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PERSONAL GUIDE



www.withinlifecoaching.com

Change Your Thinking,
Change Your Life

*Dealing with obstacles, or limitations is easy compared to dealing with people's attitudes.
But what about your own thoughts - are they a part of your problem or part of your solution?*

Leading a fulfilling and productive life involves taking hold of your life.
Sounds easy - it's not, but you can do it!

Here are three things to think about that will help you put your life together your way.

1. *Knowledge = Power*

Knowledge is probably one of the most powerful tools you can possess.
Although it is important to absorb knowledge, it is equally as important
to know how to use it because even though knowledge is power, it is the "knowing" how to use
it that flicks the switch.

- ~ Direction
- ~ Ownership
- ~ Assertiveness

2. *"Know"ledge = "Know"ing what you need and want. It is the switch that initiates the development of your skills and creates opportunities for your personal growth.*

Facilitating a learning process that encourages:

- ~ Choice Making ~ Clarity ~ Direction ~ Ownership ~ Assertiveness ~ Accountability

3. *Participation, opportunity and attitude = Forward movement that increases self confidence, personal fulfillment, and positive change by helping you to:*

Facilitate a learning process that encourages positive change by helping you to:

- ~ Be confident in yourself and your decisions.
- ~ Keep your eyes focused on your goals instead of the obstacles and challenges that stand in your path.
- ~ Deal with negative thoughts and beliefs you encounter.
- ~ Move beyond labels and challenge assumptions.
- ~ Remain steady on the positive productive elements.

Change you thinking, change your life with self discovery strategies that promote strengths and self-confidence.



“Life is a gift, and it offers us the privilege, opportunity, and responsibility to give back by becoming more”. Anthony Robbins

Begin to understand and recognize how self limiting beliefs and self sabotage patterns create and maintain obstacles in your life. These self discovery strategies, will help you in your search for the person you aspire to be!

WITH SELF DEFINITION: *You give meaning to your life. “Knowing” who you are gives you the ability to fulfill your aspirations and dreams.*

Why? Because your life depends on knowledge of the “self” and its potential to guide you into self discovery.

Exercise in self discovery: Without including descriptors like your name or job title, describe yourself as a human being.

I would describe myself as

The qualities that I like best about myself are

The qualities I find challenging are

How I would most like to evolve _____

Get to know what is within you that is ready to do more than simply believe that you can achieve.

WITH SELF FULFILLMENT: *You are always striving for something more, therefore strength, perseverance, and a willingness to accept and adapt to change are essential when developing your sense of fulfillment.*

Exercise in accountability: With self reflection explore what has motivated you to put your dreams on hold by answering these questions.

What would you be doing if you knew you could not fail?

If you are not doing it, why not?

WITH SELF CONFIDENCE: Not unlike physical exercise, self confidence exercises are a way of building strength. When you

believe in your abilities you will develop your abilities.

Who is your biggest critic or champion and what is it that you identify with that alters your thoughts of insecurity into security or fear into self confidence?

BELIEFS & ILLUSIONS: Why not ask yourself are your thoughts and actions consistent or inconsistent with the ways that you live and your true self?

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**Belief:** What I do defines me.

**Illusion:** my success or social status matter and give me value.

By knowing my true self: I am confident and found and belief in the value that is MYSELF.

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Belief: What I have defines me.

Illusion: My material wealth defines my value.

By knowing my true self: I already have what I need within ME.

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**Belief:** What others do, have, or think about me defines me.

**Illusion:** What matters to others matters to everyone and that makes me valuable.

By knowing my true self: I accept myself as having value and therefore have no need to compare MYSELF to others.

**Exercise in taking small steps toward positive change:** Every day identify one small change that you want to make that you but have been putting off, that would improve your life and create the change. Your goal, is to experience the sense of accomplishment that comes from making small changes in your life.

*Have you ever worried about whether or not others perceive you in a positive or negative way?*

*But what about your own perceptions?*

**WITH SELF AWARENESS:** YOU reduce the drain and strain in your life as you begin to understand and recognize how self limiting beliefs and self sabotage patterns create and maintain obstacles in your life.

**Exercise In positive thinking:** This exercise is meant to help you to recognize and identify self limiting messages that can create and maintain obstacles in your life. No matter what comes your way, your task is to see only the favorable attributes in it. Your goal to practice positive thinking, but first you need to become aware of the types of messages you tell yourself. Are they mostly positive or negative?

Negative beliefs and messages I tell myself are \_\_\_\_\_

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How am I feeling about myself, and what are my choices here \_\_\_\_\_

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What are the warning signs that you are falling into a negative mindset, and what changes could you make to encourage a more positive attitude? \_\_\_\_\_

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***Continue to look to the future with the belief that you will find the resources you need to realize your deepest dreams. Do that and you will have found the person you aspire to be!***