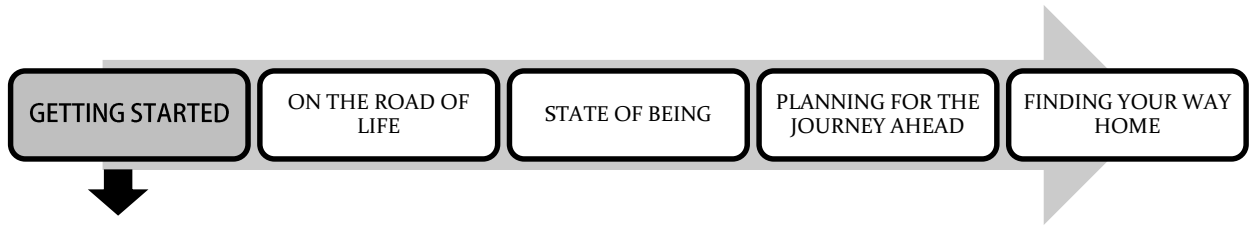
This **Life Esteem Plan** is a companion booklet to the book entitled: Finding My Way Home: To Who I Really Am by Cathy Chargualaf.

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 chapter and section. 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  
A companion booklet to Finding My Way Home: To Who I Really Am



YOUR PERSONAL SUPPORT NETWORK

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

SHARING WITH LIKE-MINDED PEOPLE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

YOUR NETWORK ACTION PLAN

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

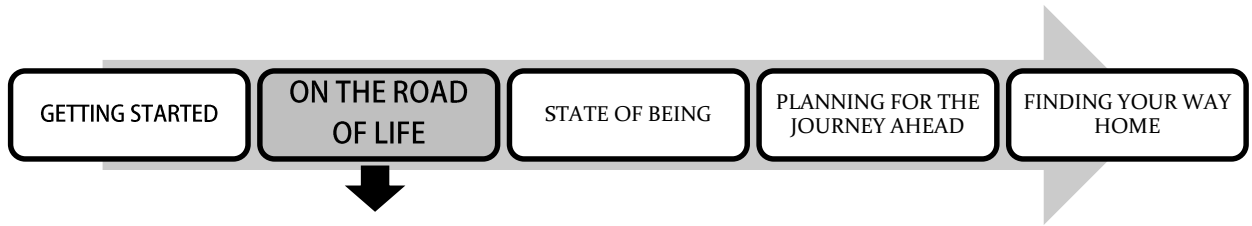
SCHEDULING TIME FOR REFLECTION

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

MAKE A DECISION TOWARDS YOUR WELL-BEING

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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



THE STORY OF YOUR LIFE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

BELIEFS AND THOUGHTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

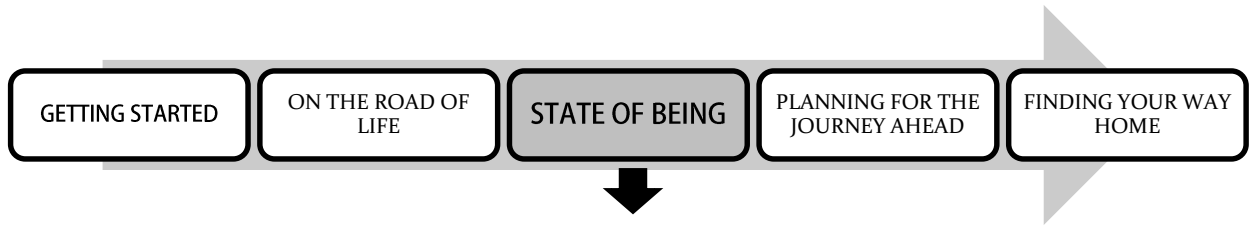
PERSONAL PERCEPTIONS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

BEING GRATEFUL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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



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. \_\_\_\_\_

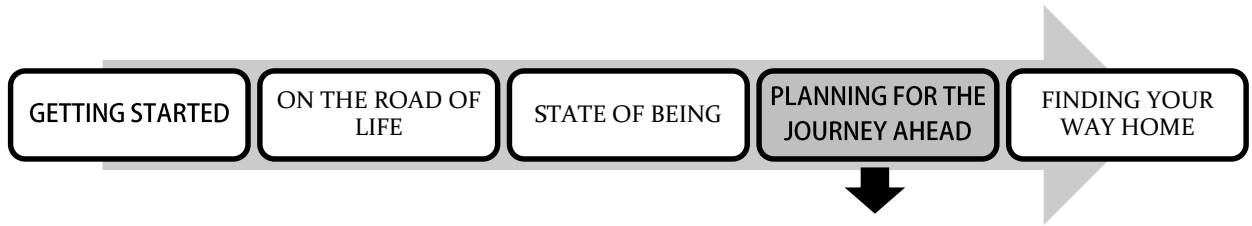
BE MINDFUL OF HOW YOU FEEL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

WHO WE REALLY ARE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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



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. \_\_\_\_\_

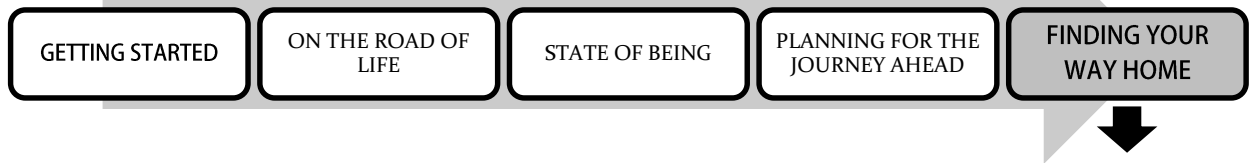
EXPECT WHAT YOU WANT

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

BE ASSERTIVE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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



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. \_\_\_\_\_



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

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



Life Esteem, LLC, California

[www.lifeesteem.com](http://www.lifeesteem.com)

626-893-0340

Copyright © 2018 Dr. Cathy L. Chargualaf, All rights reserved.

---