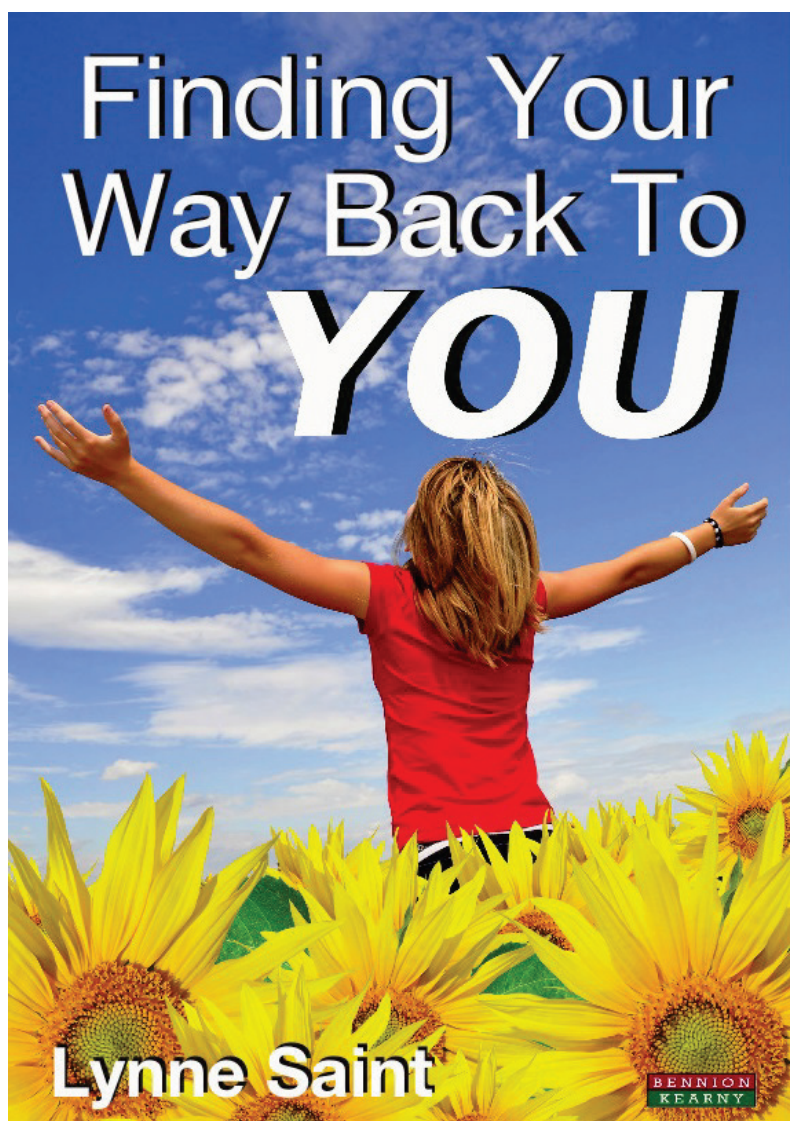


WORKBOOK

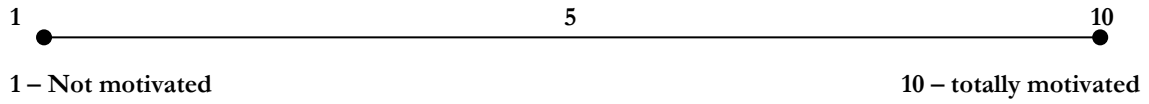
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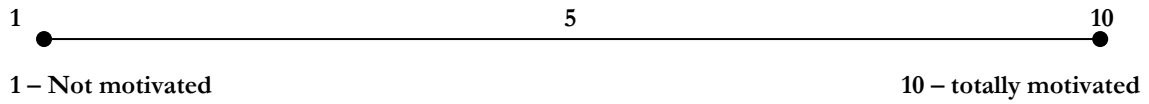
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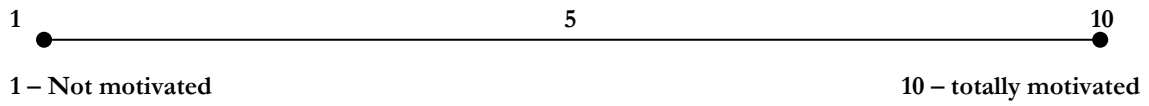
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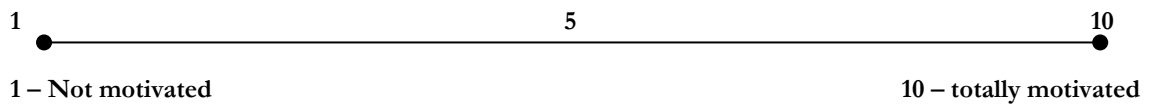
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The Future You

