

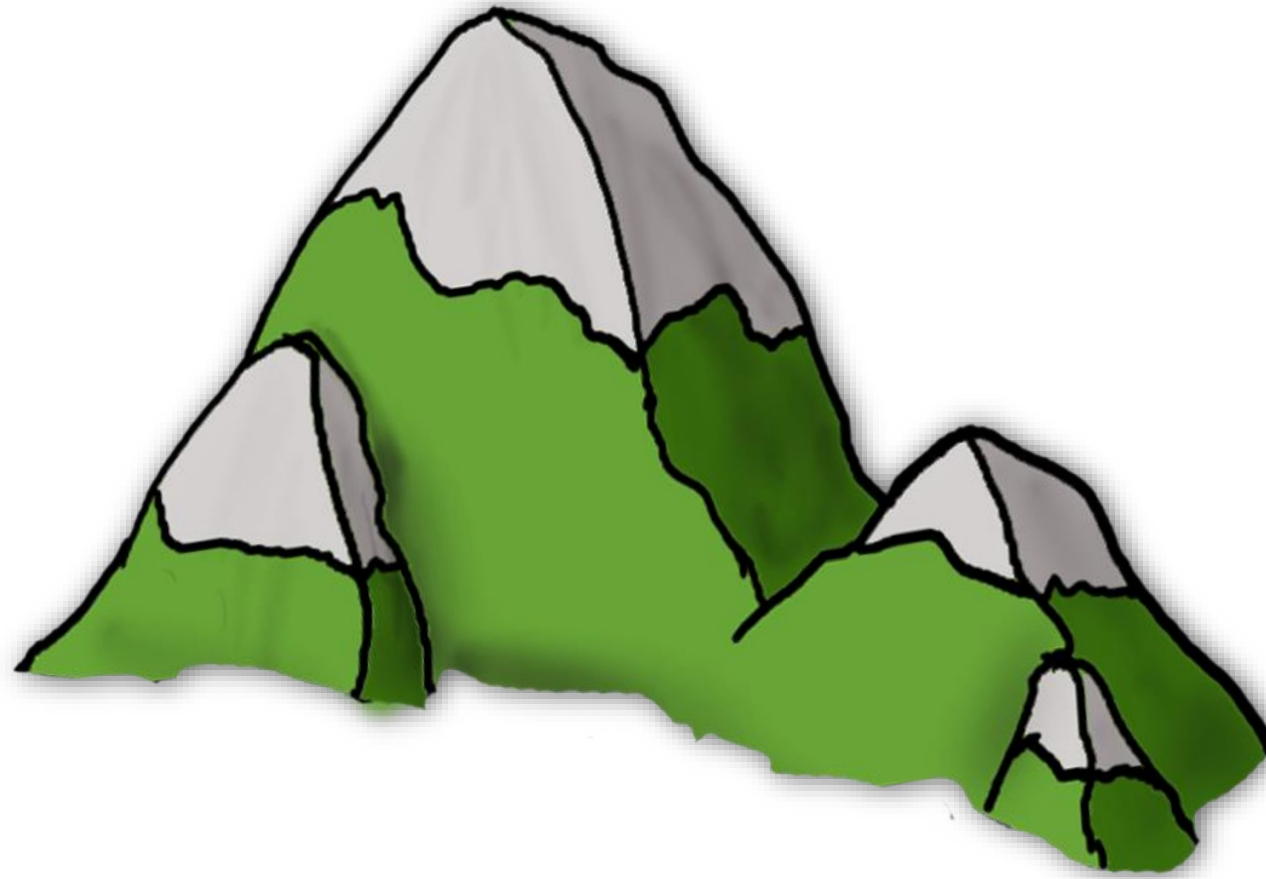


Families Helping Families

Doing Good Game for Families &

Challenges

Quests



The Mountain - 6

Awareness is the first step to Change.

Changing your beliefs, your paradigms, your results, your life.

On the next page is a pile of Rocks. On each Rock write a word or phrase that describes the negative ideas and beliefs that you are carrying with you that no longer serve who you CHOOSE to be.

On the following page are a pile of Feathers. Cut them out and on each Feather write an 'I AM' statement that describes who it is that you CHOOSE to be.

Next, cut out each rock and crumple up each piece of paper and toss them one by one into a garbage/trash can, or into a fire.

As you do this say the word or phrase out loud, shouting that you release this belief.

Immediately after this pick up a Feather and shout out a positive "I Am" statement that reflects the new belief that is 'Who You CHOOSE to Be'.

Place the Feathers on a pile on top of the Heart on the last page. You can also print out 2 hearts and staple them together to make an envelope to place the Feathers into, symbolizing that each new belief is now in your heart.

Do this over and over with each 'Rock' and 'Feather'.

