

# Worksheet

## EP 3: Your Conversations: Be the Author of Your Story

### **Creating Your Vision as a Story**

Look at the areas of your life that you distinguished as most important in your vision board- those areas in which you are committed to creating something new for your future.

FOR EACH AREA, DO THE FOLLOWING:

1. If you need more clarity, feel free to create a specific vision board around an area first to begin envisioning how the future looks.
2. Take a look at the history of the specific area (i.e. for career, revisit each job you have ever had). What did you like? What did you not like? What felt good and what didn't? Create a list so you can bring it into the visual realm and gain more clarity on what you want.
3. Imagine a point in time in the future. Close your eyes and picture yourself in this moment as though you have already achieved the results you want in this area. Who are you with? How does it feel? What does the environment look like? **Capture the WHO, WHAT, WHERE and WHEN.**
4. Now find a piece of paper and pen (physically writing is recommended as this taps into the right brain in a hands on way that typing does not). Begin by writing a story that describes this moment you just envisioned in your head. **Be as detailed as possible.** Write as much as you'd like, encouraging a free stream of consciousness (you can edit later).
5. After you feel you have finished writing the visionary moment, read it over. Does it evoke a strong, positive emotional response? Is there anything missing? If you read this to someone else would they clearly see the picture you are describing? Feel free to literally read your vision to someone and ask them.

# Worksheet

## Your Conversations: Creating Words that Empower

We discussed how the words you say to yourself and more importantly the words you literally say can create your experience, your reality, and thus your results.

1. This week, become an observer of your conversations. I suggest you carry around a notebook to write down the repeated 'thoughts' or sentences you notice that you say. For additional insight, ask your closest confidants if they notice repeated conversations you have.
2. Look at what NEW conversations you want to create and take on saying something new this week. In what area are you disempowered? What is another conversation you can be having in this area that is one of abundance and gratitude?
3. Start saying these new conversations out loud and to yourself as often as possible. Be an observer of what shifts this week as you do this. Does your emotional state become more positive? Are you inspired to take new actions?
4. Create a supportive environment to strengthen your new conversations. Join a meetup or create a partnership with a friend who has similar goals and won't stand to listen to your old conversations anymore!