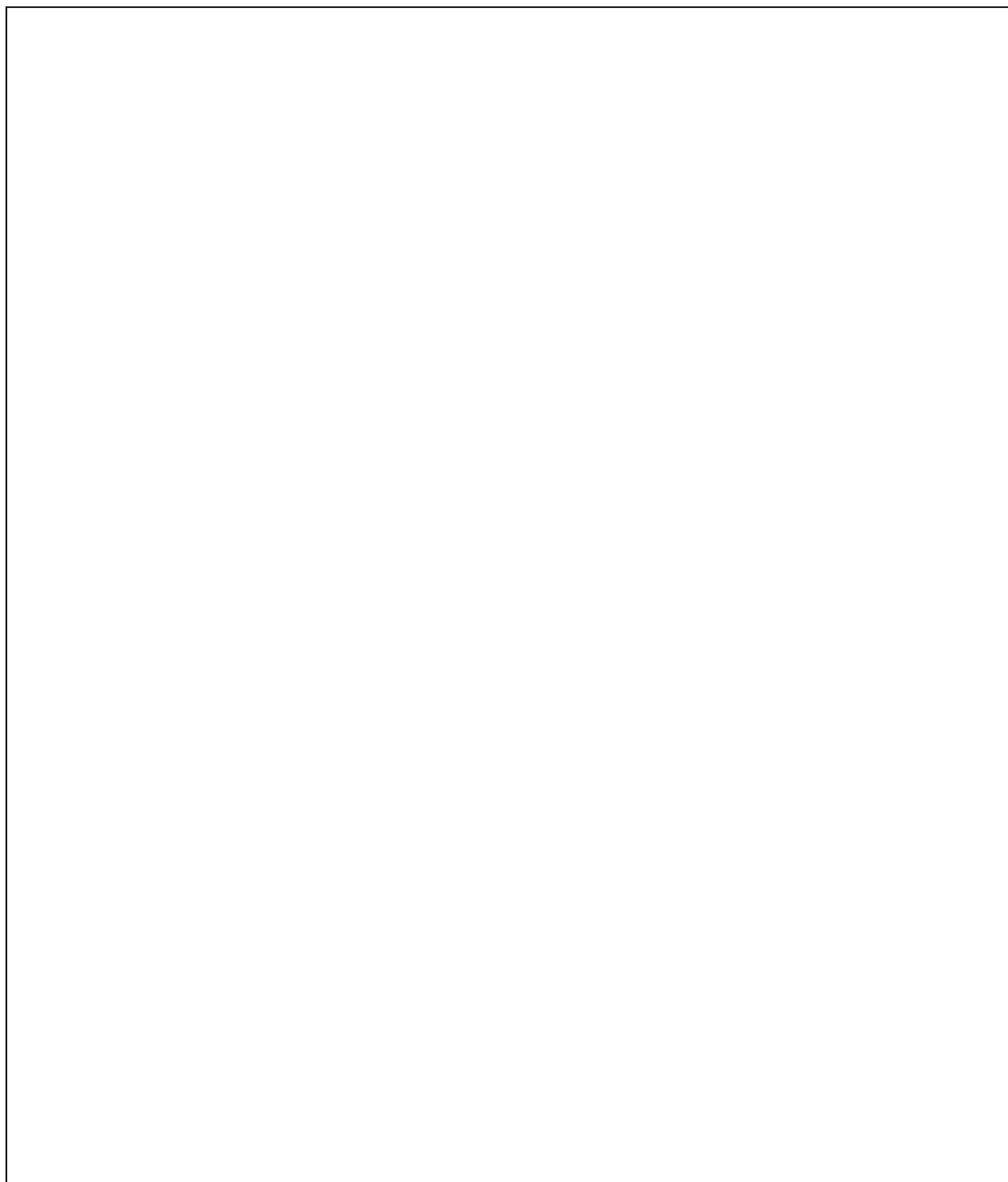
Write down in the following box what you 'imagined'. Alternatively, draw a picture, or paste pictures in from a magazine that best capture what you look like, feel like, where you are, and who you are with.



If you always do what you have always done, you will always get the same result, so do it differently.

Reflections / Changes I have noticed already

Write down any changes in your behaviour, feelings or ways of thinking since you have started your journey – nothing is too small or insignificant. Small steps are just fine and they might not be many, but keep adding to the list as they occur to you.

A large, empty rectangular box with a thin black border, intended for the user to write their reflections and changes noticed during their journey.

Daily Checklist towards YOU

Tick off and acknowledge each step below as you complete and practise each section of the eBook/audiobook and workbook:

Tried on the Ring of Motivation & Energy every day for one week	
Practised being motivated and energised	
Done Daily Visualisation every day for one week	
Revisited your 'YOU' Movie or looked at your picture of the future	
Had 'Me' time	
Written down changes you've already noticed in workbook section: Reflections / Changes I have noticed already	
Given thanks and gratitude for what you already have	

“

It's never too late to be what you might have been.

George Elliott, Author

”

Chapter 2

Identifying limiting beliefs

In the table on the next page of your workbook, complete the following:

- In the 1st column, **Limiting Belief**, write down all of your limiting beliefs that come to mind. Keep coming back and adding to this list as you think of them.
- In the 2nd column, **When did you decide this to be true?** - write down when you decided each limiting belief to be true of you.
- In the 3rd column, **What event led you to believe this belief to be true?** - write down the event or a comment that was made by another person which made this limiting decision into a belief.
- In the 4th column, **How do I usually react when my mind thinks this self-limiting belief?** - write down any thoughts, feelings or behaviours that occur when thinking this self-limiting belief.

