



I AM *Becoming*

HOMework 1

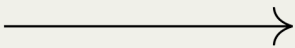


SELF PERCEPTION



Self Perception

This week is all about identity so let's unfold what that is. Do you like your identity in all areas of your life? Do you like the way you are treated by the people (or yourself) in each of these areas?





Self Worth

How I feel about myself. My goals, aspirations, and confidence.

Do I feel RESPECT for myself in this area?

Do I honor myself and my goals? Do I make time for what I want? What would I change and why?

Do I feel CONNECTED to my goals?

How do my actions and thoughts affect my life? What can I do to feel more connected to what I want?

Am I in-love or in-lack with my self worth?

☐ I love myself ☐ I am becoming ☐ I feel stuck

Do I feel empowered or disempowered with my self-worth?

☐ Empowered ☐ Not Sure ☐ Disempowered

Why? Who or what is overpowering me? How do I feel held back?

Do I prioritize my wants, dreams and desires?

☐ Yes ☐ I'm starting to ☐ No

What does prioritizing my goals mean to me? How could I better prioritize what I want?

**Do I set healthy boundaries to protect my self worth?**

☐ Yes ☐ Sometimes ☐ No

If not, why is it hard for me to set these boundaries? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

☐ Yes ☐ I'm starting to ☐ No

How can I ask for more? What do I need? (Help, support, education, grace, money, connection, therapy, resources, etc)

Do I believe I am worthy of having a life that I love?

☐ Yes ☐ Sometimes ☐ No

How can I ask for worthiness? What would it take to love and accept my life exactly as it is right now?

Do I ask for equal exchange?

☐ Yes ☐ Sometimes ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange?



Do I easily speak my truth here?

☐ Yes

☐ Sometimes

☐ No

What is my truth and why do I feel I cannot speak it?

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.



Body Image

How I feel about my body, how I express my physical self, how I dress & look.

Do I feel RESPECT for myself in this area?

Do I feel respect for how I treat my body? Do I like how I physically represent myself? What would I change and why? How I dress? My hair? My clothes or style?

Do I feel CONNECTED to my body?

Do I like/dislike the way I am treated by other people regarding how I look? Hold up the mirror - how you think others feel about your body is really how you feel about your body.

Am I in-love or in-lack with how I accept and love my body?

☐ I love how I look ☐ I am becoming ☐ I feel stuck

Do I feel empowered or disempowered by my body image?

☐ Empowered ☐ Exploring the layers ☐ Disempowered

Why? Who or what is overpowering me? How do I feel my body is holding me back?

Do I prioritize my body image?

☐ Yes ☐ I'm starting to ☐ No

What does prioritizing my body image mean to me? What would I have to prioritize to get the body love I want?



Do I set boundaries easily?

- ☐ Yes
 ☐ Sometimes
 ☐ No

Who or what makes me feel uncomfortable in my own skin? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

- ☐ Yes
 ☐ I'm starting to
 ☐ No

How can I ask for more? What do I need? (Help, support, education, grace, money, connection, resources, etc)

Do I believe I am worthy of receiving?

- ☐ Yes
 ☐ Sometimes
 ☐ No

How can I ask for worthiness? What would it take to love and accept myself exactly as I am right now?

Do I ask for equal exchange?

- ☐ Yes
 ☐ Sometimes
 ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange? Where do I feel unseen?



Do I easily speak my truth here?

☐ Yes
 ☐ Sometimes
 ☐ No

What is my truth and why do I feel I cannot speak it? Am I being who I want to be? Am I being on the outside who I am on the inside?

What is the boldest, bravest, most outrageous thing you could do with your own BODY IMAGE?

Accept It	Love It	Pamper It
Worship It	Get a Tattoo	Shave Your Head
Dress Differently	Dress Up	Dress Down
Get Naked	Change My Look	Get Pierced
Move with Freedom	Not Care What Others Think	
Stand Tall	Move with Confidence	

Write more...

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.



Self-Care

How I rest and recharge, my daily routine, habits & basic maintenance.

