

Healing Heart Protocol Online Course
Module V– Wood Element: Birth Your New Life
www.healingdivorce.com



Workhseet #1
Connect to your Essential Nature

This assignment is part of the Teaching Segment on the Three G's.

The third G refers to Greatness.

What do we mean by this? Greatness is a highly misunderstood term. The greatness we're talking about here is not the usual ego-grandiosity we see in the culture around us. We're not talking about a false, puffed-up sense of pride. What we're pointing towards is an essential piece of the foundation on which to birth your new life.

This has to do with your own inner Greatness—the inherent qualities of your soul – the very qualities that make you the unique and beautiful being that you are.

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Most of us have lost touch with our own inherent sense of worth and we're constantly looking outside of ourselves; looking for our jobs, for our relationships, for the things that we 'do' to give us a sense of value.

The problem is that those things as fulfilling as they may be, can never give us our true worth.

Your worth has its foundation in only one place: deep inside of you.

It is the source of who you are. The challenge for many people is that they've lost touch with this source inside of themselves. Once we disconnect from our own inherent worth, we walk around looking for life, for people, for titles and status symbols to give this to us.

This search is ultimately futile, because no one or no thing can give you and I something that we already are.

So our journey here is to support you to reconnect with that inner Greatness that *already* lives at your core. You may not be connected to it, you may not even believe it's there, yet it's the deeper truth of who you *are*.

Exercise:

Look at the essential qualities on the list below and find 2-3 that deeply resonate for you.

As you scan through the list on the next page, some things to think about in order to help identify these:

- What way of being has come natural to me since I was a child?
- When in my life have I felt the most lit up and connected?
- What way of being is deeply fulfilling to me?
- What way of being feels like it's my specific flavor or gift to life?

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Balance	Nurturing	Playfulness
bliss	Clarity	Peace
centeredness	Compassion	Purity
harmony	Confidence	Tolerance
healing	Detachment	Trust
honoring	Equality	Tuth
humility	Flow	Unconditional Love
honesty	Forgiveness	Unity
integrity	Generosity	Wholeness
joy	Grace	Wisdom
kindness	Gratitude	
knowing	Grounded	
light heartedness	Patience	