

<b>Name:</b>	<b>Date:</b>
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## Beginner's Quicklist - Who am I in this moment?

The only way to see the self is to look in a mirror. We can't fix what we refuse to acknowledge, and we can't acknowledgment what we refuse to see. Please complete and submit this *Beginner's Quicklist* with your *Appointment Request*. There may be different responses at different times on different days. This *Quicklist* helps identify the key features of your *Lesson Plan* and cultivates objectivity. *Everything that occurs to you is relevant*. There is no possibility of failure here. Just note your truest Truth in this moment. We'll talk about it and make a Plan. Yours in service, Silver Sage.

### I. Five adjectives to describe that which I Am:

1.

2.

3.

4.

5.

### II. Five adjectives to describe that which I Am Not:

1.

2.

3.

4.

5.

### III. I just realized:

1.