

WEEK-END REVIEW

Week of

Review your Weekly Self-Schema Awareness Log:

*Identify the self-schema that was activated during the **past week** that was most incompatible with experiencing and expressing your Spiritual nature:*

Most incompatible self-schema

Briefly describe habitual patterns associated with this self-schema:

Habitual daydream theme

Habitual thought pattern (script)

Habitual emotional response

Habitual action sequence

Briefly describe internal and/or external cues that triggered the activation of this self-schema during the week:

Internal cues

External cues