

# MODULE 4.2

AN AREA I HOLD JUDGMENT AGAINST  
MYSELF IN:

I'M READY TO RELEASE

MY NEW STANDARD

AN AREA I HOLD JUDGMENT AGAINST  
MYSELF IN:

I'M READY TO RELEASE

MY NEW STANDARD

AN AREA I HOLD JUDGMENT AGAINST  
SOMEONE ELSE IS

I'M READY TO RELEASE

MY NEW STANDARD