Do I feel RESPECT for myself in this area?

Do I like my current routines? Do I make time for what I need? What would I change and why?

Do I feel CONNECTED to my self-care?

Do I believe my self-care habits affect my interactions with others?

Am I in-love or in-lack with how I care for myself?

☐ I love how I care for myself ☐ I am becoming ☐ I feel stuck

Do I feel empowered or disempowered by my self-care habits?

☐ Empowered ☐ Not Sure ☐ Disempowered

Why? Who or what is overpowering me?

Do I prioritize my self-care?

☐ Yes ☐ I'm starting to ☐ No

What does prioritizing self-care mean to me? What would I have to prioritize to feel like my best self everyday?

**Do I set boundaries easily?**

☐ Yes ☐ Sometimes ☐ No

Who or what makes me feel uncomfortable caring for myself? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

☐ Yes ☐ I'm starting to ☐ No

How can I ask for more? What do I need? (Help, support, education, grace, money, connection, resources, etc)

Do I believe I am worthy of receiving self-care?

☐ Yes ☐ Sometimes ☐ No

How can I ask for worthiness?

Do I ask for equal exchange?

☐ Yes ☐ Sometimes ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange?



Do I easily speak my truth here?

☐ Yes

☐ Sometimes

☐ No

What is my truth and why do I feel I cannot speak it?

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.



Physical Health

How I eat, move my body, stay healthy & manage chronic illnesses.

Do I feel RESPECT for myself in this area?

Do I honor my body? Do I make time for my health? Do I prioritize healthy choices? What would I change and why?

Do I feel CONNECTED to my health?

How do my actions and thoughts affect my physical health? What can I do to feel more connected to staying healthy?

Am I in-love or in-lack with my physical health?

☐ I love and accept my health ☐ I am becoming ☐ I feel stuck

Do I feel empowered or disempowered in my physical health?

☐ Empowered ☐ Not Sure ☐ Disempowered

Why? Who or what is overpowering me? How do I feel held back?

Do I prioritize my physical health?

☐ Yes ☐ I'm starting to ☐ No

What does prioritizing physical health mean to me? How could I better prioritize my health?



Do I set healthy boundaries to protect my physical health?

☐ Yes ☐ Sometimes ☐ No

If not, why is it hard for me to set these boundaries? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

☐ Yes ☐ I'm starting to ☐ No

How can I ask for more? What do I need? (Help, support, education, grace, money, connection, resources, etc)

Do I believe I am worthy of having physical health?

☐ Yes ☐ Sometimes ☐ No

How can I ask for worthiness? What would it take to love and accept my physical health exactly as it is right now?

Do I ask for equal exchange?

☐ Yes ☐ Sometimes ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange?



Do I easily speak my truth here?

☐ Yes

☐ Sometimes

☐ No

What is my truth and why do I feel I cannot speak it?

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.



Money Flow

My connection to money and abundance, making money, spending, and saving.

Do I feel RESPECT for myself in this area?

Do I honor my money? Do I respect how I make money, spend it or save it? What do I feel when I look at my money? What would I change and why?

Do I feel CONNECTED to my money?

Am I comfortable talking about money when I need to? Do I set regular goals and budgets?

Am I in-love or in-lack with my money?

☐ I love and accept my money situation ☐ I am becoming ☐ I feel stuck

Do I feel empowered or disempowered about my money?

☐ Empowered ☐ Not Sure ☐ Disempowered

Why? Who or what is overpowering me? How do I feel held back?

When making financial decisions, do I prioritize my needs & value?

☐ Yes ☐ I'm starting to ☐ No

What does prioritizing my needs and values mean to me?



Do I set healthy boundaries to protect my money?

☐ Yes ☐ Sometimes ☐ No

If not, why is it hard for me to set these boundaries? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

☐ Yes ☐ I'm starting to ☐ No

How can I ask for more? What do I need? (Help, support, education, grace, money, connection, resources, etc)

Do I believe I am worthy of having money?

