

# My intentions to change Inner Growth Management



Name: \_\_\_\_\_

Company/Course: \_\_\_\_\_ Date: \_\_\_\_\_

1) Please read through the list. Look at one statement at the time, and rate yourself on the scale of 1 – 4:

**Scale:** 1 = Satisfied / No change.                      2 = Somewhat satisfied / Somewhat change.  
3 = Not satisfied / Change a lot.                      4 = Unhappy with / Change completely.

**First time – use column A.** Rate yourself how satisfied you are with the situation/ability/behaviour in question.

**Second time – use column B.** Rate yourself in the same way as above.

2) Circle the four most important ones that you wish to change or refine. Please pay attention if there are some areas that would lower your stress level or minimise energy leakage.

**I wish to change the following:**

A	B	Statement
		1. Concentration
		2. Focus
		3. Efficiency
		4. Self-awareness
		5. Confidence
		6. Aquiring knowledge
		7. Stress
		8. Anxiety/nervousness
		9. Sleep/headache/stomach ache
		10. Mood
		11. Creativity
		12. Motivation
		13. Energy
		14. Kindness
		15. Teamwork
		16. Relational awareness
		17. Leadership skills
		18. Decision capacity
		19. Ability to change
		20. Peace of mind
		21. Friendship
		22. Cooperation
		23. Authenticity
		24. Setting boundaries

A	B	Statement
		25. Taking initiative/ Self-starting
		26. Empathy
		27. Vulnerability
		28. Self-compassion
		29. Compassion to others
		30. Presence
		31. Delegating
		32.1 The attitude Non-judging
		32.2 The attitude Acceptance
		32.3 The attitude Trust
		32.4 The attitude Patience
		32.5 The attitude Beginner's Mind
		32.6 The attitude Conscious Striving
		32.7 The attitude Letting Go
		32.8 The attitude Gratitude
		32.9 The attitude Generosity
		33. Is there another attribute that you wish to change? Please state:
		34. Is there another attribute that you wish to change? Please state:

3) **Please describe how you wish to change your four chosen statements.** You can use the knowledge of your *Physical, Emotional, Mental* and *Intuitive systems* to describe how you want to change.

Statement no. 1: .....

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Statement no. 2: .....

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Statement no. 3: .....

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Statement no. 4: .....

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