

**1. Stress Management challenge** \_\_\_: \_\_\_% \_\_\_ imp

**LOL** – sessions 1, 2, 4, 5 and 6, Essay on stress  
 –I have awareness of my breath/do Stillpoint Breathing.  
 –I do WakeUp Sheets & develop my own Upper Path. (COL Vid)  
 –I manage and cancel goals to maintain optimum stress.  
**MIND SHIFTER** – Peace surrounds and nourishes my life.  
 (Possible blood sugar problem if addicted to stress/crises)

**2. Maintaining Love/Being in the Presence of Others challenge** \_\_\_: \_\_\_% \_\_\_ improvement

**LOL** – Sessions 1, 2, 3, 6, 7 and 8  
 –Whenever I think or speak a thought that is less than supportive about another I – STOP – CANCEL – RESET LOVE and think, speak **and** write something cherished about them!  
 –I look for something to honor and appreciate about them, express my gratitude **and** speak the Commitment to them.  
 –I ask myself, “What have they done/not done to become unworthy of my support?” Do WakeUp Sheets on MY issues.  
**MIND SHIFTER** – It is safe and healing for me to be Love in everyone’s presence and extend that Love continuously.

**3. Maintaining Love/Being in the Presence of Self challenge** \_\_\_: \_\_\_% \_\_\_ improvement

**LOL** – Sessions 1, 2, 3, 5 and 6  
 –Whenever I think or speak a thought that is less than supportive about myself I – STOP – CANCEL – RESET LOVE and think, speak **and** write something I cherish about me!  
 –I ask others to speak of something to cherish about me.  
 –I ask, “What have I done to become unworthy of support?”  
 –“To prove worthy of support from \_\_\_ I should \_\_\_”  
 –I look in the mirror, speak the Commitment to myself and do WakeUp Sheets on self-deprecating thoughts.  
**MIND SHIFTER** – I & everyone in my life acknowledges me as Love and approves of me Being in that experience.  
 (After Intensive- acknowledge self for work you’ve done and tap into the energy that was created here!)

**4. Maintaining Love/Being in the Presence of Truth challenge** \_\_\_: \_\_\_% \_\_\_ improvement

**LOL** – Sessions 1, 2, 3 and 7  
 –I listen and willingly receive communication as offered. I release my need to be right & make up/tell my story!  
 –I willingly embrace the inevitable stress seeing Truth will arouse.  
 –I Ask myself "What is the Judgment I am protecting?"  
**MIND SHIFTER** – The truth is easy, safe and healing for me to see and uplifts every aspect of my life.

**5. Freedom From Fear challenge** \_\_\_: \_\_\_% \_\_\_ imp

**LOL** – Session 1, 3, 4 and 5  
 –I trust Rukha, look at what I fear & hold to the Presence of Being.  
 –I do WakeUp Sheets about what resonates my fear.  
**MIND SHIFTER** – The world/my relationship with \_\_\_ is safe and nurturing for me and everyone I know.

**6. Freedom From Hostility - challenge** \_\_\_: \_\_\_% \_\_\_

**LOL** – Session 1, 2, 3, 4, 5 and 6  
 –I address my fear as in # 5.  
 –I look at the object of my hostility and hold Love present.  
**MIND SHIFTER** – I have the strength and it is safe for me to let go of hostility and deal with whatever lies beneath it.

**7. Maintaining Love/Being while contemplating Laws Of Living - challenge** \_\_\_: \_\_\_% \_\_\_ improvement

**LOL** – Sessions 1, 3, 5, 6, 7 and 8  
 Usually ties in with thoughts of victim hood (self/others) “I don’t want to see that the world is a lawful, orderly place.”  
 –I think of a situation where I see a victim, hold Love Present & do WakeUp Sheets around MY issue. I develop compassion.  
**MIND SHIFTER** – I am a willing creator who sees and acknowledges order in the universe and in each persons life.

**8. Nutrition/Digest./Toxicity challenge** \_\_\_: \_\_\_% \_\_\_

**LOL** - Sessions 3 and 4  
 –I am conscious of my water consumption, food combining and my emotional state when I eat.  
 –I stick to the food program & spend time in the kitchen  
**MIND SHIFTER** – I am blessed, nourished, nurtured and balanced by every bite of food I receive.

**9. Use Of Will - challenge** \_\_\_: \_\_\_% \_\_\_ improvement

**LOL** – Sessions 1, 2, 3 and 5  
 –I manage my goals daily, do WakeUp Sheets around goals.  
 –I keep my commitments and follow through.  
**MIND SHIFTER** – Mind Management, commitment, participation and accomplishment are easy and natural for me.

**10. Consistency challenge** \_\_\_: \_\_\_% \_\_\_ improvement

**LOL** – Sessions 1, 2, 3, 4 and 7  
 A reflection of double mindedness and a tendency toward inconsistency and scattered energy. Get clarity on Purpose! Become aware of Blockage of Truth.  
 –I maintain esteem for Truth & am conscious of my Life Purpose  
 –Based on my Purpose, through goals, I manage my mind daily.  
**MIND SHIFTER** – I see, stay conscious as Love and gracefully resolve conflicting realities if they surface in my mind. Only that which is in harmony with my True Purpose becomes a behavior driving reality for me.

Love is only conscious, active and present when it is extended to another. It is not mine to experience in my “body” until it is offered to another.

**Only what I have not given is missing from this situation!**

**Love Present for: Others : Self: Truth :.** If these scores are imbalanced, the output of my mind is skewed & perception, decisions & behavior are distorted. In this state best evidence is hidden & consistently good decisions are impossible!  
 –When Truth score is high, errors tend to be magnified and blame will tend to rest where my scores are lowest (We call this the recipe for hell or hell to be with!) – If Truth score is low there will be a tendency toward gullibility regarding others and Blockage of Truth regarding self. (Depending on the relative scores.)

**SCORING KEY - PRE SCORES : POST SCORES % IMPROVEMENT**