

PERSONAL HARMONY LEVEL 1 CONTINUED...

Learn how to more positively apply these values in your daily life, build your confidence in who you are, what you stand for and your feelings of personal harmony.

These values include;

- degree of honesty
- ability to deal with fear and confront negative patterns
- ego
- degree of self-limiting beliefs
- negative judgement and degree of personal harmony

Your level 1 evaluation will explore how positive your current values are and where you are sabotaging or holding yourself back from realising true personal harmony.

You may, for example, 'soften the truth' so that someone will be pleased with you or do what you want them to. You may take anger out on a 'safe' person, or manipulate others to do things they don't want to, to suit your own needs, creating inequality in your personal or work relationships. You may be proud of yourself (which comes from acting on and living according to your values). Therefore, you will judge others less, worry less about being judged and reveal more of your potential as well.