MODULE 1: ELEVATE YOUR AWARENESS

Module 1: Video Worksheet

Identify the pattern of your self-sabotaging behaviours. What are the thoughts that trigger the emotion that trigger the behaviours? To break the pattern we need to become aware of it.

Thought >> Feeling >> Behaviour

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Your deep-rooted beliefs about yourself and life are influencing your experience of reality. Take a few moments to think about some of your beliefs about you, your negative behaviours and your desired outcome. List some of your relevant Global Beliefs and Rules.

Global Beliefs are overarching statements: "I am" "I'm not" "I can't" "Life is" Rules are a cause and effect belief: "If, then"	

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Our goal is to rewrite your negative thought-patterns to break the self-sabotage habit. In the left column, list some of your old, limiting beliefs and thought-patterns, that trigger self-sabotage, then physically cross them out and write your new, empowering beliefs and thought-patterns in the right column.

Limiting thought-patterns and beliefs	Empowering thought-patterns and beliefs