



GARDEN *of* AYDEN  
BY SUKAIYNA GOKAL



Online Version

**INSTRUCTIONS:** For each transformation, assess your progress by noting the percentage % from where you started to where you are now. A score of 100% indicates complete success.

Review and update these percentages at the end of the course to reflect your progress.

### THE JOURNEY

- 1. Victim TO Self-Empowerment.
- 2. Fixed Mindset TO Growth Mindset.
- 3. Fear TO Resilience
- 4. Self-Doubt TO Faith in Self
- 5. Lack of Self-Understanding TO Deeper Awareness.
- 6. Negative Thinking TO Constructive Thinking.
- 7. Self-Effacing TO Confidence.
- 8. Judgment TO Observation
- 9. Self-Concerned TO Empathetic
- 10. Worry TO Trust
- 11. Impossible TO I'm Possible
- 12. Subjective Reality TO Non-Judgment
- 13. Uncomfortable TO Comfort Within Discomfort
- 14. Tunnel Vision TO Panoramic Perspective
- 15. Belief that we understand it all TO Curiosity and Non-Judgment