☐ Yes ☐ Sometimes ☐ No

How can I ask for worthiness? Do my beliefs around money impact my ability to set goals?

Do I ask for equal exchange?

☐ Yes ☐ Sometimes ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange?



Do I easily speak my truth about my money?

☐ Yes

☐ Sometimes

☐ No

What is my truth and why do I feel I cannot speak it?

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.



Career or Business

How you feel about your work, occupation or business.

Do I feel RESPECT for myself in this area?

Do I honor my career or business? Do I like what I do and why I do it? What would I change and why?

Do I feel CONNECTED to the work I do?

How can I better connect to my work?

Am I in-love or in-lack with my career?

☐ I love and accept my career ☐ I am becoming ☐ I feel stuck

Do I feel empowered or disempowered about my career?

☐ Empowered ☐ Not Sure ☐ Disempowered

Why? Who or what is overpowering me? How do I feel held back?

Do I prioritize feeling good in my work?

☐ Yes ☐ I'm starting to ☐ No

What does prioritizing feeling good in my work mean to me? What changes could I make to feel better in my work?

**Do I set boundaries in my work?**

☐ Yes ☐ Sometimes ☐ No

If not, why is it hard for me to set these boundaries? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

☐ Yes ☐ I'm starting to ☐ No

How can I ask for more? What do I need? (a raise, promotion, additional resources, help, etc)

Do I believe I am worthy of having a career I love?

☐ Yes ☐ Sometimes ☐ No

How can I ask for worthiness? What would it take to love my career as it is right now?

Do I ask for equal exchange in my work?

☐ Yes ☐ Sometimes ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange?



Do I easily speak my truth here?

☐ Yes

☐ Sometimes

☐ No

What is my truth and why do I feel I cannot speak it?

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.



Love Relationships

How you feel in your romantic relationships or partnership.

Do I feel RESPECT for myself in this area?

Do I like how I show up in my relationship? Do I honor my relationship? Do I honor my own wants and needs? What would I change about my relationship and why?

Do I feel CONNECTED in my relationship?

How can I better connect to my partner? How can I better connect to my wants or needs?

Am I in-love or in-lack with my relationship?

☐ I love and accept my relationship ☐ I am becoming ☐ I feel stuck

Do I feel empowered or disempowered in my relationship?

☐ Empowered ☐ Not Sure ☐ Disempowered

Why? Who or What is overpowering me? How do I feel held back?

Do I prioritize my relationship?

☐ Yes ☐ I'm starting to ☐ No

What does prioritizing my relationship mean to me? What changes could I make to feel better in my relationship?



Do I set healthy boundaries in my relationship?

☐ Yes ☐ Sometimes ☐ No

If not, why is it hard for me to set these boundaries? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

☐ Yes ☐ I'm starting to ☐ No

How can I ask for more? What do I need? (Help, support, understanding, therapy, connection, resources, etc)

Do I believe I am worthy of having a healthy relationship?

☐ Yes ☐ Sometimes ☐ No

How can I ask for worthiness? Do my beliefs around relationships impact my own relationship?

Do I ask for equal exchange?

☐ Yes ☐ Sometimes ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange?



Do I easily speak my truth in my relationship?

☐ Yes

☐ Sometimes

☐ No

What is my truth and why do I feel I cannot speak it?

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.



Friendships & Social Circles

How you feel in your friendships and community.

Do I feel RESPECT for myself in this area?

Do I like how I show up in my friendships & community? Do I honor my needs in my friendships? What would I change about how I show up in my community?

Do I feel CONNECTED to my community?

How can I better connect to the people in my life?

Am I in-love or in-lack with my community?

☐ I love my community ☐ I am becoming ☐ I feel stuck

Do I feel empowered or disempowered by my community?

☐ Empowered ☐ Not Sure ☐ Disempowered

Why? Who or What is overpowering me? How do I feel held back?

Do I prioritize my friendships?

☐ Yes ☐ I'm starting to ☐ No

What does prioritizing my friendships mean to me? What changes could I make to feel better in my community?

