



- 1 Make a list of things in your life that have kept you in shackles. Those deep-down secrets or sins you do not want anyone to know; the secrets that would cause you to lose a lot if people found out.

- 2 Write down how coming clean about any of the things you wrote down could either:

Ⓐ Bring you harm

Ⓑ Bring you peace

3 What steps can you take to begin coming clean in your personal life?

4 Write down how coming clean about any of the things you wrote down could either:

Ⓐ Bring you harm if you come clean about them in your professional life

Ⓑ Bring you peace if you come clean about them in your professional life

5 What steps can you take to begin coming clean in your professional life?

