



## TRANSFORMATION AND VISION LIST

SPIRITS ONYMOUS WINTER SESSION – 2007-2008

( A ): Write down the most upsetting emotion you experienced during the last week, e.g. anger. ( B ): On a scale of 1 to 10, how troubling was it or is it? ( C ): Are you willing to take full responsibility and wonder what the emotion is trying to tell you? ( D ): Listen to the Transformation and Vision Sequence (audio program on Spirits Onymous E-campus) and write down the vision you would like to hold this week? Write it in the present tense and positively, e.g. "I'm having a loving relationship. ( E ): Write down the names of the person(s) you will approach this week with the intention to see their greatness and express that to them. Start with friends, family and colleagues. People don't need to be different every week.

2007 Week of ..	( A ): <b>Anger</b> _____, ( B ): <b>8</b> ____, ( C ) <b>Yes / No / Not Yet</b> ( D ): <b>I'm having a loving relationship with my partner.</b>	(E) _____ <b>Mary</b> _____ <b>Dad</b> _____
Dec 9 Step 1	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Dec 16 Step 2	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Dec 23 Step 3	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Dec 30 Step 4	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Jan 6, 2008 Step 5	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Jan 13 Step 6	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Jan 20 Step 7	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Jan 27 Step 8	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Feb 3 Step 9	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Feb 10 Step 10	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Feb 17 Step 11	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____
Feb 24 Step 12	_____, _____, <i>Yes / No / Not Yet</i>	_____ _____