



Hey Girl Hey!! You probably downloaded this because you listened to my podcast Episode "Self-Reflection" or you just felt like you needed some self-reflection.

During the quarantine so many things have been running through my head, but what stood out was, my habits, the people around me, and what things I needed to do to move forward in my life.

My name is Amelia "Amelia LadyB" Benson, I am the founder of LadyB Empowerment LLC, Millennial in Menopause ®, @Amelia_Motivates and HER K.I.T Knowledge In Transformation Podcast. I have a master's degree in Mental Health Christian Counseling (No I'm not licensed, it's a long story), I am a Certified Nutrition & Wellness Consultant, and I Love Ice Cream.

We all want to find out what our purpose is, we take courses follow people like myself in the hopes that someone will tell you or help you find your purpose unfortunately No One can tell you what that purpose is except God. Finding out what your purpose/calling is all about self-reflection your relationship with God, and your willingness to change.

I hope that using this tool will help you put your puzzle together and put things into perspective for you. Keep in touch and let me know how it does, e-mail me toladyb@gmail.com

Blessings,

Amelia LadyB

Instructions

I hope you are excited because I am. Listen Ladies I'm not just giving you this tool because I wanted to create something. I did this myself and it helped me to put certain areas of my life in perspective, in fact I am actively working these areas especially my finances and I am proud of the results and I see God moving in the other areas as well. It's all about reflection and ACTION!

The next few pages are areas of reflection, if there is an area that you have in your life that is not present in this workbook I have a few blank pages where you can insert additional area of your life. Here is what you are going to be ask yourself as you reflect:

- 1. What is currently happening in this area? and What are the good things that I'm doing in this area?
- 2. Ask God what are the broken areas & teach me how to operate in each area.
- 3. What am I going to do to fix the areas that need improvement?

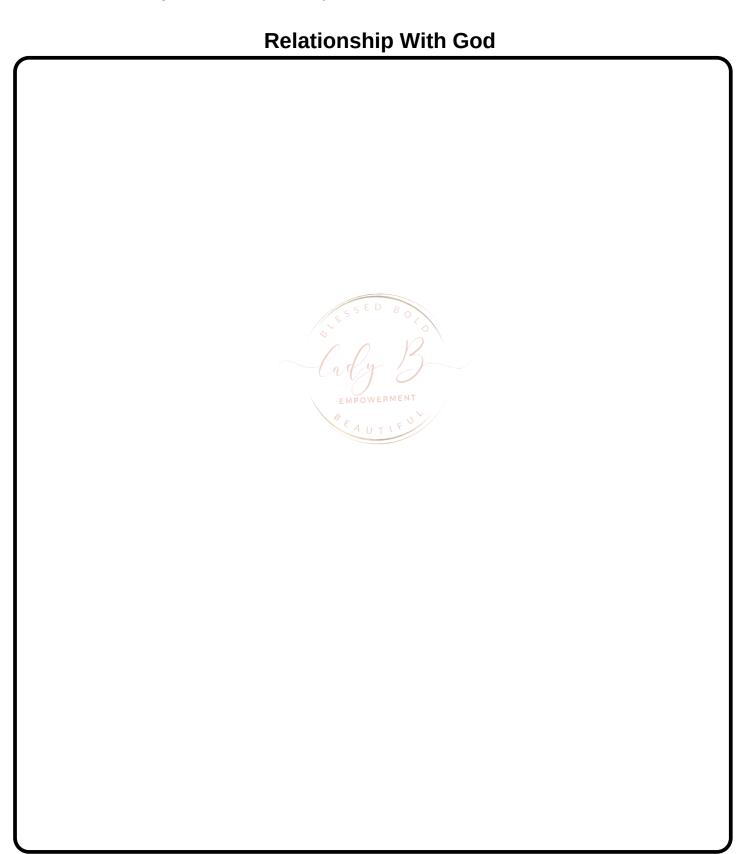
As you move forward in your Self-Reflection please be open to hear from the Lord and be open for change.

