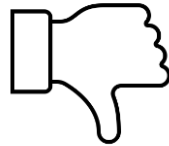


<sup>3</sup> Google image

## Rebuilding

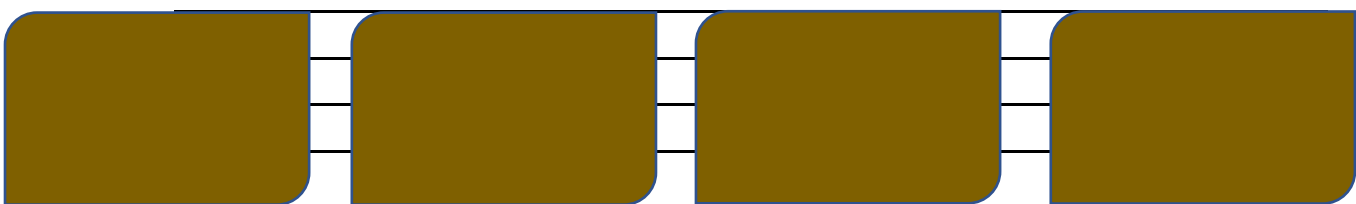
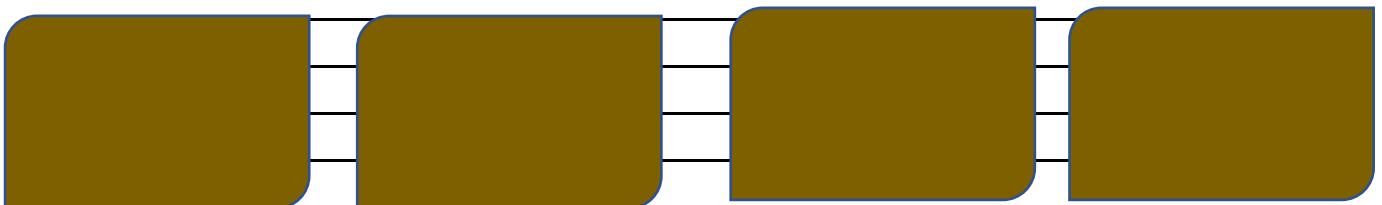


Here is the wall of the past, this wall has been built by you or by others.

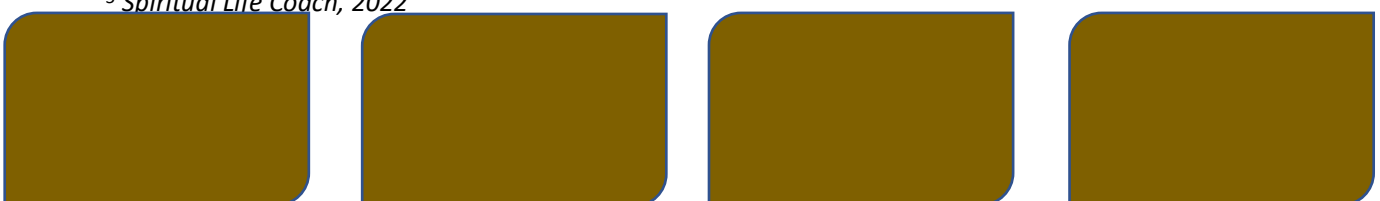
Each brick is a label, and this label is what has made this wall unsafe.

Each brick will represent what has been said to you and how it has made you feel. You have built your wall on these negatives.

We need to rebuild a wall of positives, making the wall sit on solid foundations. But first we must identify what each brick represents and one by one knock it down, replacing it with a positive bricks.



<sup>3</sup> Spiritual Life Coach, 2022



# MENTORING

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## Worksheet 2



List those negatives and one by one knock them down.

Brick 1 

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Brick 2 

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Brick 3 

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Brick 4 

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Add more bricks if you need to, this is your journey!

**Now it's time to rebuild your wall, change those negative thoughts and feelings into positives.**

For example.

Brick 1  

I'm too fat, no one will love me.


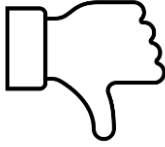
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Brick 1  

I am lovable, people accept me for who I am, not what I look like.


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# MENTORING


Bricks  




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Now that you have found solid foundations to build your wall on, it's time to rebuild your story, your life.

Below draw a wall of strength and positivity, draw your wall set in solid foundations.

Give your wall a name, colour, this is your wall.

**This is your new beginning.**