



You're Perfect!

1. I want to help you come from a _____ that nothing new needs to be _____ to youth make you perfect and to help you navigate through your life's conditions and circumstances.
2. It is my belief that God's work is _____ and that perfection is the _____ of who and what you are.
3. "Our recognition of our infinite potential is the _____ of what we believe we are capable of achieving." -Thomas Troward
4. "We don't get what we _____ in our lives, we get what we believe we _____." -James Allen
5. "You cannot _____ that which you don't know you have." -John Maxwell
6. Looking at these statements, if we were to just summarize them into a belief, it would be a belief that says: _____ !
7. The truth is, we are perfect; it's our _____ that are sometimes _____ ! To grasp the depth of this difference requires that we separate the _____ from the behavior, the being from the _____.

8. When our voice of judgment asks the question “Who do you think you are?” we must answer it. Not answering it gives it territory in our _____ that was never intended to be claimed by a belief of _____ and imperfection.

9. You came into the world as a natural _____, a born RISK _____, a _____ SEEKING PRO, a natural _____, CURIOUS, INCREDIBLE _____, HIGHLY INTUITIVE, _____, and CONTINUAL LEARNERS.

10. We were born _____ and _____ for failure. Our programming is much _____ from our nature.

11. Our nature is explorers; our programming says “Good things come to those who _____.”

12. Our nature is risk- _____; our programming says “Better _____ than sorry.”

13. Our nature is being goal _____; our programming says “How are you going to do that?”

14. Our nature is _____ love; our programming says “Don’t _____ to strangers.”

15. Our nature is curious; our programming says “Curiosity _____ the cat.”

16. Our nature is incredible _____; our programming says “You’ve got to be _____.”
17. Our nature is highly intuitive; our programming says “Keep your head _____ of the clouds.”
18. Our nature is perceptive; our programming says “_____ your own _____.”
19. Our nature is continual _____; our programming says “You can’t teach an _____ new tricks.”
20. Ask yourself, “When did I create this learning model of _____?”
21. “Where was I when I first _____ using this model?”
22. “Who has _____ me in keeping this model?”
23. “What has using this model _____ me in my life?”
24. “Was there a time in my life that this model _____ me?”
25. “Does this model serve me anymore?”
26. “What are my _____ in this learning model called ‘Quitting’?”
27. “What would I _____ my beliefs to _____?”
28. “What would I _____ this new learning model?”

29. This exercise is called _____ thinking.
30. What observational thinking does is to allow an interruption between your _____ and _____. It creates a space for self-evaluation at the time of the programmed thinking and behavior.
31. If you do it often enough, over time, the new _____ begins to short circuit the programmed model.