Happy Self- Reflection

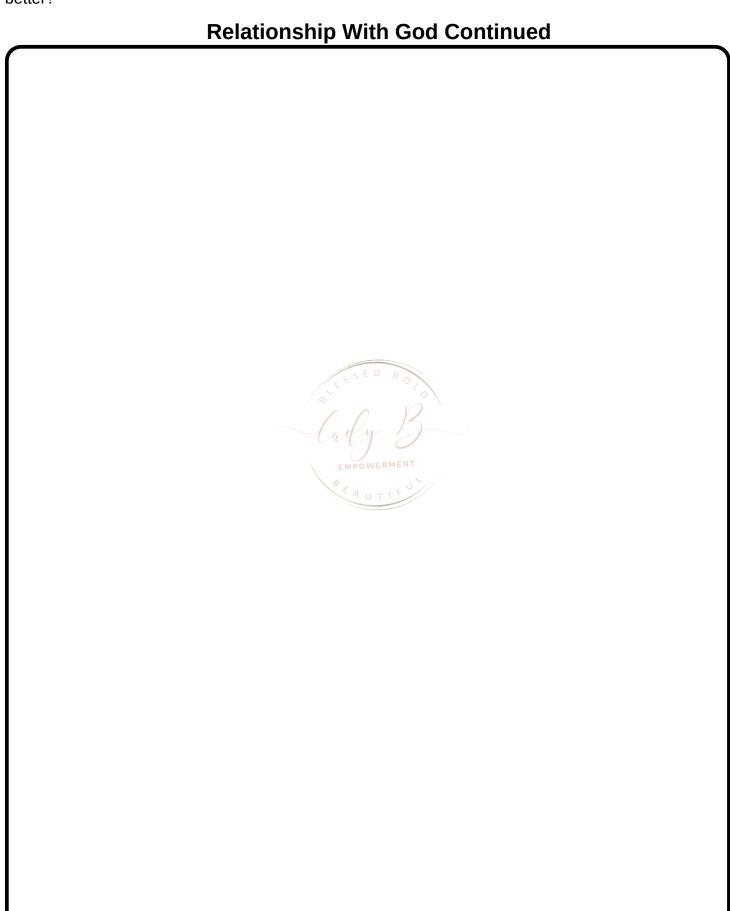
"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you..."

Jeremiah 29:11-14 (NIV)

Let's start breaking down some areas of your life. Write down what the current status is:

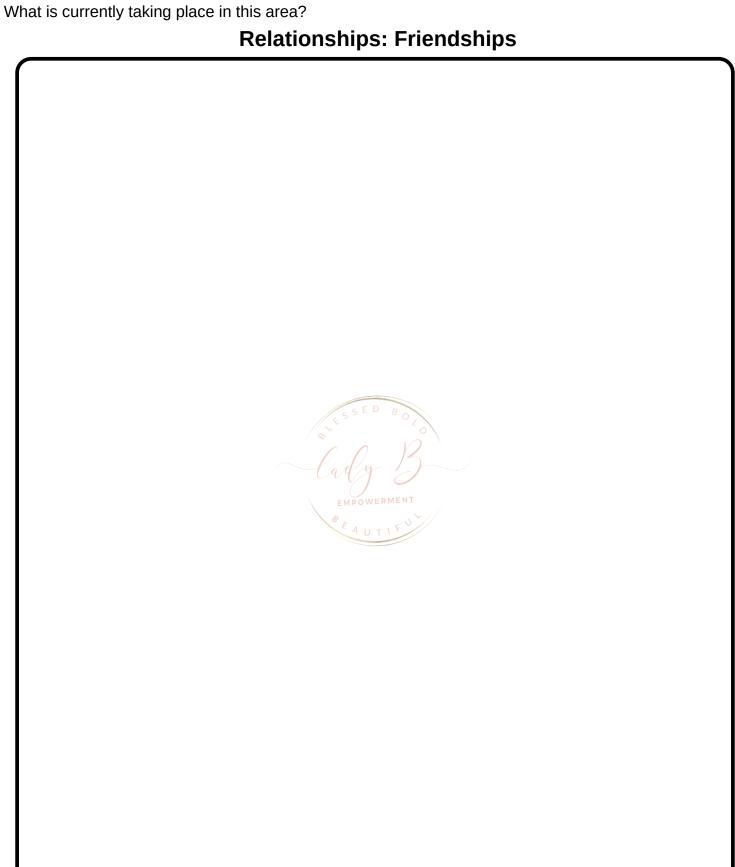


How would you like this relationship to look? or What Are you going to do to fix/make this area better?



