

# WORKSHEET LESSON #56

*Creating Change*

NAME

\_\_\_\_\_

DATE

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**MODULE 9**

**4 STAGES OF GREATNESS**

**What daily practices do you have in place to cultivate self-love?**

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**What daily practices do you engage in that do not promote self-love?**

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**What benefits do you gain from activities that do not promote self-love, and how can you replace them with more positive practices?**

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