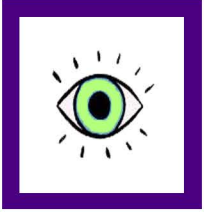




Spirituality



Intuition



Self Expression



Love



Personal Power



Desire



Survival



# Survival

This level pertains to your everyday basic survival activities. For example: career, money, food, shelter, your responsibilities and comfort.

List 5 things that you would like to better yourself in this area that would make you more secure and comfortable in the world.

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



# Desire

This level pertains to pleasure, your raw creativity, sexuality and all desires in whatever form they take.

List 5 things that you would like to better yourself in this area that would like to change or better in your life. For example: you might want to take up painting or you might desire to enjoy life more.

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



# Personal Power

Personal Power relates to your self-love, self-confidence and self-worth and where you stand in the world.

List 5 things that you feel you can improve in this area and briefly why. You may need more paper for this, to record reasons why you lack self-esteem.

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



# Love

This level relates to how you love on all levels, your relationships and yours self-esteem, how you love yourself.

List 5 areas where you think you need to work on improvement with your relationships with others and yourself.

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



# Self Expression

Self-expression relates to your ability to communicate, express your feelings and to speak your truth.

List 5 areas where you feel you can improve on your communication skills, the way you express your feelings and your willingness to express your truth without fear.

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



# Intuition

This is a hard one for a lot of people. We are not taught to acknowledge our feelings, let alone “follow our feelings”. This area relates to our sense of purpose and direction in life.

List 5 areas where you feel you could listen more to your feelings and what you are being lead to do with your life.

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



# Spirituality

This is your connection to the divine, being whatever you understand and believe the divine is.

The divine comes in many shapes and forms. There is no right or wrong with this exercise.

List 5 areas where you feel you can strengthen your connection with the divine as you understand that to be.

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



## Putting it Together

Take the most important area that you feel you need to work on from each of the categories above.

List below

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

This list are the Self Mastery Impact Goals that you will work during your Facerobics Advanced Practitioner stage for 28 weeks along side of your exercise mastery goals.

The Way of the Facerobics Master is not just mastering the exercises.

It is about self mastery.