			Single Dating	Single Not Dating _	
at is currently taking place in this area? Romantic Relationship					
		ESSED B			
			r [°]		
		lady E			
		EMPOWERME	NT V		
		AUTIF			

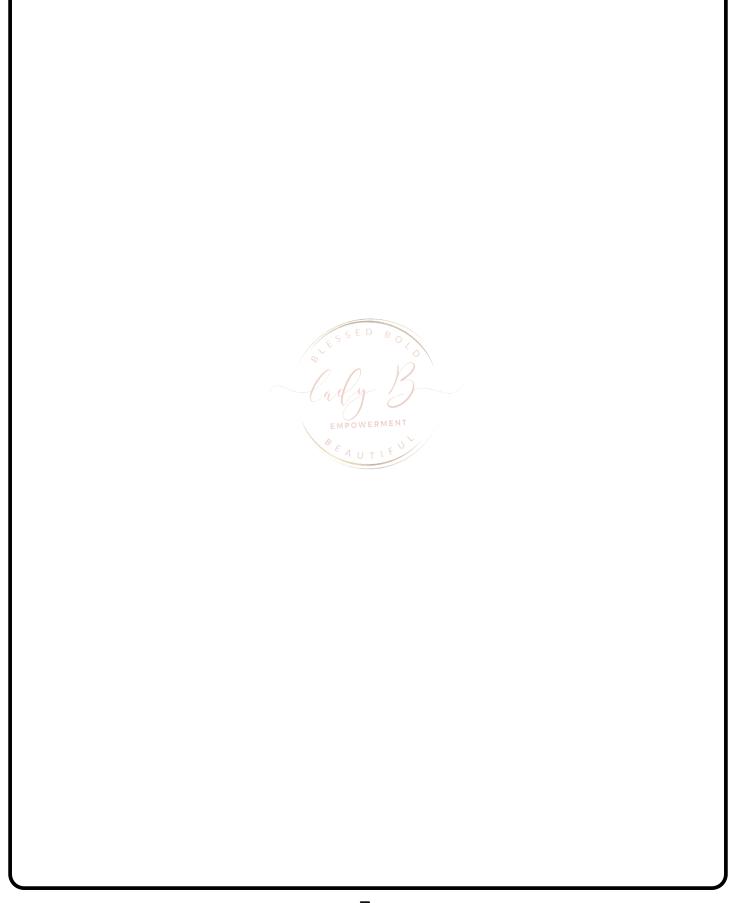
 this relationship to look? or What Are you going to do Romantic Relationship	
SSED BO	
EMPOWERMENT AUTIFUL AUTIFUL	



How would you like this relationship to look? or What Are you going to do to fix/make this area better? **Relationships: Friendships**

What is currently taking place in this area?



