



Birthing Peace Within

the RISEUPmethod for the release of self-judgement

Resources

I had all of the resources I needed to make a different decision: YES ___ NO ___

Is there anything more you want to say about that? _____

Information

I had all of the information I needed to make a different decision: YES ___ NO ___

Is there anything more you want to say about that? _____

Support

I had all of the support I needed to make a different decision: YES ___ NO ___

Is there anything more you want to say about that? _____

Energy

I had all of the energy I needed to make a different decision: YES ___ NO ___

Is there anything more you want to say about that? _____

Unconditional Acceptance

I can accept that I was doing the best I would with the RISE I had: YES ___ NO ___

Why or why not? _____

If no, consider doing the RISE method on whatever is keeping you from saying yes

Progress

Write any (even tiny) thing here that feels like progress - use the back of the page as needed!

_____ ...more...

*To schedule a connection session with Lori, visit BirthingPeaceWithin.com
or call 330-99BIRTH (24784)*