



## Weekly Question and Healing Principles Tips and Tricks for using them to your advantage.

What wonderful things happened for you this week?

Are you finding the Daily Link Breaking Skills to be a joy or a challenge? What can you do to change them from a challenge into a joy?

You have been given some information on mindset on this sessions' Tipster sheet.  
What are you starting to see about your mindset? How is it changing your world view?

What would it take for you to do a fun and easy exercise to do before going to sleep each night?  
Look at your list of strengths. Which ones did you consciously use today? Which ones will you use tomorrow?

Tell yourself about how you broke an old habit of using your weakness and began a new habit of using your strengths.

Aha time!!

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Session 11's *Principles of Healing*:

**Healing is an evolving journey of a lifetime - a journey that supports fullness in living and dying. (not "either- or" - living or dying. We are living and dying every day.)**

**Notes for your responses to this week's question: "How do I Make My Changes Stick?"**