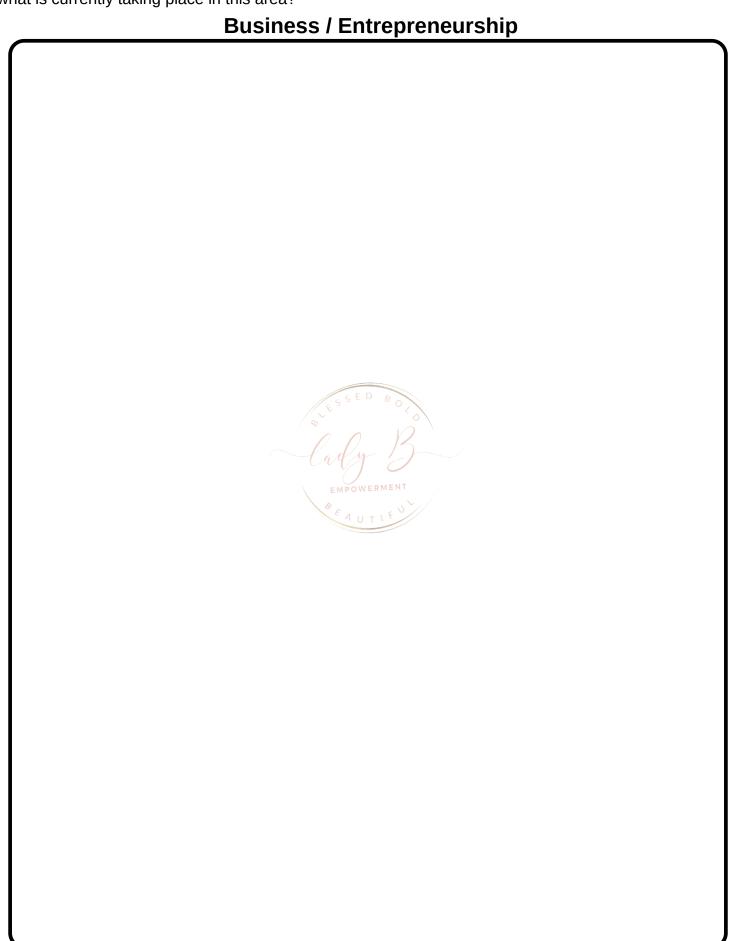


How would you like this relationship to look? or What Are you going to do to fix/make this area better? **Fitness & Health**

What is currently taking place in this area? Career

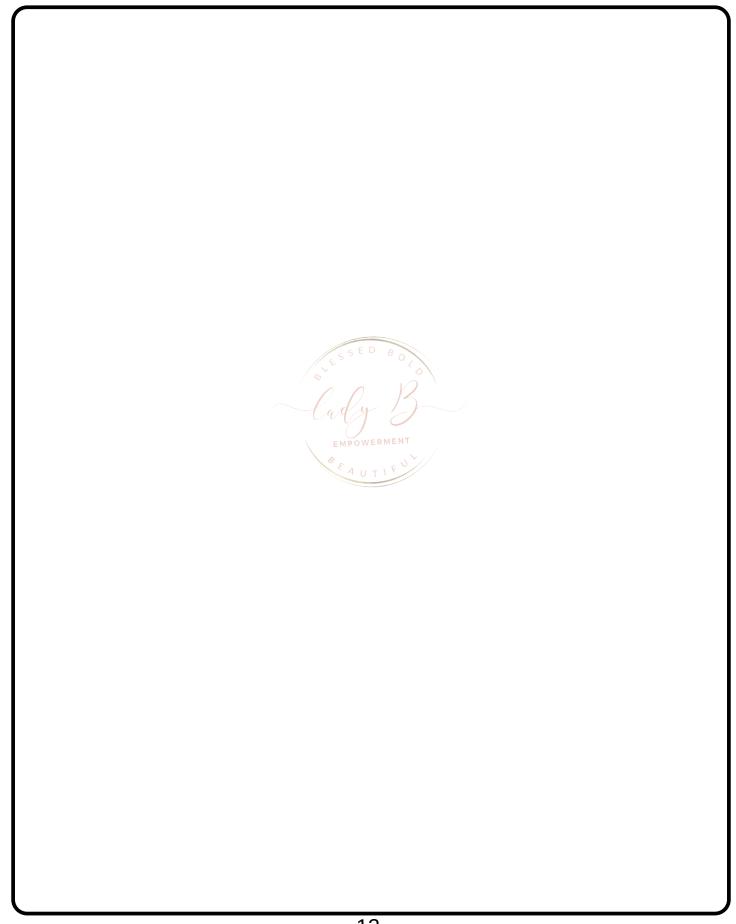
If you are not where you want to be describe ideal career, and How you are going to get there? Career

what is currently taking place in this area?



