



**ACTION SHEET MODULE 2 - SESSION 3: ADDING FUEL TO YOUR NEW FLAMES**

WHAT YOU WILL NEED: JOURNAL, PEN, QUIET SPACE, HONESTY,

Short and sweet:

For your homework, I want you to fuel your own fire!

- Write down some affirmations / incantations
- Commit to a time and a place to repeat them every day for at least 30 days

Stick to it, make the effort. Remember only you can change your life around, only you can get yourself to whatever that vision is that you wish for.

**ENJOY YOUR PROCESS**

**LOVE AND LIGHT**

**TAMMY**