

LH / LH

Challenge Journal





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**A challenge about
him that is secretly
about you.
This challenge is a
journey to clarity.**

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And reaching a decision.

Intention Statements



My intention for this challenge is:



Limiting vs empowering beliefs



Limiting beliefs:

I'm so confused _____

This always happens to me _____

My partner never does "x" _____

I'm not good enough _____

Empowering beliefs:

I'm gaining clarity

If there's something I don't like I can make a different choice

My partner is really good at "y"

I deserve love



My limiting beliefs

My empowering beliefs

_____	▶	_____
_____	▶	_____
_____	▶	_____
_____	▶	_____
_____	▶	_____
_____	▶	_____
_____	▶	_____
_____	▶	_____
_____	▶	_____
_____	▶	_____

My triggers



Formula:

When [something that happened] _____ ,

I felt [feeling] _____

because [why I think I felt this way] _____

Hints:

- You have to allow yourself to be vulnerable and go deep otherwise this exercise is meaningless.
- **Here's an example**

"When he took 4 hours to text me back, I felt angry, because I know he always has that damn phone in his hands."

This is the surface story. There's an opportunity to go deeper here and get to the root of what's bothering you.

- If I think he has it in his hands and doesn't text back, he must not think that getting back to me is important. Therefore, I'm not important.
- He used to text me back right away; maybe he doesn't love me as much as he used to or is taking me for granted.

So the trigger statement could be re-written like this.

When he took 4 hours to text me back, it made me feel insecure because I'm afraid that he doesn't love me as much as he used to.



So the trigger statement could be re-written like this

Fear vs Intuition



Fear

VS

Intuition

Misunderstandings



What "triggers" might actually be due to seeing things from a different point of view?



State the facts and the assumptions surrounding each of these triggers

Facts

Assumptions

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Preparing the conversation



Lined writing area consisting of 20 horizontal grey lines spaced evenly down the page, intended for notes or preparation for a conversation.



// _____

Ready for week 2.

// _____

Growth plan



How I'm showing up

3 next best steps

- 1

- 2

- 3



How I want to show up

My values/priorities



List of values

Top 3

1 _____

2 _____

3 _____

Alignment



Be honest about how your relationship aligns (or doesn't) with these values

Value 1

Value 2

Value 3

Assessment



Am I willing to be flexible with these values? And if not... is he.

Value 1

Value 2

Value 3

Standing in the shoes of your future self, describe the type of relationship she's in.

With clarity about your values and a glimpse into your future, what decision is she (your future self), calling you to make?

Conversation

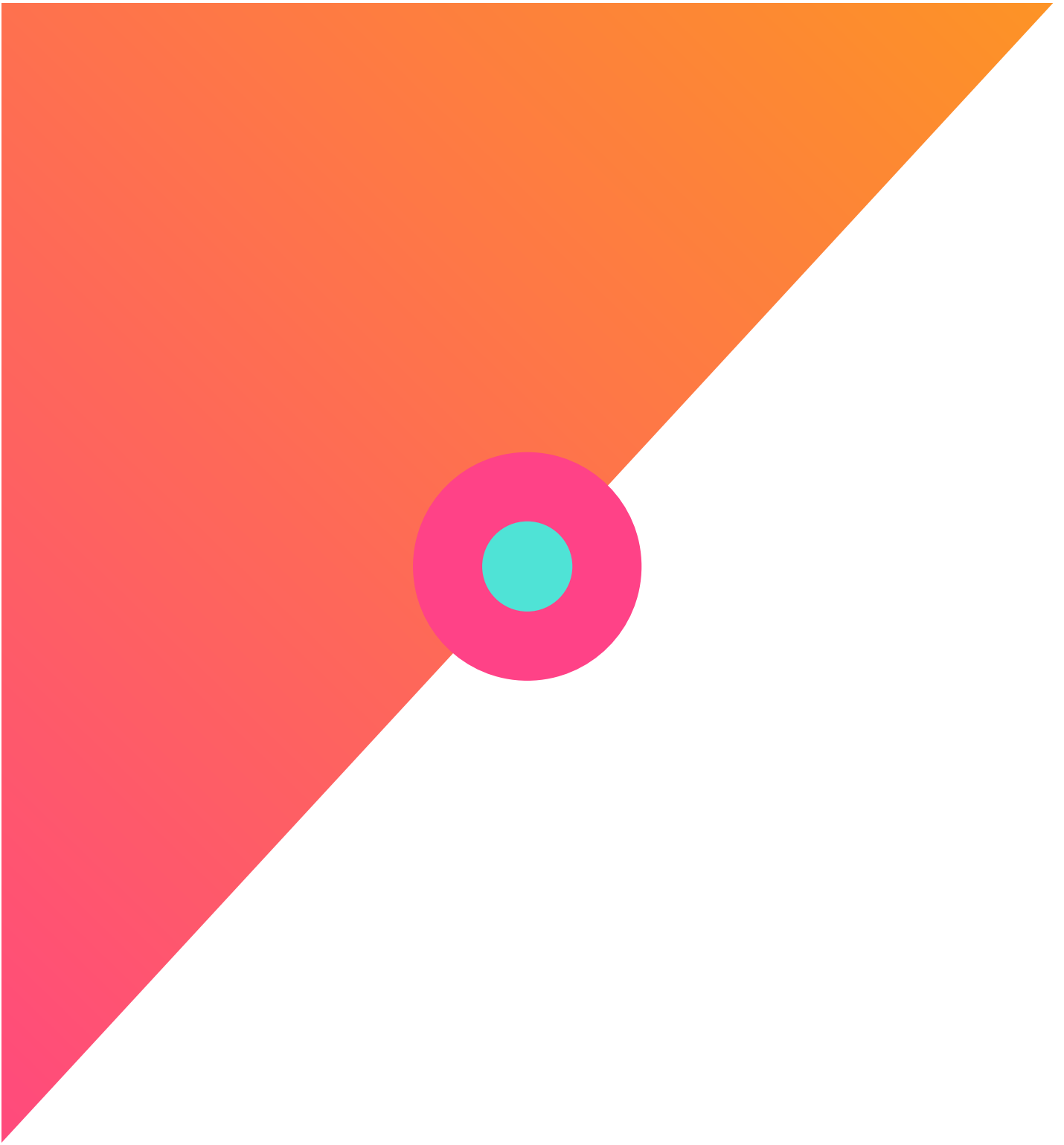


Write down your conversation opener.

Love Him or Leave Him?



There is one decision you've been leaning into more than the other. Trust yourself. And whatever decision you make, make it with love.



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