



Whose Stuff is this Worksheet

The Situation _____

No Control
Not my Responsibility
Other People's Stuff

Control
My Responsibility
My Stuff



Who I was

These are the policies that ruled my thoughts & behavior before now.

If I had a tag line (motto) that described who I have been It would be...

I am here to make others happy, avoid conflict, conform myself to earn approval from others.

Taught to keep the peace at all costs.

Be afraid of what others think of you - this is the most important thing.

Doormat
Pleaser
Always Scared
Playing Small

Sacrifice yourself to make other people happy or you're a bad person.

Never make anyone feel bad or you're a mean person.

Shooting high and making lots of money means your arrogant.

Who I was

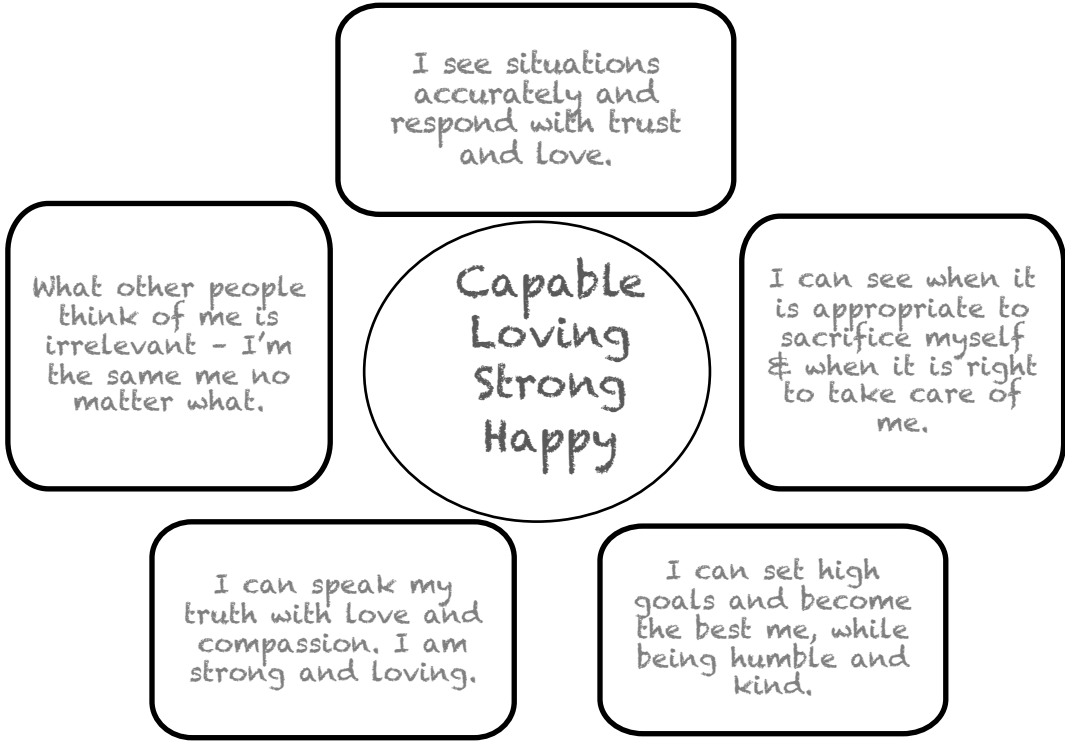
These are the old policies that ruled my thoughts & behavior before now. If I had a tag line (motto) that described who I have been It would be...



Who I am

These are the policies that now rule my thoughts & behavior. I have a new tag line (motto) that describes who I am. I am...