Start challenging limiting beliefs

Every time a self-limiting belief enters your thoughts, ask yourself the following questions, and add your responses to the table.

- In the 5th column, **Is there disputing evidence? Is it *really* true?** - write down any evidence that disputes the belief. Also ask whether the limiting belief is really true.

Limiting Belief <i>(what you believe you can't do)</i>	When did you decide this to be true?	Event or comment that led you to believe this belief to be true?	How do I usually react when my mind thinks this self-limiting belief?	Is there disputing evidence? Is it <i>really</i> true?
<i>e.g. 'I'm not clever'</i>	<i>e.g. 'When I was 11 years old'</i>	<i>e.g. 'I failed my 11 plus exam and my dad said I was stupid'</i>	<i>e.g. 'Demotivated. I feel like it is pointless to try hard at things because I am not smart enough'</i>	<i>e.g. 'I passed 8 GCSEs grade C and above and completed an apprenticeship that led to full-time employment. Perhaps I am clever at some things.'</i>

Building an alternative perspective to events that led to limiting beliefs

I'm sure there are many experiences when if you hadn't done X then you would never have done Y!

In the table below, list any events or experiences that you consider to be negative. Challenge yourself to think of any positives that came out of these events or experiences.

Write them down here and keep adding to them as your positive outlook gets stronger with practice!

Event or Experience	Positive things that I learned from it

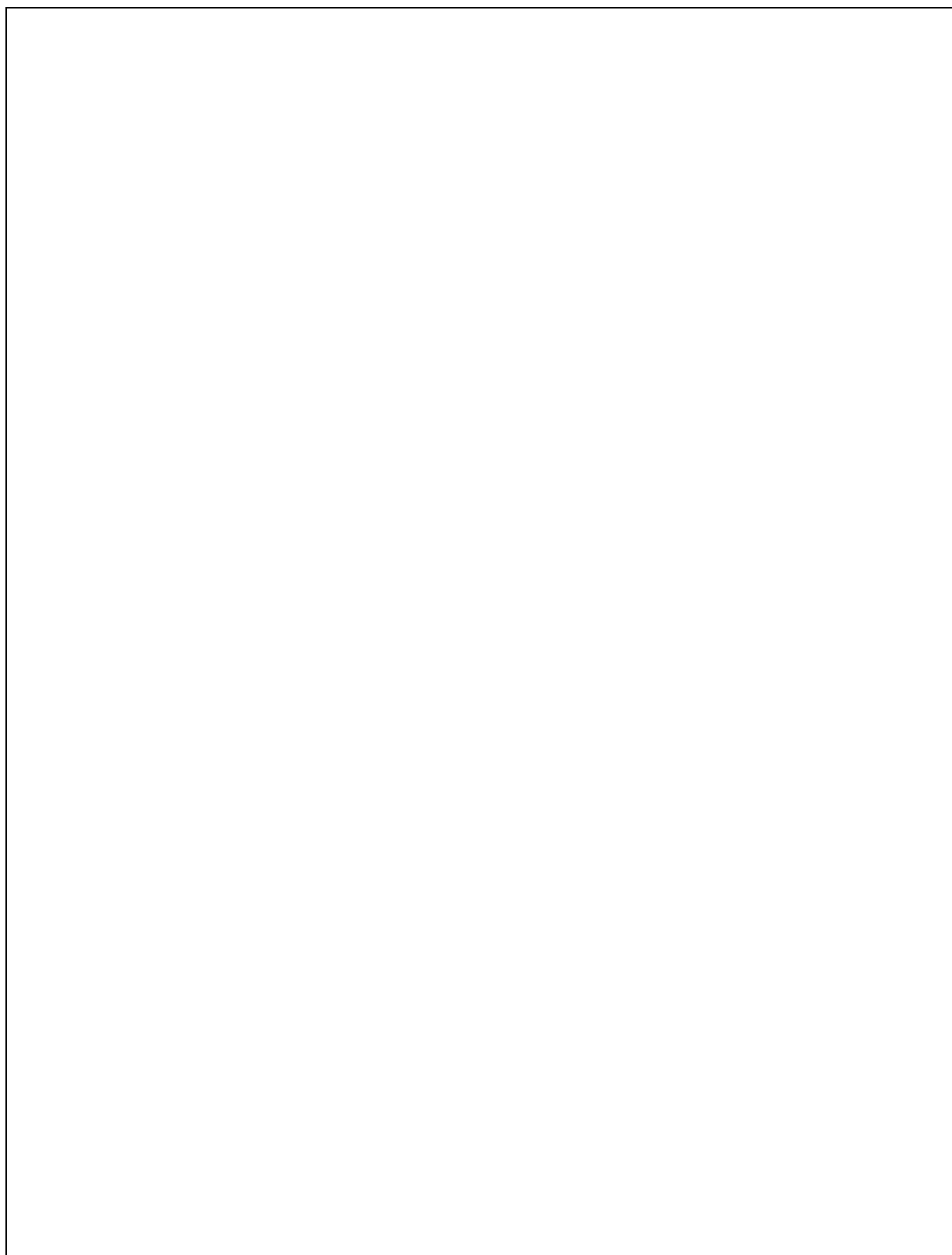
Energy Radiators versus Moodhoovers and Energy Vampires

List your personal 'Energy Radiators' below and make plans to be with them some more. Note, also, the Moodhoovers and Energy Vampires that you plan to avoid.

