



THE W.O.W. MOM
TRANSFORMATION



Self-Reflection Level 2



How well do you think you know yourself? Take a moment to review these questions and be surprised at the answers.

HOW DOES YOUR BEST YOU ACT?

.....

ARE YOUR GOALS AND PURPOSE IN ALIGNMENT?

.....

WHAT HABITS DON'T SERVE YOU?

.....

IN WHAT WAYS DO YOU SWEAR TO NEVER BE LIKE YOUR PARENTS?

.....

IN WHAT WAYS DO YOU HOPE YOUR KIDS ARE NOT LIKE YOU?

.....

WHAT CHARACTERISTICS DO YOU HAVE THAT YOU FEEL ARE JUST WHO YOU ARE?

.....

WHAT TRIGGERS UNHEALTHY EMOTIONAL RESPONSES FOR YOU?

.....

WHAT AREAS OF MY LIFE AM I NOT COMPLETELY TRUTHFUL ABOUT?

.....

HOW DOES IT MAKE ME FEEL WHEN OTHERS ARE NOT COMPLETELY TRUTHFUL?

.....