**Sacred Self-Mastery Program  
with Julia Mikk**  
 **HOME STUDY GUIDE   
1st module: Introduction****

Write 5 most important intentions/prayers for yourself when it comes to participating in this course. What is most important for you? What are you ready to claim in your life?   
  
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Describe, why are these goals important for you?  
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On a sliding scale of 1-10 how important are they:  
Intention no 1) ……………  
Intention no 2) ……………  
Intention no 3) ……………  
Intention no 4) ……………  
Intention no 5) ……………

How willing are you to commit about 30 minutes every day to this program? On a sliding scale of 1-10 how committed are you feeling right now?   
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What does it take to become more committed to yourself? What would you need to do differently, or start believing in a new way, in order to give your full attention to the intentions you listed above:  
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Are you willing and ready? …………………………….  
  
Are you feeling grateful for this opportunity? …………………………….  
  
*As a reminder, the home study guide is for your own self-reflection (you don’t have to send it to Julia). If you want to find an accountability buddy within the course participants and share it with them, feel free. Otherwise, use it for your own journaling, to get clear about where you are at.*