<p style="text-align: center;">Moodhoovers and Energy Vampires in my life</p>	<p style="text-align: center;">Energy Radiators</p>

Reflections / Changes I have noticed

Write down any changes in your behaviour, feelings or ways of thinking since you have started this chapter – don't forget, *nothing is too small or insignificant.*

A large, empty rectangular box with a thin black border, intended for the user to write their reflections and changes noticed.

Daily Checklist towards YOU

Tick off and acknowledge each step below as you complete and practise each section of the eBook/audiobook and workbook:

Listed your self-limiting beliefs	
Challenged your self-limiting beliefs	
Completed your list of events or experiences with an alternative positive outlook	
Written down who in your life are Energy Radiators, Moodhoovers, and Energy Vampires in the workbook section: Energy Radiators versus Moodhoovers and Energy Vampires	
Done your Daily Workout every day for 2-3 weeks	
Done Daily Visualisation every day for 1 week	
Continued to practice 'ME' time	
Written down changes you've already noticed in workbook section: Reflections / Changes I have noticed already	
Given thanks and gratitude for what you already have	

“

Be vigilant, guard your mind against negative thoughts.

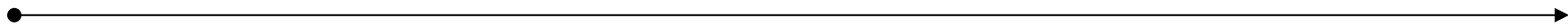
Buddha

”

Chapter 3

Auditing your life

Imagine your life with you - as you are today - at the centre of it, with your past stretching out behind you, and your future in front of you.



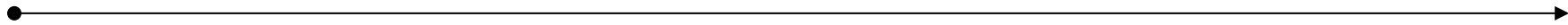
Birth

Now

Future

On your own personal time line, remember back and visualise all of the positive (and only the positive) significant events that have made you the person that you are today.

Note down any significant events below:



Birth

Now

Future

Positive events that have led to the person you are today

Your personal CV – Now

In the table below, list all of the *significant events* where you learned or noticed a particular skill or attribute that you have.

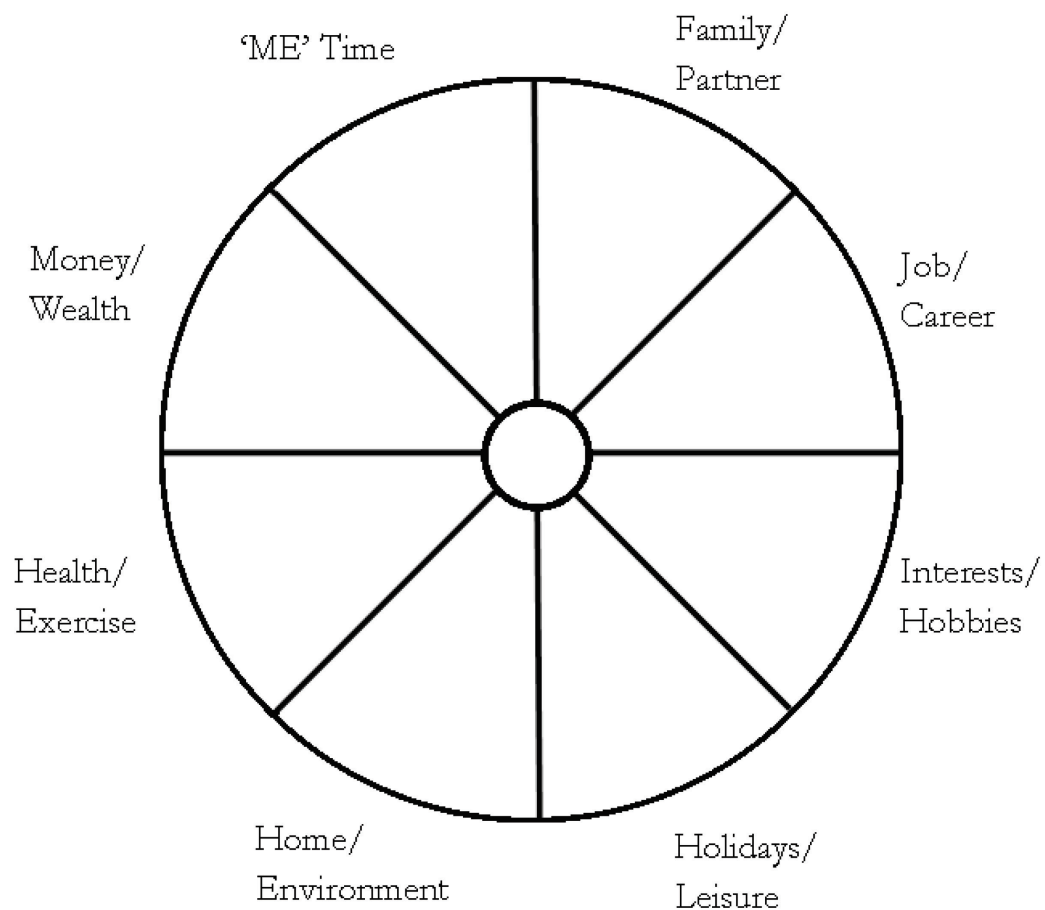
Significant Event	Skills and Attributes
<p><i>e.g. started school/college/university, travelled abroad, gained qualifications, met ??, got married, passed driving test, had children, etc.</i></p>	<p><i>e.g. I can drive, I have patience, experience in, I am a qualified (name job), I am patient, etc.</i></p>

Future Skills I want to Develop

Write down the skills and attributes that you would *like to develop* for the future.

