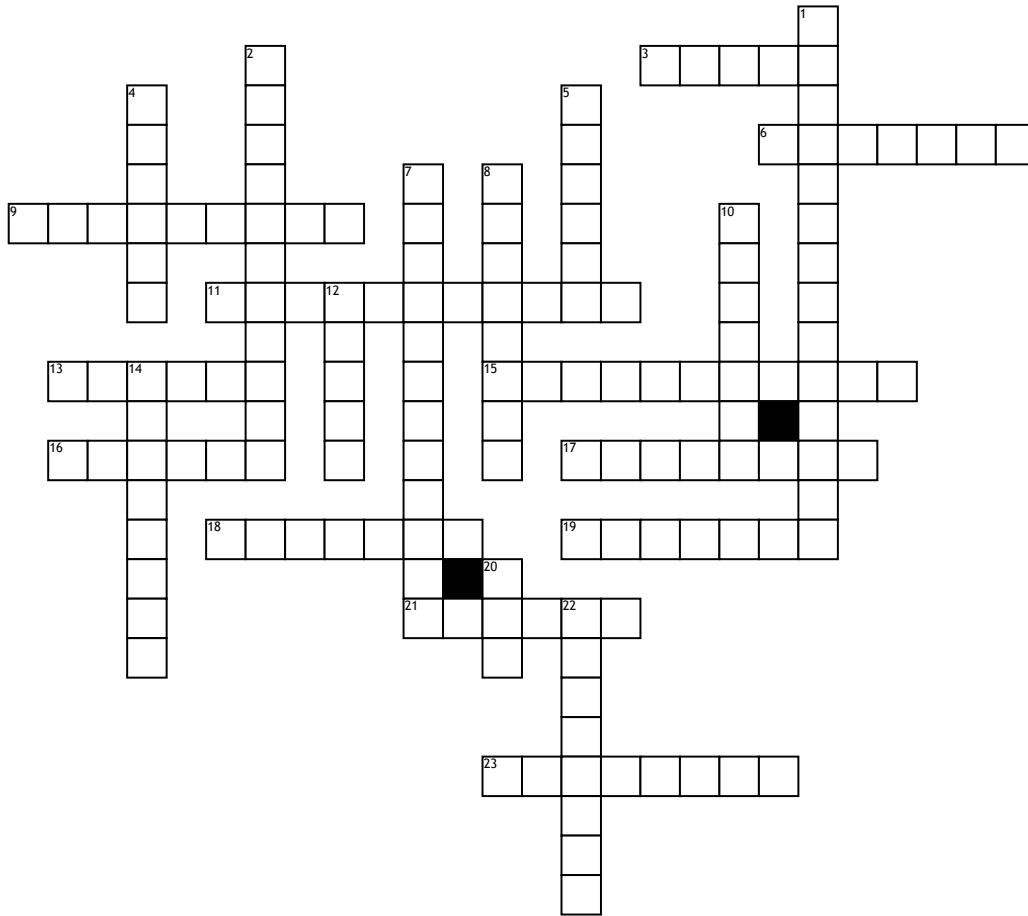


# The Perfect You Review



## Across

3. There are \_\_\_\_\_ metacognitive modules.

6. Our intentional thinking, feeling, and choosing can make a difference in how the matter in our body \_\_\_\_\_.

9. Our thinking changes the \_\_\_\_\_ of our brains.

11. Our \_\_\_\_\_ shape and enhance our relationships.

13. You create your \_\_\_\_\_ reality.

15. The more you step into your Perfect You, the more \_\_\_\_\_ you will become.

16. The more \_\_\_\_\_ we give a toxic thought, the more it grows, and the more we feel consumed and trapped by it.

17. you shape your brain with your \_\_\_\_\_.

18. Every thought you think \_\_\_\_\_ everyone else.

19. We have the ability to \_\_\_\_\_ to our environment.

21. We think, feel, and \_\_\_\_\_.

23. When we step out of our Perfect You, we will be in \_\_\_\_\_.

## Down

1. The universe is inherently \_\_\_\_\_.

2. Your Perfect You is \_\_\_\_\_ years.

4. \_\_\_\_\_ and sin can interrupt the Perfect You design.

5. The \_\_\_\_\_ to overcome addictions is the most powerful and effective factor to overcoming addictive behavior.

7. Our brains are \_\_\_\_\_ which means that they can change.

8. We have a unique blueprint for \_\_\_\_\_.

10. Development and growth are organic and \_\_\_\_\_.

12. We will become whatever we \_\_\_\_\_ on the most.

14. A loss of \_\_\_\_\_ and purpose affects our ability to live our lives.

20. Your Perfect You is the reflection of \_\_\_\_\_.

22. The Perfect You is still \_\_\_\_\_ than negative thought patterns.

## Word Bank

identity

exclusively

God

seven

identity

conflict

structure

intelligent

respond

affects

focus

thoughts

neuroplastic

stronger

ongoing

behaves

energy

trauma

interconnected

unique

differences

choose

choice