



Chapter 4

THE OPPONENT

1.

Who in your life challenges you, emotionally, mentally, physically, spiritually? What changes if you view them as a sparring partner instead of an adversary? How might they be challenging you to grow and be better?

2.

How do you allow others to treat you that you don't like?

In what ways do you treat yourself that you would never treat another person, especially someone you care about?

3.

What do you accept about others that you don't accept in yourself?

What do you accept in yourself that you don't tolerate in others?

4.

How does your environment reflect you?

Look around your space and try to see what information it has for you about you.

What makes you feel good? What makes you feel bad? Is there anything you'd change?

5.

Who are best allies? Who can you rely on?

Who would you like to invite into your life more?