Skills I want to Develop	What will this do for me?
<p><i>e.g. Learn to drive, speaking confidently, learn to swim, patience, etc.</i></p>	<p><i>e.g. Make me independent, make me less anxious in company, spend more time with the kids, make me more calm, etc.</i></p>

My Wheel of Life



Regaining Balance

Write down, on the table below, your current and ideal scores in the areas of your life that are important to you. There's room at the bottom for you to add more if you need to.

	Areas of my Life that are most Important to Me	Current Score	Future Score
1	Family/Partner		
2	Job/Career		
3	Money/Wealth		
4	Health/Exercise		
5	Home/Environment		
6	Holidays/Leisure/Social Life		
7	Interests/Hobbies		
8	ME Time		
9	Other (give name)		
10	Other (give name)		

My Life Action Plan

Important Areas of my Life that need my attention:

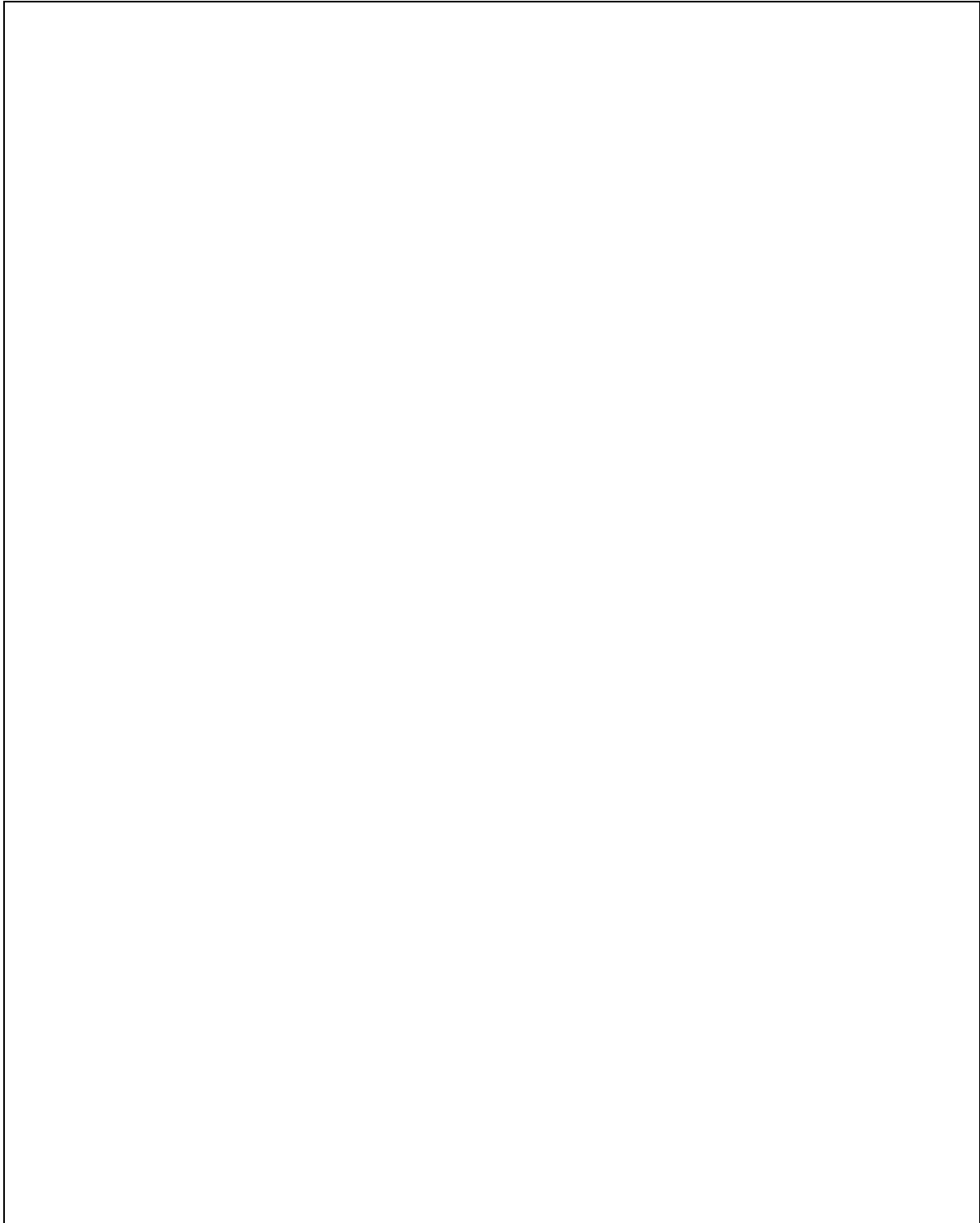
Starting with the neglected areas, what things do you need to start doing to regain balance in your life? In the areas that currently sap your energy and time, what can you STOP doing or reprioritise or even delegate to someone else? Make a commitment to these actions by writing them down below in My Life Action Plan.

