

YOUR WORKBOOK TO: **FACING YOUR OWN BULLSHIT**

A DIY WAY TO STOP HIDING FROM YOURSELF

HAVE YOU HAD ENOUGH?

INSIGHT: NOTHING CHANGES IF NOTHING CHANGES

IF YOU HAVE NOT HAD ENOUGH, AND SHOW IT... MORE WILL COME. YOU ARE TELLING THE UNIVERSE: "I'M STILL HUNGRY!"

WHAT ARE YOU STILL HUNGRY FOR?

CRAPPY RELATIONSHIPS? UNHEALTHY BODY? A JOB THAT SUCKS YOUR SOUL? PURPOSELESS LIFE? PUTTING YOURSELF LAST?

UNTIL YOU CREATE A BOUNDARY, YOU WILL KEEP RECEIVING THE SAME THING (LESSON) OVER AND OVER AGAIN!

HAVE YOU SEEN THIS HAPPENING IN YOUR LIFE? MORE THAN LIKELY WITH SOMETHING FROM THE LIST ABOVE.

IT JUST KEEPS REPEATING. IT FEELS LIKE YOU CAN'T ESCAPE.

LET ME HELP YOU.

WE KNOW WHAT WE **DO** WANT BY EXPERIENCING WHAT WE **DON'T** WANT.

THIS IS WHY YOU'RE IN THIS PERFECT PLACE OF KNOWING WHAT YOU NO LONGER WANT TO ACCEPT IN YOUR LIFE. **EVERYTHING HAS WORKED OUT PERFECTLY FOR YOU TO GET HERE.** TO THIS SPOT OF **MASSIVE CHANGE** AND **INTENTIONAL SHIFTING** OF HOW YOU **SHOW UP TO LIFE.**

THIS IS A MASSIVE REMINDER TO **LOVE YOURSELF**, CELEBRATE WHERE YOU'VE BEEN AND WHERE YOU ARE BECAUSE YOU ARE GIVEN THE CHOICE TO GET THE F**K UP AND MOVE TO SOMEWHERE BRAND NEW.

YOU'VE SHOWN YOURSELF WHAT DOESN'T WORK FOR YOU. GOOD JOB!





EXERCISE

1. WRITE DOWN ONE BIG THING YOU WANT TO DO OR CHANGE.

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2. AFTER YOU READ THE NEXT FEW SENTENCES, WRITE IN EACH CATEGORY BELOW WHERE YOU HAVE GOT TO BY NOT CHANGING. YOU CAN ASK YOURSELF THE QUESTION “WHAT HAS THIS INACTION CAUSED FOR ME?”

WE CANNOT FIGURE OUT HOW TO GET TO WHERE WE WANT TO GO UNLESS WE KNOW WHERE WE'RE STARTING FROM!

E.G. IF YOU DON'T KNOW WHERE I'M LOCATED, HOW CAN YOU DIRECT ME TO ANOTHER PLACE? HINT: YOU CAN'T.

NOTE: THERE ARE 5 CATEGORIES BELOW. THEY MAY NOT SEEM TO HAVE ANYTHING TO DO WITH YOUR ONE BIG THING.

I INVITE YOU TO GET VERY CLEAR, MAYBE FOR THE FIRST TIME, **HOW THIS BIG THING IS AFFECTING EVERY AREA OF YOUR LIFE?**

ACT NOW: RATE AND THEN WRITE OUT WHAT YOUR LIFE **TRULY** LOOKS LIKE IN THESE AREAS – NO SUGAR COATING (10 IS THE BEST YOU CAN IMAGINE).

ENVIRONMENT

RATING: 1 2 3 4 5 6 7 8 9 10

WHAT HAS THIS INACTION CAUSED FOR ME?

.....

RELATIONSHIPS

RATING: 1 2 3 4 5 6 7 8 9 10

WHAT HAS THIS INACTION CAUSED FOR ME?

.....

HEALTH

RATING: 1 2 3 4 5 6 7 8 9 10

WHAT HAS THIS INACTION CAUSED FOR ME?

.....

