

Worksheet

EP 4: Your Reasons- Creating Abundance

In this episode we look at your brain as a reason-making machine. We start to notice the reasons why we have been telling ourselves we can't have the results we want in life. We do various hand written exercises in this episode.

1. Write a list of all the reasons why you think you can't have the results you want in life. You might notice you blame external circumstance or a fixed way of 'how you are'. They may be valid however this exercise is to help increase awareness of these internal beliefs.

What we learned in this episode is REASONS AREN'T REAL.

They are made up by a brain that is designed to have us survive and stay comfortable. We have the power to take on an alternative view, a 'right brain' view. Studies show that gratitude and shifting to a positive mindset increases happiness. Let's shift into a mindset of looking for what we have going for us:

2. Write a list of your strengths. Start with 10 but I challenge you to find 50. Yes, 50! This will help you exercise that abundant mindset. Ask your family and friends what your strengths are as well to get an expanded view of how much you ROCK!

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From Why Not to WHY YES

Now we are going to apply this list of strengths to your reasons. Take a moment to look at your many strengths. See how you can use them to your advantage to reverse those why not's from the first list into why yes.

1. I'd like you to come from a place of wonder and curiosity. "What if I COULD?" Coming from this open space, begin to write down the reasons why you CAN have the results you want. This does require 'out of box' thinking and I recommend you have fun with it and imagine BIG. However, now that you are no longer looking from a place of lack, you will notice an increase in ease and openness to these more powerful reasons!

RESOURCE LINKS:

[Soul Pancake Video](https://www.youtube.com/watch?v=oHv6vTKD6lg)

(<https://www.youtube.com/watch?v=oHv6vTKD6lg>)

[Study on Gratitude/ Positive Psychology](http://www.ppc.sas.upenn.edu/articleseligman.pdf)

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