

# **IFFIRMATIONAL HAVENING WORKSHEET**

## **5. REFLECTION & LEARNING**

Now that you have watched and hopefully practiced all the techniques step by step in the videos, it's time for you to reflect on what you have learned and how you might use it in your own business.

The following questions are designed to support you in thinking laterally about how you might apply your new learnings.

What did you feel was the most useful part of the process?

Were the exercises simple and effective or could you have done with a bit more explanation?

How might you use Iffirmations with your clients differently now that you have learned more?

What other observations can you note that were of significance for you?