**Do I set healthy boundaries in my friendships?**

☐ Yes ☐ Sometimes ☐ No

If not, why is it hard for me to set these boundaries? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

☐ Yes ☐ I'm starting to ☐ No

How can I ask for more? What do I need? (Help, support, understanding, connection, resources, etc.)

Do I believe I am worthy of having a great friends?

☐ Yes ☐ Sometimes ☐ No

How can I ask for worthiness? Do my beliefs around friendships impact my own?

Do I ask for equal exchange?

☐ Yes ☐ Sometimes ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange?



Do I easily speak my truth in or about my friendships?

☐ Yes

☐ Sometimes

☐ No

What is my truth and why do I feel I cannot speak it?

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.



Family

How you feel about your family & your relationship to your family.

Do I feel RESPECT for myself in this area?

Do I like how I show up in my family? Do I honor my needs or boundaries with family? What would I change and why?

Do I feel CONNECTED to my family?

Do I want to be connected to my family? How can I better connect to my family?

Am I in-love or in-lack with my family?

☐ In love ☐ I am becoming ☐ I feel stuck

Do I feel empowered or disempowered by my family?

☐ Empowered ☐ Not Sure ☐ Disempowered

Why? Who or What is overpowering me? How do I feel held back?

Do I prioritize my family?

☐ Yes ☐ I'm starting to ☐ No

What does prioritizing family mean to me?

**Do I set healthy boundaries with my family?**

☐ Yes ☐ Sometimes ☐ No

If not, why is it hard for me to set these boundaries? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

☐ Yes ☐ I'm starting to ☐ No

How can I ask for more? What do I need? (Help, support, understanding, therapy, connection, resources, etc)

Do I believe I am worthy of receiving love from my family?

☐ Yes ☐ Sometimes ☐ No

How can I ask for worthiness? What would it take for me to love and comfort myself?

Do I ask for equal exchange?

☐ Yes ☐ Sometimes ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange?



Do I easily speak my truth with or about my family?

☐ Yes

☐ Sometimes

☐ No

What is my truth and why do I feel I cannot speak it?

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.



Mental Health & Well-Being

How I feel internally, how I process emotions and make sense of the world.

Do I feel RESPECT for my mental health?

Do I honor my emotions? Do I make time for my mental health? What would I change and why?

Do I feel CONNECTED to my well-being?

How do my actions and thoughts affect my life? Do I believe my mental health affects my interactions with others?

Am I in-love or in-lack with my mental health?

☐ I feel love for myself
 ☐ I am becoming
 ☐ I feel stuck

Do I feel empowered or disempowered when it comes to my mental health?

☐ Empowered
 ☐ Not Sure
 ☐ Disempowered

Why? Who or what is overpowering me? How do I feel held back?

Do I prioritize my mental health?

☐ Yes
 ☐ I'm starting to
 ☐ No

What does prioritizing my mental health mean to me? How could I better prioritize my mental health?



Do I set healthy boundaries to protect my mental health?

☐ Yes
 ☐ Sometimes
 ☐ No

If not, why is it hard for me to set these boundaries? Who do I need to set boundaries with? What boundaries do I need to set?

Do I ask for more in this area?

☐ Yes
 ☐ I'm starting to
 ☐ No

How can I ask for more? What do I need? (Help, support, education, grace, money, connection, therapy, resources, etc)

Do I believe I am worthy of receiving?

☐ Yes
 ☐ Sometimes
 ☐ No

How can I ask for worthiness? What would it take to feel love and acceptance towards myself?

Do I ask for equal exchange?

☐ Yes
 ☐ Sometimes
 ☐ No

Do I not ask or receive because I believe I am not worthy? How can I ask for equal exchange?



Do I easily speak my truth about my mental health?

☐ Yes

☐ Sometimes

☐ No

What is my truth and why do I feel I cannot speak it?

What are the top 3 problems or priorities I have in this area right now?

1.

2.

3.

SELF *Value*