CAREER

RATING: 1 2 3 4 5 6 7 8 9 10

WHAT HAS THIS INACTION CAUSED FOR ME?

.....

FINANCE

RATING: 1 2 3 4 5 6 7 8 9 10

WHAT HAS THIS INACTION CAUSED FOR ME?

.....

3. NOW WRITE ALL THE THINGS THAT WILL HAPPEN IF YOU DON'T CHANGE OR DO THAT THING.

IF YOU CONTINUE TO GO DOWN THIS ROAD, WHERE WILL YOU BE IN...

3 MONTHS:

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.....
.....

1 YEAR:

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.....
.....

10 YEARS:

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.....
.....

INSIGHT: THIS IS THE COST OF STAYING WHERE YOU ARE.

ARE YOU WILLING TO INVEST YOUR TIME, ENERGY AND MONEY IN THE LIFE YOU JUST DESCRIBED?

IN ORDER TO SEE THE **VALUE** OF OUR **CHOICES** AND **DECISIONS**, WE GET TO **UNDERSTAND** THAT EACH AND EVERY DECISION WE MAKE IS **INVESTING** IN OUR FUTURE.

EVERY DOLLAR, MINUTE AND DECISION ARE VOTES FOR WHAT YOU WANT IN YOUR LIFE.

IF YOU CHOOSE TO INVEST YOUR THOUGHTS AND WORDS IN COMPLAINT, YOU WILL RECEIVE MORE THINGS TO COMPLAIN ABOUT.

AFTER ALL THAT IS DONE, IT IS TIME TO DECIDE. **HAVE YOU HAD ENOUGH?**

DECLARE IT IN THE SPACE BELOW:



3. NOW THAT WE'VE GOT A CLEAR VIEW OF OUR CURRENT FUTURE LIFE, **LET'S PLAY IN POSSIBILITY!**

IMAGINE YOU ACTUALLY COMMITTED TO **LEARNING** HOW TO **CREATE** THE LIFE YOU WANT.

EXERCISE

4. WRITE WHAT WILL HAPPEN WHEN YOU DO CHANGE AND DECIDE TO TAKE ACTION.

3 MONTHS:

.....
.....

1 YEAR:

.....
.....

3 YEARS:

.....
.....

10 YEARS:

.....
.....

LASTLY, LOOKING AT THIS BIG VISION CAN FEEL OVERWHELMING.

WE CAN MEET THAT BIG OVERWHELM WITH **SMALL DAILY ACTIONS** TO COUNTERBALANCE THE ANXIETY OR DOUBT THAT MIGHT SHOW UP IN THIS EXERCISE.

JUST LOOK AT THE 3 MONTH MARK. THINK ABOUT WHAT YOU CAN START TODAY.

SITTING IN THIS POSSIBLE LIFE, HOW DOES IT FEEL TO IMAGINE IT?

NOTICE THE "GOOD" EMOTIONS AND TAKE NOTE!

THESE EMOTIONS ARE YOUR SQUAD THAT WILL ALLOW YOU TO KEEP GOING!



THE BIG FINISH

SO WE'VE DECIDED WHERE WE DON'T WANT TO BE AND WE'VE DECIDED WHERE WE DO WANT TO BE AND, WHAT WE'LL GET OUT OF BOTH RESPECTIVELY.

THIS NEXT MOMENT IS CRUCIAL TO OUR OUTCOME.

**THE FEAR OF WHAT WE DON'T WANT PUSHES US
BACK,
THE DESIRE FOR WHAT WE DO WANT PULLS US
FROM THE FRONT.**

**PAIR THEM TOGETHER AND YOU'LL MAKE
SOMETHING THAT ONCE FELT IMPOSSIBLE, FEEL
INEVITABLE.**

5. WHAT IS YOUR NEW DAILY/WEEKLY PRACTICE?

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6. HOW ARE YOU INVESTING IN TO THIS?

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7. WHAT WILL YOU DO IF AND WHEN YOU FALL SHORT OF YOUR COMMITMENT?

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8. WHEN ARE YOU GOING TO START? (HINT- NOW!)

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**THANK YOURSELF FOR COMMITTING
TO AND FINISHING THIS WORK.**

