

Inner Freedom Method™ Play Sheet

Recognize the Perfection of the Challenge

Instructions

Explore your BIG game(s) for three challenges that you are facing right now.

For each one...

- a) Name the challenge (describe it in a few words)
- b) Ask yourself: “Who is the “Universe” asking me to become right now by giving me this challenge?”
- c) What “Core Intentions” from my earlier life are making this situation more difficult than it needs to be?
- d) Create new pattern language for who you will become by facing this challenge.

Challenge #1:

a) Name it:

b) Who is the “Universe” asking you to become?

c) What “Core Intentions” are making this challenge more difficult?

d) New “Pattern Language” for who I will become by facing this challenge:

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Challenge #2:

a) Name it:

b) Who is the “Universe” asking you to become?

c) What “Core Intentions” are making this challenge more difficult?

d) New “Pattern Language” for who I will become by facing this challenge:

Challenge #3:

a) Name it:

b) Who is the “Universe” asking you to become?

c) What “Core Intentions” are making this challenge more difficult?

d) New “Pattern Language” for who I will become by facing this challenge: