



Goal: To trust myself and my abilities. To honor and be true to myself. To trust my inner truth.

Affirmation: Post on a card or make it your wallpaper this week.

***I fearlessly trust myself.
All of the answers
I need are inside of me.***

Decision Making

If you had a big decision to make and after thinking it through your logic said to choose option A, but your gut (intuition) didn't agree – which would you listen to and why?

People who own their power and trust themselves can make decisions easily. They know all the answers can be found inside of them. So they don't need outside validation or advice to make good choices.

When you don't fully trust yourself it can be very difficult to make even simple decisions. You may experience paralysis because you are always afraid of making the wrong choice.

After the decision is made, you may continue to doubt yourself and change your mind often. This subconscious self sabotage, born of fear, is not worthy of who you are.

You need to start listening to your own inner truth and trusting it's answers. You need to understand the way your inner truth speaks to you. How have you heard answers, nudges or guidance in the past?

Here is a process that may help you make decisions based on feelings...

Step #1:
Get in trust so you feel no fear because you are safe no matter what you decide to do. It will always be perfect.

Step #2:
Think it out in your mind and even use the worksheet to decide what you think is the best option based on your values.

Step #3:
Don't act yet – but with the decision made try it on for a hour or a day and ask God or the Universe for a Peaceful YES or a clear NO.

Step #4:
Commit and act on this gut feeling as soon as you feel it before fear can creep back in and make you doubt what you knew.



Finding Clarity and Balance Chart

How to Make a Decision Based on Your Values:

Step #1 – Narrow it down to 2 options – fill in the sections below, identifying each option. What is the decision to be made?

Option #1

gives me: 1) _____

 2) _____

 3) _____

 4) _____

_____ Total

Option #2

gives me: 1) _____

 2) _____

 3) _____

 4) _____

_____ Total

Step #2 – Go through the list below and choose 4 things that each option would do for you or give you. If you need to think up some other values that fit better do so. Fill them in on the 8 “gives me” blanks above.

- | | | |
|-----------------------------|----------------------------|------------------------------|
| Money/Resources | Freedom | Helps someone else |
| Happiness | Service/ Glorifying God | Chance to follow the rules |
| Impressive view from others | Good feelings about myself | Chance to make others happy |
| Help for family | Pleasure | Fun |
| Security and peace of mind | Comfort/Safety | Change |
| Sense of Accomplishment | Opportunities to grow | Nurturing for my innate self |
| Good people to be around | Better future | |

Step #3 – Now take those same 8 things and rank them below by what is most important in your life. Rewrite them in order of value on the blanks below – the first one being the most important in your life.

- 1) _____ 12pts
- 2) _____ 10 pts
- 3) _____ 8 pts
- 4) _____ 6 pts
- 5) _____ 4 pts
- 6) _____ 3 pts
- 7) _____ 2 pts
- 8) _____ 1 pt

Step #4 – Now go back up to your two options and fill in the points next to the appropriate value. Then total the points.

You should have a clear winner. You should be able to see which option is best – based on your values.



Subconscious Self Sabotage

If fear has been holding you back from doing anything, decide now that you can do it. List something that you have wanted to do, but have lacked the confidence to try...

Your fears about your own abilities may be stopping you from trying. Most of these fears may be happening subconsciously. You may consciously choose to trust yourself, but your subconscious fears may still be sabotaging your efforts.

You may be subconsciously afraid of failure or afraid of success. Are you doing any of the things below?

Signs of subconscious self-sabotage:

- Procrastination
- Losing things
- Forgetting things
- Getting sick
- Not working very hard
- Getting ready to get ready
- Excuses
- Dwelling in victim energy

Take a minute and OWN how these are showing up in your life... are they?

Discuss with your coach one or two things that you may be stalled on, because you have one foot on the gas and one on the brakes – part of you wants to move forward, yet a subconscious part doesn't. Write them here:



Figure out the Fear in Play

1. Do you have fear of failure?

This is fear that you will fail, look bad, or not be good enough in the end. In this place it feels safer not to try, than try and fail. You will have attached your value to this activity or task. In order to move forward you will have to separate your value and write a new policy using the Clarity Formula to help you get in trust and love.

