The Upgrade Code:

Hack Your Software and Master Your Life

Participant
WORKBOOK

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Worksheet 1: Affirmation Crafting Template
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____
Date: _____

Affirmations are a powerful way to rewrite the "code" in your subconscious mind. This template will guide you to create affirmations tailored to your goals and emotions.

Step 1: Identify Your Goal

Write down the goal you want to achieve. Be specific, clear, and measurable.
Example: I want to confidently deliver presentations that inspire my audience.

Your Goal:

Step 2: Craft an Empowering Affirmation

Follow these guidelines:

1. **Use Present Tense**: State your affirmation as if it's already true.
    Example: I am a confident and engaging speaker.
2. **Include Positive Language**: Avoid words like "don't" or "can't." Focus on what you *do* want.
    Example: I attract opportunities effortlessly.
3. **Engage Emotion**: Attach feelings like joy or gratitude to your affirmation.
    Example: I am joyfully achieving my goals.
4.

Your Affirmation:

Step 3: Examples for Inspiration

1. "I am financially abundant, and money flows easily into my life."
2. "I radiate health and vitality, and my body feels amazing every day."
3. "I am deeply loved and connected in my relationships."

Worksheet 1: Affirmation Crafting Template Pg. 2
From *The Upgrade Code: Hack Your Software and Master Your Life*

Step 4: Practice Daily

- **Morning**: Repeat your affirmation aloud or write it in your journal.
- **Throughout the Day**: Use reminders (sticky notes, phone alerts).
- **Evening**: Reflect on how your affirmation shaped your actions during the day.

Reflection Space:

Additional Affirmations:

1.
2.
3.

Worksheet 2: Goal-Setting Workbook
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

Step 1: Define Key Life Areas

Write one goal for each area of your life.

- **Health**: _____
- **Wealth**: _____
- **Relationships**: _____
- **Career**: _____
- **Personal Growth**: _____

Step 2: Prioritize Your Goals

Choose the top three goals that matter most right now.

1.
2.
3.

Step 3: Break Down Each Goal

For each goal, list three actionable steps you can take.

Goal 1: _____

- Action Step 1: _____
- Action Step 2: _____
- Action Step 3: _____

Goal 2: _____

- Action Step 1: _____
- Action Step 2: _____
- Action Step 3: _____

Worksheet 2: Goal-Setting Workbook Pg. 2
From *The Upgrade Code: Hack Your Software and Master Your Life*

Examples for Common Goals

- **Health**: Lose 15 pounds in 3 months by exercising 4 times a week and eating balanced meals.
- **Wealth**: Save $5,000 in 6 months by creating a budget and eliminating unnecessary expenses.
- **Relationships**: Spend quality time with family twice a week without distractions.

Reflection Space:

Worksheet 3: Visualization Journal
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

Visualization is a powerful practice to align your subconscious with your goals. Use this journal daily to create a vivid mental picture of success.

Daily Visualization Template

- **Goal**: _____
- **Visualization Description**:
  Imagine your goal as if it's already achieved. Write down what you see, feel, and hear.
  Example: I'm standing on stage, confidently delivering my presentation. The audience is engaged, and I feel proud.

Your Visualization:

Emotion Focus

Describe how this visualization makes you feel.
Example: Excited, confident, and deeply grateful.

Your Emotions:

Examples for Common Goals

- **Wealth**: Visualize depositing a $10,000 check into your account. Feel gratitude as you imagine seeing the balance.
- **Health**: Imagine running a marathon with ease and strength, feeling accomplished and proud.
- **Relationships**: Picture yourself laughing and connecting deeply with loved ones.

Daily Planner Template
From *The Upgrade Code: Hack Your Software and Master Your Life*

Morning Routine: Affirmations, Visualization, and Gratitude

1. **Write or Repeat Affirmations:**

   - Affirmation 1: _____
   - Affirmation 2: _____
   - Affirmation 3: _____

2. **Visualize Your Day:**

   - What success looks like today: _____

3. **List Three Things You're Grateful For:**

   - 1: _____
   - 2: _____
   - 3: _____

Afternoon Focus: High-Impact Actions

- **Top 3 Priorities for the Day:**

  1.
  2.
  3.

