


# Workbook

Mindset

Purpose

Confidence



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# Mindset Worksheet

*Mindset is a mental attitude. A morning positive mindset is a desire to start the day in a relaxed, comfortable manner. It sets the tone for the day.*

1. What would I be doing now if I have 100% healthy self-esteem?

2. How would my life change if I have just 20% more confidence?

3. What can I do today to feel good about myself?

*Notes:*

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# Purpose Worksheet

*"Life is too short" seems to be the common phrase lately. It's time to interrupt your unhealthy, unproductive routines! It's time to unlock your power! Who are you genuinely and what brings you joy?*

1. What do I love to do?

2. What would I do if failure wasn't an option?

3. What things would I do in the next year if I was told that I only have 12 months to live?

*Notes:*

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# Confidence Worksheet

*Confidence is the ability to be authentic with yourself and others without pretending to be someone you're not. Pay very close attention to your choice of words to yourself. YOU are paying attention.*

1. What do you do well?

2. What actions and activities makes you feel purposeful?

3. How can you transform a challenging experience into a positive lesson and opportunity for growth?

*Notes:*

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