(Insert life areas from your list, above, starting with the one that's most important and that needs your attention urgently.)

What do I need to do?	How will I do it?	Who can help me?	What resources do I need?	When will I achieve it?	How will I know if I have achieved it?

Reflections / Changes I have noticed

Write down any changes in your behaviour, feelings or ways of thinking since you started this chapter. Note down your energy levels, and the impact that taking 'Me' time is having on yourself and others in your life.

A large, empty rectangular box with a thin black border, intended for the user to write their reflections and observations.

Daily Checklist towards YOU

Tick off and acknowledge each step below as you complete and practise each section of the eBook/audiobook and workbook:

Listed Significant Events and Skills and Attributes you already have in workbook section: Your personal CV - Now	
Listed Skills you want to Develop in the future in workbook section: Future Skills I want to Develop	
Scored Areas of your Life that need More/Less Attention on the Life Wheel	
Completed your Wheel of Life	
Started your Life Action Plan	
Done your Daily Workout every day for 1 week	
Done Daily Visualisation every day for 1 week	
Continued to practice 'ME' time	
Written down changes you've already noticed in workbook section: Reflections / Changes I have noticed already	
Given thanks and gratitude for what you already have and the new knowledge and skills that you are practising	

“

Watch your thoughts for they become words

Watch your words for they become actions

Watch your actions for they become habits

Watch your habits for they become character

Watch your character for it becomes your
destiny

Frank Outlaw

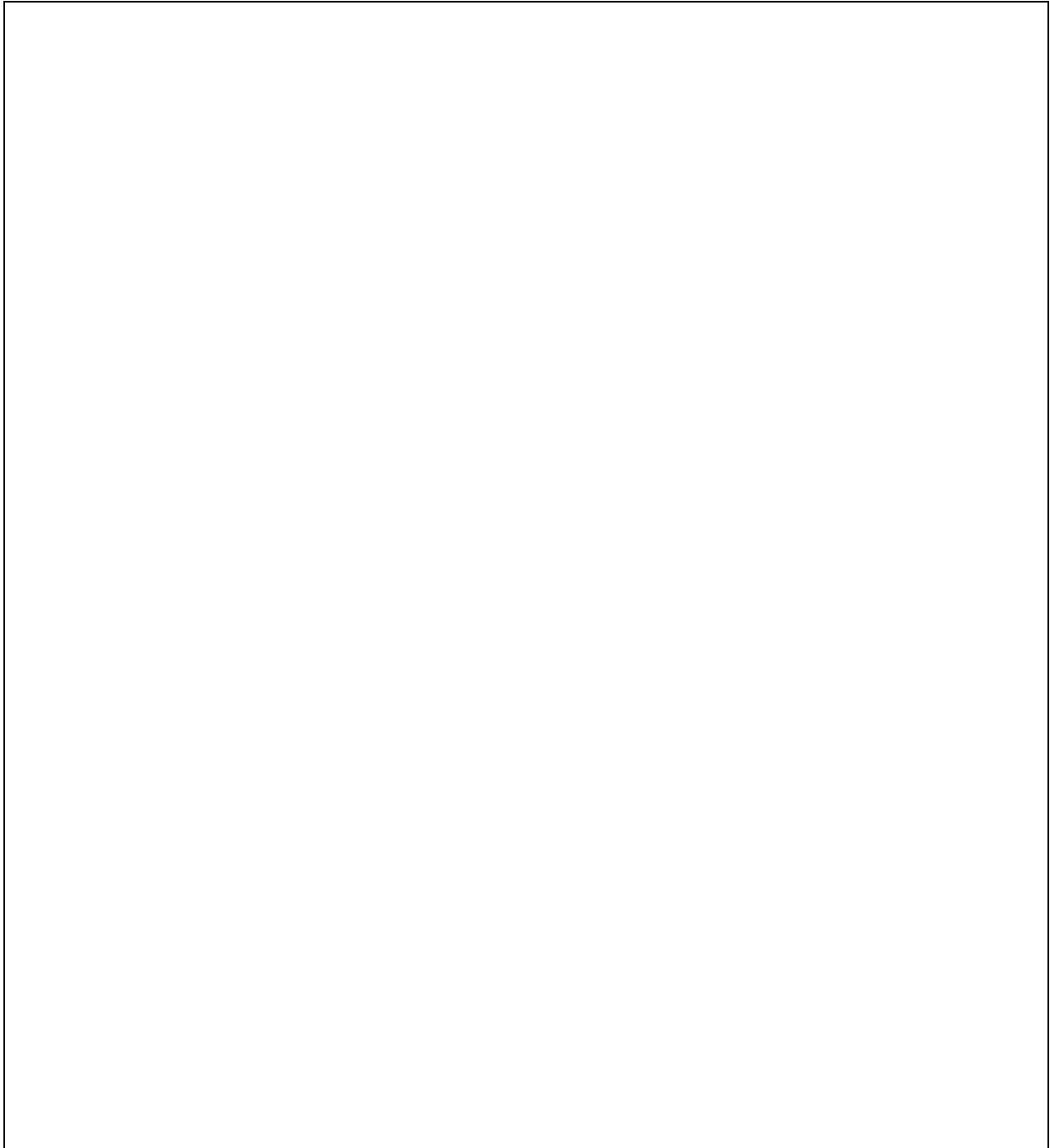
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Chapter 4

Time to Reflect and to Celebrate your progress

Reflections / Changes I have noticed already

Write down any changes in your behaviour, feelings or ways of thinking since you started this chapter.