- **Progress Checkpoint:**
  What progress have you made so far?

Evening Reflection: Gratitude and Wins

1. **Celebrate 3 Wins for the Day:**

   - 1: _____
   - 2: _____
   - 3: _____

2. **Gratitude Reflection:**

   - What are you most grateful for today? _____

3. **Adjustments for Tomorrow:**

   - What will you improve or focus on tomorrow? _____

Worksheet 4: Subconscious Audit Template

From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

The Subconscious Audit helps you uncover limiting beliefs that may be holding you back and replace them with empowering ones.

Step 1: Choose a Focus Area

Select one area of life to examine (e.g., career, health, relationships, finances).
Focus Area: _____

Step 2: Identify Limiting Beliefs

Write down the thoughts or beliefs that come to mind about this area. Be honest and specific.
- Belief 1: _____
- Belief 2: _____
- Belief 3: _____

Step 3: Challenge the Beliefs

Ask yourself the following for each belief:
1. Is this belief true?
2. Where did it come from?
3. What evidence contradicts this belief?

Example:
- Belief: *I'm not good with money.*
- Challenge: *I have successfully managed a budget in the past, and I am capable of learning new skills.*

Your Challenges:
1.

2.

3.

Step 4: Rewrite Limiting Beliefs

Transform each limiting belief into a positive affirmation.
Examples:
- *I am financially savvy and attract wealth effortlessly.*
- *I am worthy of love and deep connection.*

New Affirmations:
1.

2.

3.

Step 5: Action Plan

What actions will you take to reinforce these new beliefs?
- Action 1: _____
- Action 2: _____
- Action 3: _____

Worksheet 5: Habit Transformation Guide
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

Habits shape your reality. This guide will help you identify unhelpful habits and replace them with high-impact ones.

Step 1: Identify a Habit to Change

Write down a habit you want to change.
Example: *Checking my phone first thing in the morning.*

Your Habit: _____

Step 2: Understand the Habit Loop

Every habit has a cue, routine, and reward. Analyze your habit:
  • **Cue** (What triggers the habit?): _____
  • **Routine** (What action follows the cue?): _____
  • **Reward** (What benefit do you gain?): _____

Step 3: Replace the Habit

Create a new habit by modifying the cue or routine.
  • **New Cue**: _____
  • **New Routine**: _____
  • **New Reward**: _____

Step 4: Plan for Success
  1. What obstacles might you face? _____
  2. How will you stay consistent? _____

Daily Habit Tracker

Date   Habit Completed? Notes/Progress
_____   [ ] Yes [ ] No _____
_____   [ ] Yes [ ] No _____
_____   [ ] Yes [ ] No _____

Worksheet 6: Visualization Deep Dive
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

Visualization is a powerful tool to align your subconscious with your goals. Use this guide to create vivid mental images of your desired outcomes.

Step 1: Define Your Goal

What goal do you want to visualize? Be specific and detailed.
Example: *Achieving a promotion at work.*

Your Goal: _____

Step 2: Create a Mental Movie

Describe the scene in detail.
- **What do you see?** _____
- **What do you hear?** _____
- **What do you feel?** _____

Step 3: Engage Your Senses
- **Smell**: _____
- **Taste**: _____

Step 4: Emotional Focus

How does achieving this goal make you feel?
Example: *Grateful, confident, and excited.*

Your Emotions: _____

Step 5: Daily Visualization Practice

Commit to visualizing your goal for 5–10 minutes daily. Record your reflections below:

Date   Visualization Time Reflections
_____   _____ _____
_____   _____ _____

Guide Page: Overcoming Resistance and Doubt
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

Resistance and doubt often arise when stepping outside your comfort zone. This guide will help you navigate these challenges.

Step 1: Identify Resistance
What is holding you back? Be specific.
Examples:
- Fear of failure.
- Overthinking and indecision.

Your Resistance: _____

Step 2: Reframe the Fear
For each fear or doubt, write a positive reframe.
Example:
- Fear: *What if I fail?*
- Reframe: *Failure is a stepping stone to success.*

Your Reframes:
1.

2.

Step 3: Take Small Steps
List three small actions you can take to move forward despite the resistance.
1.

