

PERSONAL TRANSFORMATION FRAMEWORK TWELVE STEPS



1. Know thyself - Go inward to develop an intimate relationship with your true self and anchor in the power of Love. Pay attention, hear your inner voice, feel your emotions, and trust what you receive. Embrace and affirm, *"I am that I am,"* as your personal and powerful sacred mantra.
2. Be compassionate –Deeply connect with yourself, others and all that is to feel alive.
3. Adopt a heart-centered lifestyle – Accept yourself and others, reframe from judging; curtail anger, and reduce reactivity especially in highly emotionally charged situations.
4. Cultivate the *"Feel Good Factor"* – Be mindful of your thoughts and feelings to reduce negative thoughts and emotions, and do something different to break the cycle.
5. Seek and create beauty – Behold beauty of nature and in yourself. Find ways to ignite your creativity.
6. Bless all that you see – Generously bless all that is and all that you experience.
7. Seek balance – Minimize discord by maintaining harmony.
8. Be grateful – Uplift yourself and others with expressions of gratitude.
9. Control outer distractions – Take a break from technology, stay present by being alert to your feelings, and thoughts, and just slow down.
10. Create a sacred space – Your personal quiet space will automatically condition you to reset, renew and reclaim your power.
11. Deliberately invest your energy – Do what matters.
12. Celebrate YOU! – Reward yourself for being who you truly are...Divine Love.

I commit to renew, reset and reclaim my personal power

Name _____ Date _____

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