Self Evaluation Workbook

**Chapter 1: Guidelines for Growth**

**waith**: *You cannot Respect Others and Love Others*

*to any greater degree than you Respect Self and Love Self.*

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| 1. | List and explain the Guidelines for Growth. |
| 2. | What is the difference between Respect Self and Love Self as Waith has explained it? How does my current understanding differ from that of Waith? |
| 3. | How do I demonstrate Respect of Self and Love of Self? Explain other ways in which I would demonstrate more Respect of Self and Love of Self. |
| 4. | **Note: Create a chart, or list the columns, similar to what is shown below. Add as many Life Issues as you want.**My particular issues in this lifetime relating to specific Guidelines for Growth are: Life Issue Guideline for Growth to Apply \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 5. | **Note: Create a chart, or list the columns, similar to what is shown below.**Create an action plan for next week. Choose one of the issues and relate it to the corresponding Guideline for Growth you want to apply. How am I going to apply: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ My Life Issue Guideline for Growth***Example***: **life** **issue**: *Anger* **guideline for growth**: *Love Others* |
| 6. | ***example of an action related to anger, as stated above*:** When I am standing in line at Starbucks and angry with the person in front of me, I will remember that we are all connected to The One and anger toward that person is really anger toward Self.Now, **act** on my plan. |
| 7. | **Note: This is a review of the Action taken in #6 and is to be completed after you have Acted on your plan.**Describe how my plan worked or did not work. |
| 8. | How can I adjust for next time? |