



Workbook

This workbook is designed for use with the TALK STRAIGHT DAMMIT book and courses.

What do you really want?

1) Describe what BLISS looks like for you?

2) What does the perfect relationship look like for you?

3) How do you want people to treat you?

Use these stem phrases to help answer the questions above.

What I really want is
I like it when ...
What makes me feel good is



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What is stopping you from achieving it?

4) What beliefs do you have that stops you from moving forward?

5) Where did these beliefs come from?

6) What would change if these beliefs were not true?

Use these stem phrase help answer the questions above.

What I am afraid of is
People told me that
If that were not true then I could



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How are you talking to yourself?

7) List 5 positive things you tell yourself.

8) List 5 negative things you tell yourself.

Use these stem phrase help answer the questions above.

Things I wish I would stop doing are....

I am terrible at

I love it when I...

I am excellent at



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How to TALK STRAIGHT!

9) Rewrite your 5 negative statements and turn them into positive statements

TALK STRAIGHT EXAMPLES	
Negative	Positive
I am never on time	I am always on time
I am never going to get a promotion	I am valued, respected, and appreciated
I can't lose weight	I eat healthy and lose weight
I don't have enough money	I have enough money to do everything I need to do
I don't have enough time	I have plenty of time, and I use it wisely
A woman's work is never done	I accomplish everything I need to
Nobody treats me right	I have rewarding and fulfilling relationships
Nobody loves me	I love me and so do others



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Create your Powerful action plan!

10. Choose at least 5 things from the list below.

I am committed to the following items [Place a check mark next to the item]	When will I complete these actions? (Daily, Weekly or select a date)
1. Say my positive affirmations to myself	Daily
2. Discuss with an accountability partner my progress on TALKING STRAIGHT [hire a life coach, choose a good friend]	
3. Post my positive affirmations where I can see them [on the mirror, in your car, in your phone, at your desk]	
4. Create a positive music play list.	
5. I identify negative people in my life and limit my exposure.	
6. Write down things for which I am grateful	
7. Plan at least one regular activity that makes me happy.	
8. Read self-help books.	
9. Celebrate your small wins (tell someone, post on social media, do something nice for yourself)	
10. Join or create a supportive community.	

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