



REINVENTION SOLUTIONS

Additional Homework

1. List 3 old enemies of your self-worth. Please be as specific as possible in doing this exercise. Your historic monsters are the building blocks of your core negative beliefs (yes, the teacher from 4th grade who said the rotten thing to you counts). More monsters will come to you as you go through this process. It is necessary to acknowledge creative injuries and grieve them. Otherwise, they become scar tissue and block your growth.

2. List 3 old champions of your self-worth. This is your hall of champions, those who wish you and your creativity well. Be specific. Every encouraging word counts. Even if you disbelieve a compliment, record it. It may well be true.

3. If you are stuck for compliments, go back through your time travel log and look for positive memories. When, where, and why did you feel good about yourself? Who gave you affirmation?