

Let your inner growth drive your outer success

POSITIVE FORWARD MOTION MINDSET

Pre-Course Workbook

Positive Forward Motion

Lesley Calvin MA CPC PCC  Coach | Facilitator | Speaker



A NOTE FROM LESLEY

*Welcome, to the
splash-zone of your
awesomeness!*

Hello to YOU!

I am so pumped for you, and so proud that you are taking a moment in this busy life, to focus and invest in YOU! For a long time, I had done very little of that and the impact of my own self-neglect began to impact me in ways I didn't realize. I thought I was happy (mostly), I thought I was healthy (mostly), and I thought I was doing my best to keep on keeping on. It wasn't until I hit the wall, that I could see my reality for what it was, thinly veiled smoke and mirrors, convincing me that things were OK. Once I was able to dust myself off from running smack into that wall, I knew I wanted, NEEDED, things to be different, so I took a deep breath, looked inwards and started my Positive Forward Motion journey.

I am now a few years ahead and the most peace, calm and successful I have ever been. I am a committed and obsessive believer that our inner growth drives our outer success, and I truly and authentically want to bring this level of awesomeness to the world, one person at a time. Up to this point I have been delivering my Positive Forward Motion in the FAST Lane Coaching model to individuals and teams 1:1 or 1: team, but as there are only so many hours in a week, I have taken this step to embrace technology, to be able to scale to the folks near and far that are requesting access to my framework and course! I hope you enjoy this Pre-Course Workbook and Video and I hope it starts you on your Positive Forward Motion journey! Even if you take this no further, it is DEFINITELY enough to get you moving!

If, after this pre-course, you decide you want more, please join me on the full Positive Forward Motion Mindset Guided Coaching On-line Course. All of the details will be at the end of this work book and the video. Email lesley@positiveforwardmotion.ca, or check LesleyCalvin.ca for the details.

Warmly,

Our energy is our brand.
Personally and
Professionally, our energy is
introducing us before we
even say a word.
Be very mindful of what
yours is saying. Especially
when our hot button triggers
are being pressed.

Lesley Calvin



Positive Forward Motion Mindset Pre-Worksheet

GOALS

QUESTION #1: What are your goals and vision for moving yourself in Positive Forward Motion?

QUESTION #2: What obstacles are in the way of your goals and vision?

QUESTION #3: What more could you do to reach your goals and vision?



Positive Forward Motion Mindset Pre-Worksheet

HOT BUTTONS

Step 1:

Identify your hot buttons. Consider what triggers you, that is, what upsets you or ticks you off- in life. Maybe you dislike being interrupted, or perhaps you get upset when you arrive home to find the kitchen a mess. These triggers are your personal “hot buttons”. Below write down your hot buttons. The following unfinished sentences can serve as prompts to get you thinking and help you start identifying your hot buttons:

- *It makes me angry when...*
- *I do not like it when people...*
- *I feel offended when...*
- *I think it is rude to...*
- *At work, I wish people would...*
- *At home, I think it would be better if family members would...*



Positive Forward Motion Mindset Pre-Worksheet

Step 2.

To better understand your personal reactions to your hot buttons, use the following questions as a guide to what you experience when a hot button has been pushed:

- *What happens in your body? Do you feel heat anywhere? Jittery? Sweaty? Does your heart beat faster?*
- *What emotions usually show up? Do you notice anger? Frustration? Annoyance? Shame? Apathy? Defeat?*
- *What thoughts go through your mind? "How inconsiderate!" "I am so over this!" "How rude." "This always happens" "This is unfair".*

A large, empty rectangular area with a light gray background, intended for the user to write their responses to the questions above.



Positive Forward Motion Mindset Pre-Worksheet

Step 3. Identify coping strategies

What do you tend to do when your hot button has been pushed? How do you deal with it? Below, write down every coping strategy that you use, whether it is a helpful strategy or not.

For instance, “I walkaway” or “I put my headphones in and ignore the person for the rest of the day” or “I express my feelings.”

A large, empty rectangular area with a light gray background, intended for the user to write down their coping strategies.



Positive Forward Motion Mindset Pre-Worksheet

Step 4. Highlight effectiveness of coping strategies

- Consider how well the strategy helps you solve your challenges or issues?
- What happens as a result of coping in this way? Both for yourself and others?

For instance, if you tend to walk away do you end up feeling lonely and isolated? If you tend to yell in frustration, do you later regret acting this way, and how does this ultimately impact your relationships?

Reflect on one coping strategy at a time, and rate (out of 10) how effective that strategy is in reducing your personal reaction to the button being triggered.

A large, empty rectangular area with a light gray background, intended for the user to write their reflections and ratings.



Positive Forward Motion Mindset Pre-Worksheet

Step 5. Understand effective coping strategies

Consider the coping strategies identified above, that are the most effective (i.e., rated 6 or higher).

Reflect on what makes these coping strategies more effective for you, compared to those that are less effective?

A large, empty rectangular area with a light gray background, intended for the user to write their reflections on coping strategies.



Positive Forward Motion Mindset Pre-Worksheet

Step 6. Reflection

- *How was it to do this exercise? What did you learn?*
- *Did you identify any hot buttons that are more challenging than others to 'cool' or cope with?*
- *What coping strategy resonated with you? Have you tried this before?*
- *What steps can you take to prevent your and other people's hot buttons from being pushed?*
- *How might you be willing to use what we discussed today in your life?*



Positive Forward Motion Mindset Pre-Worksheet

YOUR ENERGY IS YOUR CHOICE
MINI- POSITIVE FORWARD MOTION MODEL

INSTRUCTIONS: Identify the hot button trigger you want to address. Identify the core value that is in conflict or being challenged. Be mindful of how your emotional reactivity is showing up. PAUSE. Choose how you want to respond.



Large empty rectangular area for writing responses.



Positive Forward Motion Mindset Pre-Worksheet

YOUR ENERGY IS YOUR CHOICE

INSTRUCTIONS: Re-write your emotional energy.

OLD REACTION

NEW RESPONSE

I changed my life by digging in and committing to changing my life.

Seriously.

That easy and that hard all at the same time.

Happy with how far you came in this pre-course work?

Awesome, all the best to you and your positive forward motion!

Want to find out more? Do you want to be in Positive Forward Motion in YOUR life, too?

Keep reading for the details!

Lesley



“You said Positive Forward Motion would change my life, I just didn't know it would happen so fast! I already LOVE the emerging new ME. Who knew I could feel this light, centred, and purposeful. The whole world seems more manageable now. I am so grateful I found, Lesley”

LESLEY@POSITIVEFORWARDMOTION.CA
TO SIGN UP TODAY!

Use Promo Code: PFMMindset when registering to get a 15% off



Positive Forward Motion

Lesley Calvin MA CPC PCC Coach | Facilitator | Speaker

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A circular watercolor graphic with a soft, blended edge, featuring shades of light green, teal, and pale blue. It is centered on the page and serves as a background for the main text.

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