**Sentence Completion Exercise** (Branden, 1997)

Instructions:

* Complete relevant group of sentences stems every day
* Complete each sentence stem such that it is grammatically correct.
* Complete a minimum of 6 sentences (preferably 10) for each sentence stem.
* Don’t repeat the same ending twice on the same day (when doing this exercise for several days straight it is inevitable that duplicates will occur).
* Work as quickly as possible avoid thinking, qualifying, rationalizing, analysing or in any way judging the responses. Simply allow the sentences to arise in consciousness long enough to write them down.
* If you feel a mental block, simply make something up and keep going. If you go for quantity you will find quality among the responses.

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| **Week 12** |
| If I am willing to see what I see and know what I know…… |
| If I refuse to play ‘confused’…. |

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| If I am honest with myself about what I know…… |
| If I keep reaching deeper within myself for answers…. |
| To become more authentically happy, I would need to …. |

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| Right now, I am very clear that…… |