

# Begin a New Life

## Four Universal Steps of Life Change and Spiritual Transformation

### Assignment for Week 1 Group Meeting

#### Step 1: Examine Yourself

1. Choose an issue in your life to work on. (If you recently attended a *BNL Workshop-Seminar*, it could be the same one you worked on there.)
2. Do ***one*** of the following:
  - a. Using a fresh set of “Full” worksheets, go through all four steps of the process relative to the issue you’ve chosen. (If the issue is one you worked on during a workshop-seminar, going through the full process again for that same issue will be beneficial.)
  - b. If you recently attended a *BNL Workshop-Seminar*, review the full set of worksheets you used in the seminar, and fill them in more fully.
  - c. Using a fresh worksheets, go through only Step 1 and *A Prayer from the Heart*.
  - d. If you recently attended a *BNL Workshop-Seminar*, review the worksheets you filled in for Step 1 and *A Prayer from the Heart*, and fill them in more fully.
3. As a help in Step 1 of the process, read the article titled, *Three Ways to Become Aware of Your Thoughts* ([www.BeginaNewLife.info](http://www.BeginaNewLife.info) ⇒ Sourcebook ⇒ Extras).
4. Come to the Week 1 Group Meeting ready to share your experience of Step 1 and *A Prayer from the Heart*.