



Your Positive Self-Talk & Empowering Beliefs Workbook
By Jessica Cooke

Welcome to your Workbook. I invite you to print out this workbook, find a quiet room and go and spend some time on yourself. A nice cup of tea or coffee, a quiet place, this workbook, your journal and a pen is all you need.

If your house is crazy, go to a cafe, order a coffee and get stuck in.

This workbook will remain completely private to you.

The purpose of these Monthly check-ins is to get you to focus on the bigger picture of yourself, figure out exactly what's happening, where you're at, and where you want to be. What's holding you back, and to try and help you see things in a new way. Each month will be different.

My mentor once told me that if you could only find one thing that changed your mindset in a positive way, from a book or a seminar, then that would be a book well read, time at a seminar well spent.

The same is true for this workbook. If you came away from this workbook having changed your mindset on one thing, then this workbook would be very worth doing.

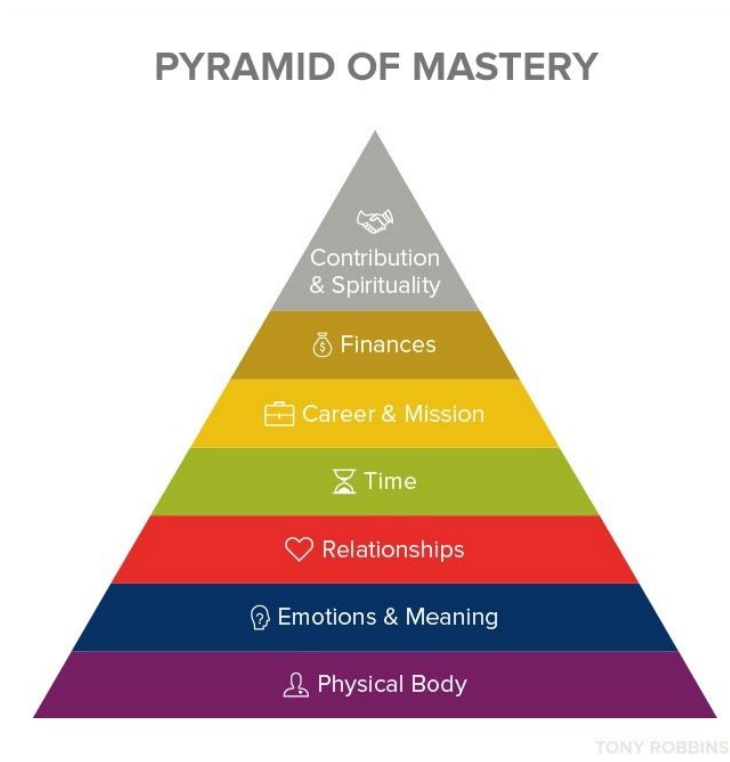
Every week you do a weekly habits checklist which focuses on your fitness, nutrition and daily healthy habits. Working on yourself once a month, reflecting, looking at the bigger picture is absolutely critical for growth too.

I hope you enjoy this exercise,

Jessica Cooke X

P.S The book I recommend you get this month is Jack Canfield, The Success Principles.

Life Mastery



What areas of your life do you need to focus on in September?

Write down all the bad habits in each area of your life that you'd love to get rid of.

What's holding you back from making a change?

Negative Thought Patterns

Write down everything that's going wrong for you.

What's frustrating you RIGHT NOW

What's holding you back?

What are you doing that you HATE

READ BACK OVER THIS. ISN'T IT SO FRUSTRATING

Limiting Beliefs

What negative horrible things do you call yourself? Pick 3

Write each one down:

Write down why you think that.

Write down when you call yourself those:

Limiting Beliefs

What's going wrong?

Why do you feel like a failure?

When do you feel like a failure?

What negative consequences have you already experienced as a result of this belief.

Limiting Beliefs

Write down those 3 limiting beliefs again here.

Close your eyes.

Imagine your life 5, 10 years from now with you those same old beliefs. See yourself. Do you have regrets? Are you living in frustration? How much has it all escalated. Stay in that moment for two minutes.

Write down those 3 short limiting beliefs on a separate sheet of paper.

LOOK AT THEM...YOU ARE CONTROLLED BY THESE.

You are controlled by your beliefs and values.

Are you going to let yourself be controlled by these anymore? **SAY NO! Say NO out loud.**

It's time to RIP THEM UP and GET RID OF THEM FOR GOOD.

Throw those three words in the bin and commit now. Commit to yourself that you will stop telling yourself these three negative beliefs. Every time for the next 30 days, you catch yourself saying them to yourself, which you will, say NO. STOP.

Recognise them for what they are. **Negative thought patterns.**

These can be replaced by **empowering beliefs.**

Beliefs that will empower you, allow you to achieve goals and feel better and more confident in yourself.

Remember, you have ONE life.

