



GARDEN of AYDEN

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INSTRUCTIONS: Utilise this document as an assessment to navigate through challenging topics or situations. Using the columns to untangle the detail. Identify areas that are easy for you and those that are more challenging. Enjoy the process and make notes about any realisations you have as a result.

BATTLES WORTH FIGHTING FOR

Adaptability
Dignity
Integrity
Flow
Freedom
Peace
Respect
Self-Worth
Truth
Understanding

VALUES REQUIRED TO ACHIEVE IT

Acceptance
Coping Skills
Desire of Heal
Desire to Learn
Empathy
Forgiveness
Generosity
Humility
Service
Tolerance

BATTLES TO RELINQUISH

Being the center of attention
Circumstantial Trauma
External Noise
Fear of Consequences
Instant Gratification
Negative Projections
Peer Pressure
The need to control
The need to be right
Worry

HOW

Active Listening
Intuition
Rejecting Limiting Beliefs
Self-Reflection
Silencing the Mind
Trust
Unconditional Love
Untangling the meaning
Vulnerability
Wisdom

OBSTACLE THAT PREVENT IT

Arrogance
Closed Mindedness
Ego
Fixed Mindset
Indoctrination
Insecurity/Self
Doubt
Limited Beliefs
Rigidity
Self-Righteousness
Short Sightedness

GIVE FREEDOM TO AND RESPECT

Beliefs
Boundaries
Choice
Context
Dualities
Experiences
Feelings
Inner Freedom
Opinion
Sensitivity

NOTES