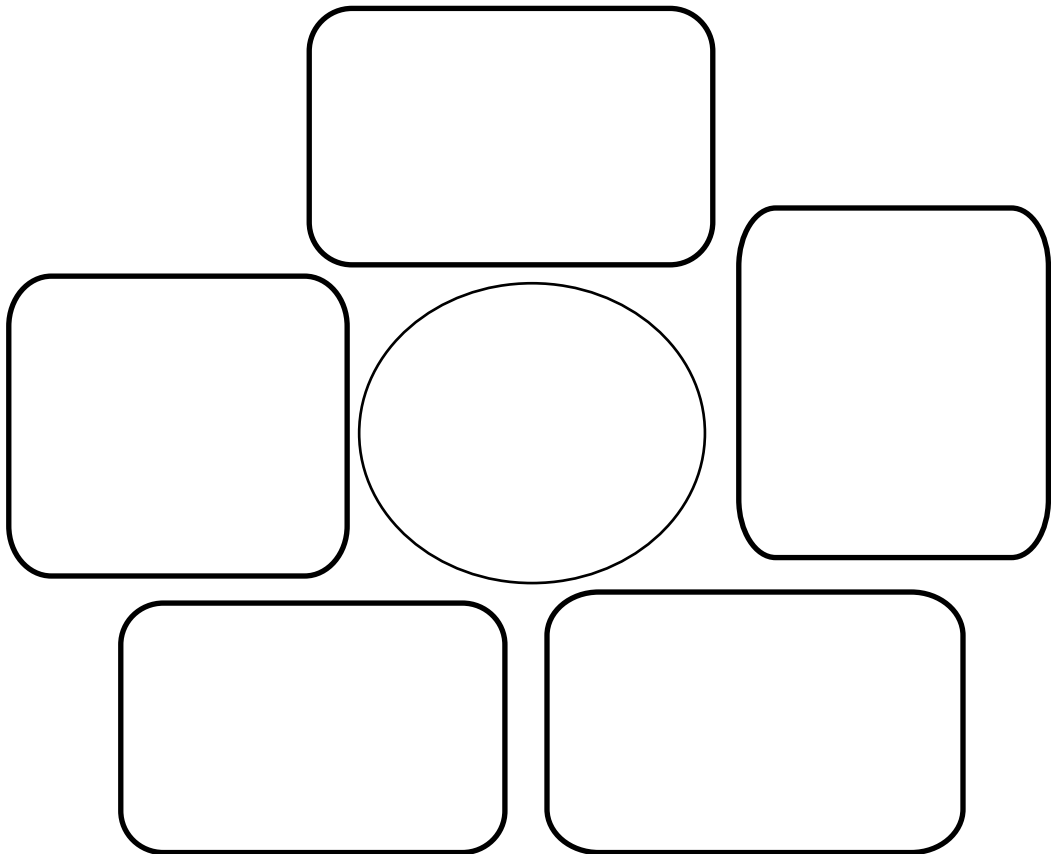
I am strong and loving all the time.



Capable
Loving
Strong
Happy

Who I am

These are the policies that now rule my thoughts & behavior. I have a new tag line (motto) that describes who I am. I am...





Optional Challenges

Talk to your coach about which challenges they recommend for you.

Challenge 1:

How can you take more responsibility in your life? What is the stuff you need to own and stop or start doing? What subconscious self-sabotaging thoughts, born of fear, may have prevented you from doing these in the past? How might taking more responsibility increase your self confidence and give you more freedom? **What do you need to do so you can be proud of yourself when the journey is done?**

Challenge 2:

When buying a new car, comparing can be a very useful tool. Comparing helps in creating perceived relative value. Perceived relative value (PRV) belongs in the realm of “things”. “Things” are defined here as items with no or very little internal “space” or “consciousness”. The more the internal space, the less PRV applies. The less PRV applies the more we approach infinite value.

Comparing, by its very nature, produces a winner and a loser. Now, when comparing people what we are really doing is comparing their attributes in order to accomplish a specific task. For example, when choosing which candidate to hire for a position we compare their applicable attributes. Attributes are things. Things have PRV. We don't, however, compare people. People have infinite and absolute value. So why compare yourself to someone else?

Because, when we can't perceive our infinite absolute value we substitute PRV. Only PRV can be called into question. Infinite value is untouchable. YOU have infinite value, therefore you are of infinite worth.

Make a new policy that you no longer compare yourself to other people and why it makes no sense to do it anymore..

Challenge 3:

Do some of the Optional Journaling. We want you to choose which of the questions you should answer. Read each of them and decide if the exercise would serve you. We don't want you to do any busy work, so choose the questions that resonate with you,



Optional Challenges

Talk to your coach about which challenges they recommend for you.

Challenge 4:

Pick something to do this week that scares you. Get out of your comfort zone and practice staying in trust and love as you do it. Go for something that requires you to practice trusting the journey.

MOST IMPORTANT: Practice trusting the universe and the process of life this week. Play with choosing trust and be prepared to share what difference it made in your week.

Challenge 5:

Re-write some policies you are now aware of. You may use your assessment report to find out of balance policies you may have. Use the worksheet in this material to help you write new policies that would serve you more.



Optional Journaling

Journaling is a great tool of self-discovery. It gives you a chance to record your thoughts thus enabling you to review them. It also gives you an opportunity to explore ideas and concepts and make some decisions about them, all in a space and time that is not threatening or judgmental.