2.

3.

Step 4: Track Your Progress

Date	Action Taken	Outcome/Reflection
_____	_____	_____
_____	_____	_____

Guide Page: Momentum Builder
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____
Date: _____

Building momentum is key to achieving your goals. Use this guide to stay consistent and motivated.

Step 1: Celebrate Small Wins

List three accomplishments from the past week, no matter how small.
    1.

    2.

    3.

Step 2: Set Weekly Priorities

What are your top three priorities for the week?
    1.

    2.

    3.

Step 3: Gratitude Practice

Write down three things you're grateful for today.
    1.

    2.

    3.

Guide Page: Overcoming Resistance and Doubt
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

Resistance and doubt often appear when you're stepping outside your comfort zone. Use this guide to confront and overcome these challenges.

Step 1: Identify Resistance
What is holding you back? Write down your doubts, fears, or patterns of resistance.
Examples:
  • Fear of failure.
  • Overthinking or procrastination.
  • Negative self-talk.

Your Resistance:

Step 2: Reframe the Fear
For each resistance or doubt, write a positive reframe.
Example:
  • Resistance: *What if I fail?*
  • Reframe: *Failure is part of the process of success.*

Your Reframes:
  1.

  2.

  3.

Step 3: Small Steps Forward
What are three small actions you can take today to push past resistance?
  1.

  2.

  3.

Step 4: Progress Reflection
At the end of the week, reflect on your progress.
  • What worked? _____
  • What challenges remain? _____

Guide Page: Energy Alignment Checklist
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

Your energy determines your ability to attract and achieve your goals. Use this checklist to align your energy with your intentions.

Step 1: Morning Energy Check
Ask yourself:
- How do I feel emotionally, physically, and mentally?
- What do I need to feel more aligned today?

Your Morning Reflection:

Step 2: Gratitude Boost
Write three things you're grateful for right now.
1.

2.

3.

Step 3: Energizing Actions
What actions will you take today to maintain high energy?
Examples: Exercise, meditation, a healthy meal, or connecting with someone supportive.
1.

2.

3.

Step 4: Evening Energy Check
Reflect on your day:
- What drained your energy? _____
- What boosted your energy? _____

Guide Page: Momentum Builder
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____
Date: _____

Building momentum is key to lasting success. Use this guide to maintain focus and motivation.

Step 1: Celebrate Small Wins
List three things you accomplished this week, no matter how small.
    1.

    2.

    3.

Step 2: Set Weekly Priorities
Identify your top three goals for the week.
    1.

    2.

    3.

Step 3: Overcome Roadblocks
What potential challenges might arise this week?
Challenge: _____
Solution: _____

Step 4: Daily Focus
List three actions to take each day to stay on track.
- **Day 1:** _____
- **Day 2:** _____
- **Day 3:** _____

Worksheet 7: Self-Belief Strengthener
From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

Building self-belief is crucial to achieving your goals. This worksheet helps you reinforce positive self-perception.

Step 1: Identify Negative Beliefs
Write down the negative beliefs you hold about yourself.

1.

2.

3.

Step 2: Positive Replacements
For each negative belief, write a positive affirmation to replace it.
Example:
- Negative Belief: *I'm not good enough.*
- Positive Replacement: *I am worthy and capable.*

Your Positive Affirmations:

1.

2.

3.

Step 3: Daily Reinforcement
Commit to repeating these affirmations every morning and evening for the next 30 days.

Reflection Space:
- Day 7: _____
- Day 14: _____
- Day 30: _____

Worksheet 8: Weekly Goal Tracker

From *The Upgrade Code: Hack Your Software and Master Your Life*

Name: _____

Date: _____

Tracking your goals ensures accountability and focus. Use this worksheet to monitor progress and adjust as needed.

Step 1: Define Your Weekly Goals

1.

2.

3.

Step 2: Break Goals into Daily Actions

Day   Action Plan Completed? Notes/Reflection

Day 1 _____ [ ] Yes [ ] No
_____

Day 2 _____ [ ] Yes [ ] No
_____

Day 3 _____ [ ] Yes [ ] No
_____

Step 3: Weekly Reflection

1. **What worked well?** _____

2. **What could be improved?** _____