A large, empty rectangular box with a thin black border, intended for the user to write their reflections and changes noticed since starting the chapter.

Daily Checklist towards YOU

Tick off and acknowledge each step below as you complete and practise each section of the eBook/audiobook and workbook:

Revisited your Life Action Plan and tweaked each important area, applying the Key Criteria for Goals and SMARTER	
Done your Daily Workout every day for 1 week	
Done Daily Visualisation every day for 1 week	
Continued to practice 'ME' time	
Written down changes you've already noticed in workbook section: Reflections / Changes I have noticed already	
Given thanks and gratitude for what you already have and the new knowledge and skills that you are practising	

“

Setting goals is the first step in turning the invisible into the visible

Tony Robbins

”

Chapter 5

My Self-image

Now	Future

Body Image

Top-to-Toe Image Audit

Top-to-Toe Checklist
<i>Things I like best about my body/self:</i>
<i>Posture:</i>
<i>Habits:</i>
<i>Hair:</i>
<i>Face:</i>
<i>Make up:</i>
<i>Eye Brows:</i>
<i>Eyes:</i>
<i>Lips:</i>
<i>Mouth:</i>
<i>Facial Hair:</i>

Piercings:

Neck:

Décolletage:

Bust:

Weight/ muscle tone/fitness:

Tattoos:

Finger/ toe nails:

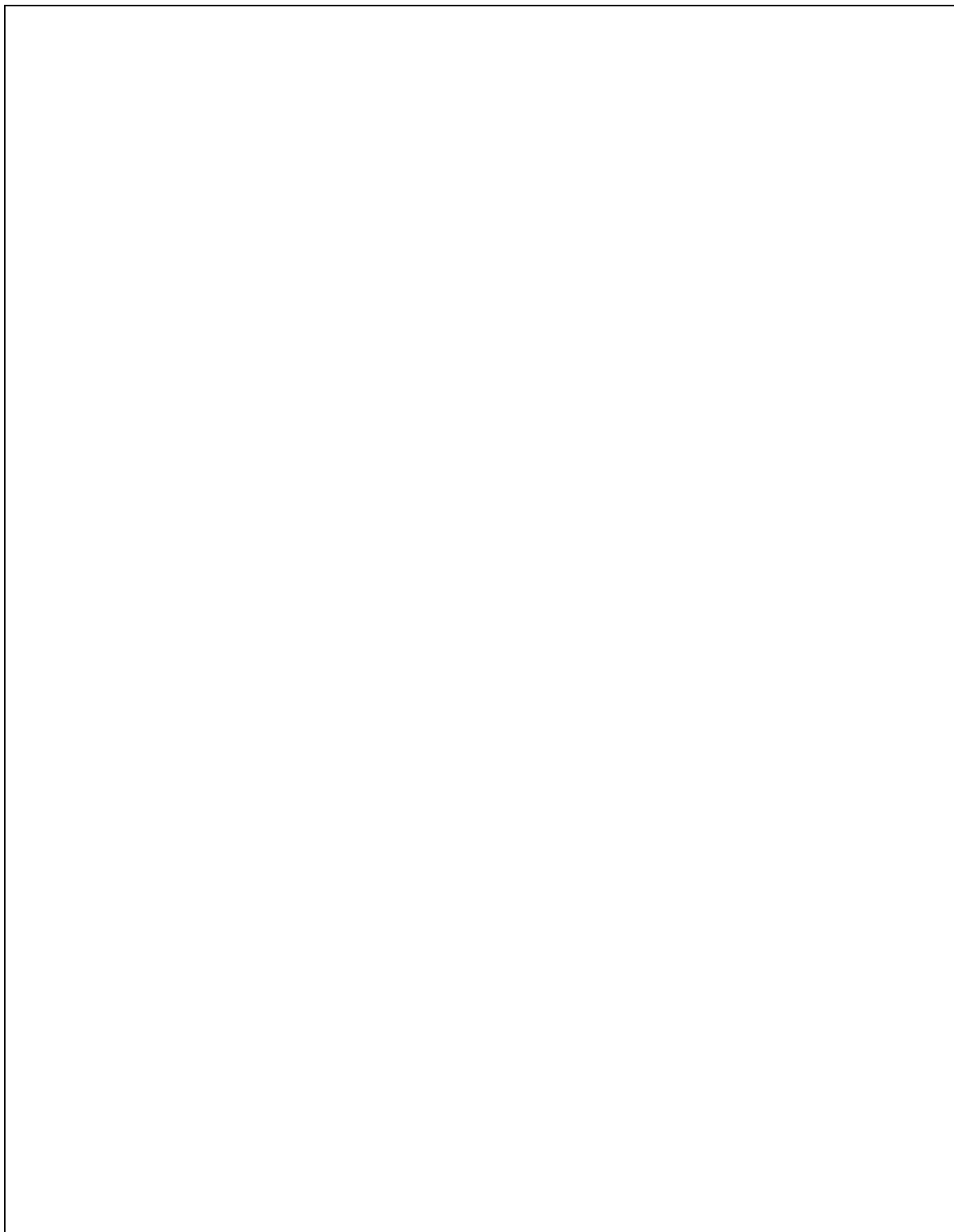
Clothes:

Shoes:

Accessories:

Reflections / Changes I have noticed already

Write down any changes in your behaviour, feelings or ways of thinking since you started this chapter.