Confidence and belief in yourself is a **good thing.**

Empowering Beliefs

Write down each old limiting belief, cross it out, and then write your new empowering beliefs... 3

E.g. Limiting belief: I don't deserve it. Empowering belief: I deserve it

E.g. Limiting belief: I'm stupid. Empowering belief: I'm an intelligent, strong woman

1. _____

2. _____

3. _____

Say below out loud three times:

**Now I am the Voice
I will lead not follow
I will believe not doubt
I will create not destroy
I am a force for good
I am a leader
Defy the odds
Set a new standard
STEP UP STEP UP STEP UP**

3 Steps to lasting change: DO IT

What behaviour, emotion or feeling would you like to change.

Do you have enough leverage to change? How can you interrupt the pattern of your behaviour? What's going to be your empowering alternative?

3 Steps to lasting change:

1. Leverage: You believe that failing to change will bring you unbearable pain.
2. If you don't have leverage you must interrupt the pattern
3. and create an empowering alternative.

Empowering alternative: Changing will bring massive and extraordinary pleasure.

1. **Leverage example.**

Joan is a smoker. She wants to stop. She has **enough leverage** because she's been told by the Doctor she's going to die in the next few months if she doesn't stop. And she doesn't want to die. That gives her enough leverage to quit.

2 & 3: **Interrupting pattern and creating empowering alternative:**

Sometimes though, we don't have enough leverage to change our behaviour or change a habit, so we must acknowledge that, break the pattern and find an empowering alternative instead. What empowering alternative could replace late night bingeing? What empowering alternative could replace too much drinking? How can you break your patterns of behaviour and repeatedly reinforce new ones?

All progress comes from breaking patterns and reinforcing new patterns of behaviour.

The Ultimate success formula. How to get what you want.

1. Know your outcome
2. Know your reasons why
3. Take massive action
4. Know what you're getting
5. Change your approach

How many times do you change your approach until you hit your goal?

You never stop changing your approach.

You tweak and change until you get there. You never stop. Think of yourself like a river, meandering around obstacles to get to the final goal. Never stop, just tweak and change your approach, and keep moving forward.

Exercise:

1. Write down your top 3 goals for the next 6 months/year/3 years. The timeline is your choice. Later on in this worksheet you'll be setting September goals. Be specific. For example, if you write down you want to lose weight, and then you go on to lose one pound, your subconscious will think that's the goal achieved. A better way to write that would be: 'My goal is to drop one dress size by October 30th'.
2. Start off with goal number one and cover points 3-5 below, before you move on to goal number 2.
3. Why you want them.
4. The action you need to take to achieve them.
5. The system you will put in place to support those action steps
6. How are you going to know you're getting there.

Along with your action step, write down a system you're going to put in place to hit that goal.

For example: "My goal number one is to drop a dress. I want to feel better in my clothes as that will give me more confidence in myself. My action step is to workout 4-5 times per week, and eat clean 6 days per week. The system I am putting in place is that I will get up one hour earlier in the morning and get my workout done. Another system in place is that I will keep the house junk free for one month. I will know I'm getting there by using my jeans as a measuring tool.

Now we have goals and action steps & empowering beliefs, we're going to get really clear on the nutrition, exercise & priming/journaling.

Our #Inspire Fitness Healthy Habits:

- Drink 2 litres of water every day
- Eat clean 6 days per week (Two or one evening off per week)
- Eat 3 meals & 2 small snacks
- If weight loss is your goal, avoid starchy carbs after 5pm
- Eat lots of non-starchy vegetables with protein for dinner
- Lunch: Keep it simple! (soup and sandwich is great!)
- Avoid late night snacking, make dinner your last meal.
- Build a good structure of breakfast, lunch, and dinner, with two snacks in between.
- Quit mid-week sugar and alcohol.
- Eat breakfast every day.
- Do your weekly food shop on a Friday.
- Plan on Sunday, your meals for the week.
- Workout 3-5 days per week
- Walk 3-5 times per week for 30 minutes plus.
- Journal for 10 minutes every day
- Aim to get at least 2 of your workouts per week done in the morning to set yourself up mentally for a great day

My Daily Success Habits that will encourage empowering beliefs, good health and calm and peace into my life.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Sign and Date: _____

Really well done on completing your September 2020 workbook.

Now all you have left to do is to print off the calendar that is attached in the email I sent you with this workbook.

Please hang it up in your kitchen or somewhere you'll see it every day.

September 2020 Inspire Challenge Instructions:

1. Print out the calendar attached to the email I sent you along with this workbook.
2. Every time you do a session, write a big green TICK on the day.
3. Write a big TICK on the day you ate healthy (no junk/sugary foods/mid-week alcohol).
4. Write a big TICK on the day you drank 2 litres of water.
5. Write a big TICK on the day you had only positive self talk.
6. Take a photo of it on every Saturday, share with the #inspiretribe group, and make sure to tag me.

To show me you have completed this worksheet, take a photo of the blank calendar on your wall and tag me as soon as you print it out :-)

September Myzone MEPS goals are 75 per workout, or 1500 for the month.