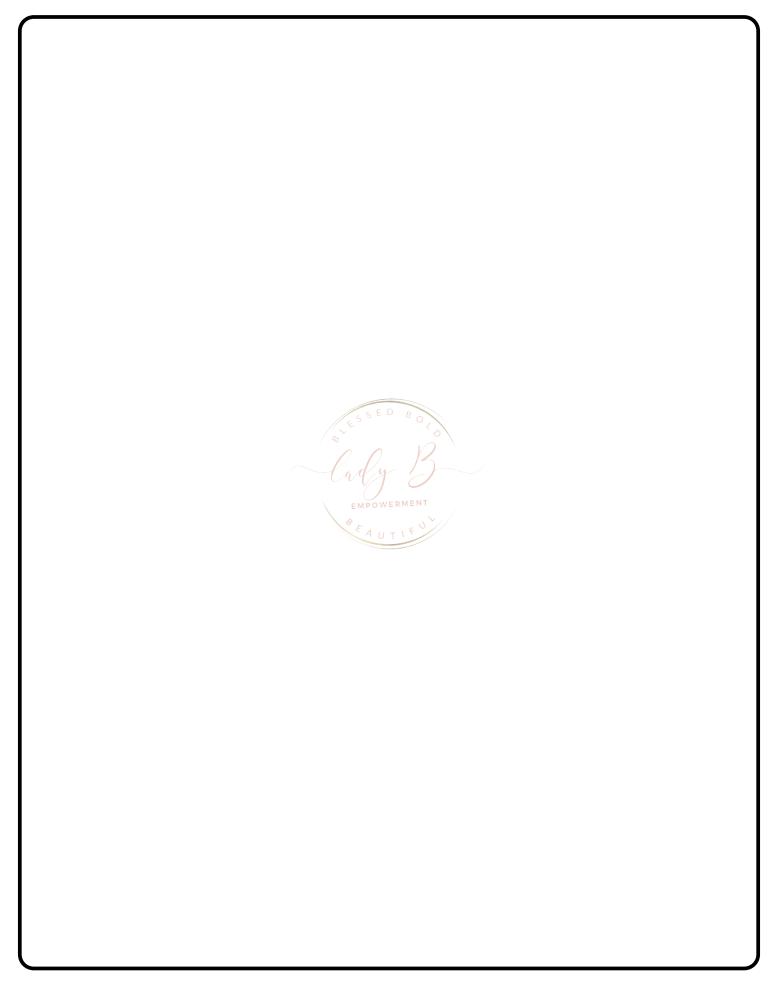
How would you like this area to look? or What Are you going to do to fix/make this area better?