A large, empty rectangular box with a thin black border, intended for the user to write their reflections and changes noticed since starting the chapter.

Daily Checklist towards YOU

Tick off and acknowledge each step below as you complete and practise each section of the eBook/audiobook and workbook:

Listed your current and future self-image in workbook section: My Self-image	
Completed a Body Image audit using the Top-to-Toe Checklist	
Done your Daily Workout every day for 1 week	
Done Daily Visualisation every day for 1 week	
Planned and Practiced 'ME' time maximisers	
Written down changes you've noticed in workbook section: Reflections / Changes I have noticed already	
Ticked off progress you have made towards your goals	

“

In pursuit of learning, something is acquired.

In pursuit of freedom, every day something is dropped.

Lao Tsu

”

Chapter 6

Daily Workouts and Visualisations I liked

Reflect on the techniques that you have tried and practised in previous chapters and reflect on the ones that worked best for you, as well as the ones that didn't (and why). List them in the two tables below in order of preference:

Name	Chapter	Why I liked it and What it helped me with
<i>e.g. The Ring of Motivation & Energy</i>	<i>e.g. Chapter 1</i>	

Daily Workouts and Visualisations that did not work for me

Name	Chapter	Why I did not like it and Why it did not work for me

Tic Toc Exercise

Complete the TIC-TOC table below by following these steps:

1. Identify the goal or task that you want to focus on.
2. In the left hand column (TICs), list your thoughts attitudes and beliefs that get in the way of achieving your aim(s).
3. In the right hand column (TOCs) put responses to all of your TICs that will help you achieve your goal or task.

Goal or Task	
Task Interfering Cognitions - TICs	Task Orienting Cognition - TOCs

Time to Look Back... briefly

You have come a long way in such a short time and made profound changes to your attitude, outlook and confidence, which will have all impacted on your goals and the relationships with those around you.

Here is a quick look back and guide to some of the topics that you have tackled along the way and the relevant chapter each topic is from so that you can dip back into it when you need to in the future:

Topic	Chapter Number	Reminder
Self-belief	1	Turn up the gas!
Motivation	1	Put on the Ring of Motivation & Energy.
Self-Discipline	1	Only you can do it.
Willingness to Change and Continue to Challenge yourself	1	Keep stepping out of your comfort zone and notice the huge changes you've already made.
Positive Attitude and Outlook	1 & 2	Stay at 'half full' in your outlook.
Challenge Limiting Beliefs	2	Keep asking yourself those internal questions of why you think this about something.
Cause not Effect	2	Stay at Cause <i>not</i> Effect (unless you choose). That's not being defeatist but on occasion, you may be at effect as you have been the instigator of the Cause; e.g. achieving your goals and being where you want to be.

Topic	Chapter Number	Reminder
Your inner critic or wimp	2	Keep your inner critic or wimp in check and dismiss those doubts as soon as they pop up in your head.
Moodhoovers and Energy Vampires	2	Keep clear of them. Keep the company of positive people. Aspire to be an Energy Radiator but don't let yourself get drained by allowing others to become dependent on you to offload their complaining.
Life Wheel	3	Revisit your Wheel of Life or Life Wheel frequently and check the amount of attention you are giving to the important areas of your life are still in balance. Also check whether the important areas need updating, as different areas become more important to you as you continue to develop personally.
Goals	4	Continue to monitor (and celebrate) progress towards the achievement of your goals. Refine them, set new ones.
Self-Image	5	Revisit your Top to Toe image audit occasionally to check if it needs updating as you continue to develop towards the YOU that you set out to be. Remember your individuality and that age is just a number.
ME Time	All	This should be a regular habit for you now, so keep doing it and exploring and embracing new experiences.

Looking Backwards and Moving Forwards

Use the space below to reflect on all the positive changes you have made on your journey to YOU and also the things that challenged you most (and why). Then go one step further and think about the reasons certain things challenged you and whether you need to include the learning from these into your future goals.

Positive changes	Things that challenged me most and why

Daily Checklist - YOU

Tick off and acknowledge each step below as you complete and practise each section of the eBook/audiobook and workbook:

Identified Daily Workouts and Visualisations you liked and disliked	
Practiced Daily Workout every day for 1 week (Tic Toc Exercise)	
Practiced Daily Visualisation every day for 1 week	
Researched motivational quotes that work for you	
Practiced ME time Meditation	
Reflected on your journey to YOU	
Added contacts to your Personal Resource Bank	

“

If you don't get lost, there's a chance YOU
may never be found.

Author Unknown

”