



GARDEN *of* AYDEN

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INSTRUCTIONS: Please date the document and next to each item place to what degree between 1 to 10 you believe it; with 1 being that you don't believe it and 10 as full belief. Repeat this exercise when you have completed the course and date it again with your new results in a different colour.

THE FOUR GOALS OF GARDEN OF AYDEN

1. FREE & EMPATHETIC

- I know that not everything I think is necessarily true.
- I agree that change begins with me and the key to all change is within me.
- I trust myself and I have confidence in myself.
- I am self-accountable and responsible for all my actions.
- I accept and embrace each step of my journey as it comes. It is what it is.
- I can alter my impression on any negative consequences from my past.

2. Responsible & Ethical

- I make my decisions calmly and thoughtfully.
- I can eliminate violence & aggression as useless tools in dealing with issues.
- I have control over my reactions and I maintain healthy coping strategies.
- I know that my beliefs are transferred to my children.
- I do not own my children, they are my keepsake, and a reflection of my values and legacy.

3. Valuable to community & purpose

- I have a purpose & there is meaning to my life.
- I have been acting based upon my indoctrination rather than my conscious beliefs.

4. Conscious of one's true self

- I can discipline my mind to focus on all the positive aspects and beauty of life.
- I have self-respect and therefore I have self-esteem.
- I believe in the wonders and magic of the universe.