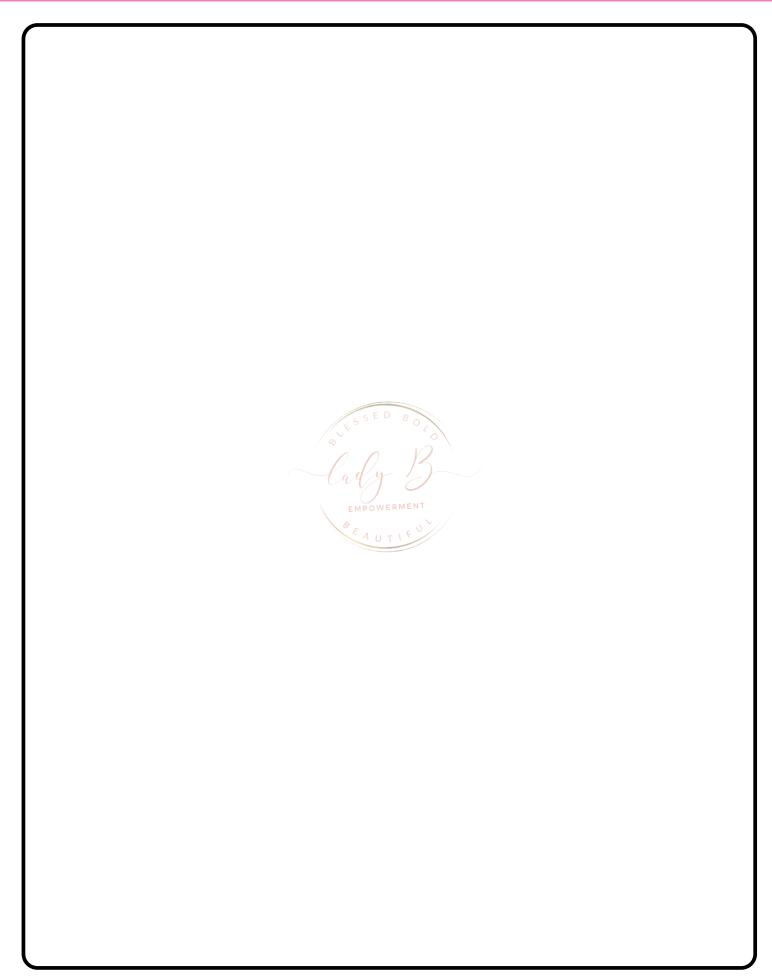
Business / Entrepreneurship

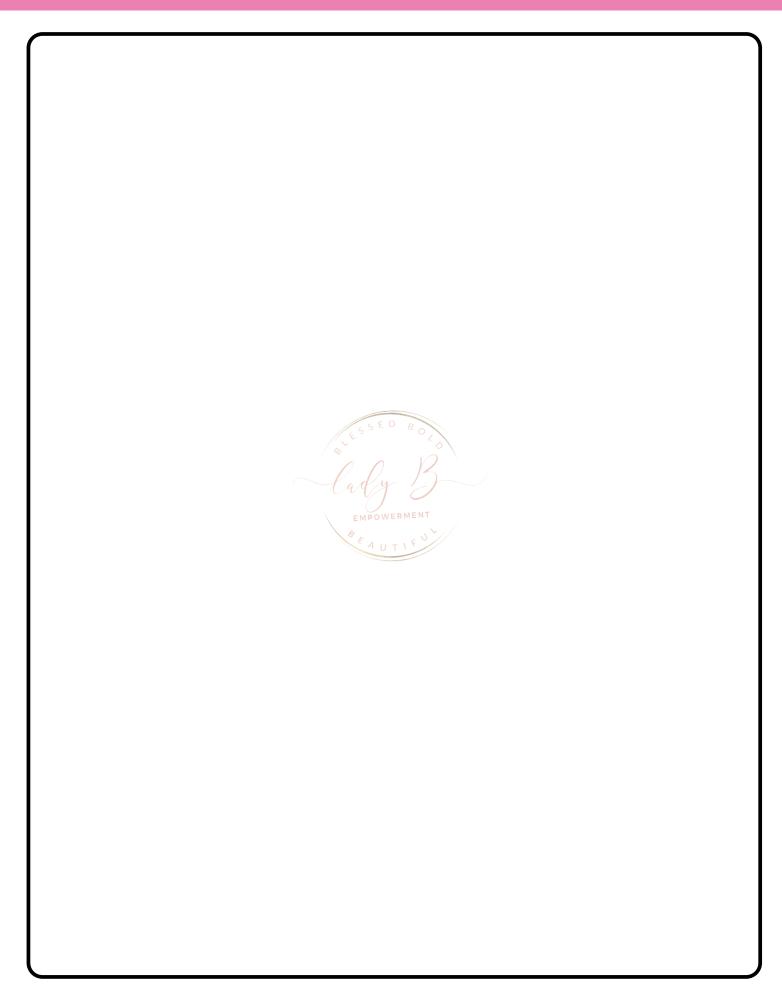


V	What is your curren	it education level? A	re you working i	n your degree field	1 ?
		Educa	ation		
. Alada		1			
		learn more about?		about that? ex c	Certifications
HE Courses	etc vviiat prograi	ms/Schools are you	ation		
		Luuc	ation		
		EMPOWER	DAKENT		
		& EAUT	~ //		
		401			

Use these next few page	les for any areas that were not mentioned t	nat you would like to work on.
	EMPOWERMENT BY AUTIFUL AUTIFUL BY AUTIF	







I pray that this time of self-reflection is beneficial to you, and you are able to put some things into perspective. Although there is so much going on in the world around us and even in our personal lives we still owe it to ourselves to take the time and build ourselves up in every area of our life. Thank you so much for downloading!

For More Information visit: www.ladybempowerment.com on instagram: @amelia_motivates