2. Do you have fear of loss?

This is fear that it would be a mistake moving forward and you will miss out on something else if you commit to this path. The problem is that making any choice you miss out on something, but making no choice you miss out on everything. You may need to write a policy about trusting the journey that will help you to finally make a choice. Again use the Clarity Formula to help you get in trust and make a love motivated choice.

3. Do you have fear of success?

This is fear that if you do commit to this and succeed, you then wouldn't be able to handle the commitments and responsibilities that come with the success. It is fear of failing bigger later on. You may need to use the Clarity Formula to write a new policy in trust and love around moving forward and trusting you will always be in your perfect classroom, not matter what happens down the road.

Use the Clarity Formula to write your new fear-less policy here:



Invest in Loss

Normally we think of loss as a bad thing. However if we invest in our unknowing we can reap great rewards. What does that mean?

Look at it this way. Lets say that on a scale of 1–100 you knew that it would take you to the point of 40 in suffering and pain to get to the point where life worked EXACTLY as you desired. Then from 41–100 you would have everything you ever wanted, as a result of having gone through the 40 units of life lessons to get there.

How quickly would you invest in the 40 units of loss to acquire the 60 units of reward?

You were sent here to win. Taking risks and missing the mark can fuel great discovery. So, get out there and invest!

Exercise

Do something this week to up your abilities, stretch out of your comfort zone, or otherwise improve your ability to carry more responsibility.

Learn how to do something new or brush up on skills by reading a book or studying a subject online. Decide that you can do hard things.

Focus on the present instead of the future. By the time you get to the future you will be able to handle it. What can you do right now to become better today?

Sometimes a fear of success stops people from really embracing this coaching process. Are you really committed to changing yourself? Are you doing all the homework and reading three times a day? If not, why?

Think about what scares you about doing it.

Use the Clarity Formula to eliminate this fear.

Be prepared to share what you did.



Optional Challenges

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

Challenge 1:

Practice making intuition guided choices this week. Try using the Value Decisions Worksheet and then trusting your gut about the results.

Challenge 2:

Work on recognizing something in your life that Subconscious Self Sabotage may be in play with. Recognize which fear is the problem and write a policy using the Clarity Formula as a guide to help you break through the fear.

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,

Challenge 4:

Clean out a closet or area in your home where you have old things and clutter. With everything you give away (and dig deep) let go of fear of loss that makes you want to hang on to. Let go of it and choose an abundance mindset.

Challenge 5:

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.

Optional – Clean out a closet or room in your house and practice saying in trust and letting some things go.

Challenge 6:

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) Describe ways that you have conformed to win approval. (*Throw this page away.*) Write about what makes you happy and how you are being true to you. (*Keep this page in your journal.*)
- 2) Describe what you have learned about yourself through this coaching process. What are your strengths and weaknesses? How can you use your strengths to help you do hard and scary things? (*Keep this page in your journal.*)
- 3) Write a list of things or situations that have made you feel unsuccessful. (*Throw this page away.*) Write about how you can choose to believe in yourself and accomplish hard and scary things. (*Keep this page in your journal.*)
- 4) Write about tough decisions you have made in your life and how they have turned out in the end. What can these experiences teach you about you? (*Keep this page in your journal.*)
- 5) Write about a goal you attempted in your past that went badly. Replay how you would handle that situation now? What would you do differently? (*Keep this page in your journal.*)
- 6) Write about how a fear of success has held you back before now. Write a new policy that will change this. Write about how you will fight that fear and take more risks.
- 7) Write about how a fear of failure has held you back before now and how you will beat that fear.



Reading 6

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.

This week's reading is a little different --- You are going to write it yourself. This is how we want you to do this.

1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

1. Find a quiet time and place where you won't be interrupted.
2. Grab a blank sheet of paper and write a letter to God (or the universe). Say whatever you need to say.
3. Set that page aside.
4. Grab another sheet of blank paper and immediately write the letter back (from God or the universe to you). Don't plan this, edit or stress over it. Just start writing and let whatever comes into your mind come out on paper. Trust that it will.
5. Use that letter to you as your reading assignment all week. Record it with music and make sure you hear it three times a day at least.