You'll notice that some journaling assignments ask a pair of questions, and after the first question, we ask you to rip out the page and throw it away. While throwing this page away I the trash say..." **I am so done with this!**"

Possible Journal Writing Questions:

- 1) Write a list of ways you diminished yourself, put yourself down or made excuses today. (*Throw this page away.*)
Write about how you are showing love, trusting in your value and honoring yourself now. (*Keep this page in your journal.*)
- 2) Write about how you are taking more responsibility and keeping commitments to yourself and how that is helping you find your power.
- 3) If you are disconnected from your feelings, you will feel that you have lost yourself. Write down what you did today, then write what you were feeling during each of those tasks.
- 4) Write down how you have qualified your value in the past. What did you identify yourself with? Your work? Your family? Your hobbies? Write down who you really are, leaving these things out.
- 5) Write about ways you focused on the holes (your flaws and weaknesses) today. (*Throw this page away.*)
Write about ways you can and will focus on your goodness instead. (*Keep this page in your journal.*)



Reading 3

1			
2			
3			
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14			

We recommend you record this on your phone with some baroque classical music in the background and listen to it 3 times a day. Or you can read it three times a day – for a week or two.

Discovering My Real Value

I completely love and accept myself exactly as I am right now. My value is infinite and absolute.

I am love by nature and I am here to learn about love. I am a perfect manifestation of the purpose of my life. I am a human being in process. I am learning, growing and becoming who I am meant to be. I am discovering who I really am.

I don't pretend to be someone I am not. I am me and that is perfect. I have no need to impress others. Judgment and comparing are no longer a part of my life. The opinions of others don't affect my value. My value is untouchable. I cannot add to it nor take away from it. I am bulletproof.

I have a rule against all comparisons. I no longer allow the voice of fear to compare me with other people. I see all men and women, including myself accurately with compassion and love.

I see each person as the same as me. I actively look for and see the good in all people. I understand that when they behave badly, it is because they are scared. All bad behavior is a request for love and validation. I choose to have this compassion and see all people accurately.

At times, I choose bad behavior that is beneath me. When this happens I forgive myself quickly and figure out how to do better. Guilt is a useless emotion and I do not spend time here. It robs me of the drive to improve and the energy to learn and love. I have no room for guilt in my life because my focus is love.

I greet each situation with strength, love and confidence. I love myself so I take time to nurture myself. I no longer worry about what I look like or what I am wearing. I radiate the confidence of knowing who I am. I gain the respect and trust of others by validating and edifying them. I am sincere and genuine. Other people can feel my love for them.

Everything happens for a reason. If my performance is bad, I will learn something from the lessons the performance created. Mistakes and poor performance don't change my value. I choose to trust my value is absolute.



Reading 3

I am doing the best I can, with what I currently understand and that is always good enough. I love myself for who I am and fully accept where I am right now. I stand alone in my uniqueness and value to the universe. There will never be another me. Each of us is on our own journey with a unique lesson to learn. There is no sense in comparing.

I take time out for things that nourish me, relax me or are just fun. It is important that I do this. I deserve to be cared for.

I honor my truth and stand strong in its defense. I never look down on other people, instead I edify them and create win/wins. I am strong and loving in every situation.

It is not conceited to appreciate my own success. It would be conceited to think I am better than someone else, but this is not my truth. I see all men as the same as me, and when I do well, I celebrate my progress.

I also celebrate the successes of others. There is so much abundance in this world. There is enough for everyone.

When negative or fear-based thoughts show up in my mind, I can choose to either EMBRACE THEM or REPLACE THEM.

I choose to replace negative thoughts with positive thoughts. I choose to replace criticism with compassion. I choose to replace drama with accuracy. I choose trust and love in each moment.

I love the unique gifts and talents that make me who I am. There is no one in the world like me. There is no one who can make the unique contributions that I can make.

I carefully inspect everything I put into my body. I choose foods that nurture my body with health and vitality. I only expose my mind to positive influences. I choose books and movies that enrich my life. I surround myself with things that assist in my process of becoming the best me.

There is no one in the world like me. There is no one who can make the unique contributions that I can make. I am here to do great things and to bless the lives of others.

I embrace this truth and look for opportunities to do so.

I can accomplish much more than I think. I am confident that with God's help there is nothing I can't do. He has given me the unique abilities I need to take on whatever challenges show up in my life.

Bring them on! I am ready!