

EMBRACE *you!*

*Amanda Louder*  
COACHING



# EMBRACE

---

WORKBOOK

*you!*

*Amanda Louder*

COACHING





# TABLE OF CONTENTS

## WEEK 1 - GAINING AWARENESS 10

VIDEO NOTES & ACTION PLAN.....	11
SELF-COACHING MODEL.....	13
THOUGHT DOWNLOAD.....	14
THOUGHT DOWNLOAD IDEAS.....	15
THOUGHT OR CIRCUMSTANCE.....	16
MY WHY.....	18

## WEEK 2 - NAVIGATING HARD FEELINGS 20

VIDEO NOTES & ACTION PLAN.....	21
FEELINGS.....	23
THE SKILLS OF EMOTION.....	24
FEELINGS LIST.....	25
WHAT AM I FEELING?.....	27
WHAT DO I WANT TO FEEL?.....	28
FEELING WHEEL.....	29
BUFFERING.....	30

## WEEK 3 - TAKING RESPONSIBILITY FOR YOUR FEELINGS 32

VIDEO NOTES & ACTION PLAN.....	33
WHAT ARE THE FEELINGS YOU CHOOSE?.....	35

# TABLE OF CONTENTS

## WEEK 4 - BELIEFS 36

VIDEO NOTES & ACTION PLAN.....	37
BELIEFS.....	39
STAIR-STEPPING.....	40
LADDER THOUGHTS.....	41
UNCOVERING BELIEFS.....	42
SEX BELIEF PROMPTS.....	44
MY CURRENT BELIEFS.....	45
WHAT DO I WANT TO BELIEVE?.....	46

## WEEK 5 - BUILDING A BETTER RELATIONSHIP WITH YOURSELF 48

VIDEO NOTES & ACTION PLAN.....	49
YOUR THOUGHTS ABOUT YOU.....	51
100 THINGS I LOVE ABOUT ME.....	57
WHAT DO I WANT?.....	60
MY DESIRES.....	61
HIGHER DESIRES.....	62
WHAT DOES MY SEXUALITY WANT?.....	64
AM I DESIRABLE?.....	65

## WEEK 6 - SELF-CONFIDENCE 70

VIDEO NOTES & ACTION PLAN.....	71
SELF-CONFIDENCE.....	73
SELF-CONFIDENCE EXERCISE.....	76
AREAS OF CONFIDENCE.....	78

# TABLE OF CONTENTS

## WEEK 7 - RELATIONSHIPS

80

VIDEO NOTES & ACTION PLAN.....	81
UNCOVERING RELATIONSHIP BELIEFS.....	83
MY SPOUSE.....	85
100 THINGS I LOVE ABOUT MY SPOUSE.....	88
LOVEABILITY.....	91
UNCONDITIONAL LOVE.....	94
HOW STRONG IS YOUR FIDELITY?.....	95

## WEEK 8 - RELATIONSHIP TOOLS

96

VIDEO NOTES & ACTION PLAN.....	97
PERSON OF FOCUS.....	99
THE MANUAL.....	107
A WIFE SHOULD.....	112
A HUSBAND SHOULD.....	114
BOUNDARIES.....	116
DIFFICULT CONVERSATIONS.....	118
CONVERSATION STARTERS.....	120
FEAR OF INTIMACY SCALE.....	122

## WEEK 9 - STAGES OF SEX

124

VIDEO NOTES & ACTION PLAN.....	125
STAGES OF SEX.....	127
DESIRE.....	131
HOW DO I APPROACH SEX?.....	132
WHY DO I SAY YES OR NO?.....	133
OUR SEXUAL PROTOCOL.....	134

# TABLE OF CONTENTS

## WEEK 10 - CREATING DESIRE

136

VIDEO NOTES & ACTION PLAN.....	137
ACCELERATORS & BRAKES.....	139
MY EROTIC MAP.....	140
ROADMAP TO PERSONAL PLEASURE.....	141
SEXUAL DESIRES.....	144
FANTASY.....	145
YES/NO/MAYBE LIST.....	146
WHY DO I WANT SEX?.....	148
MINDFUL SEX.....	149

## WEEK 11 - SEXUAL HEALTH AND AGREEMENTS

150

VIDEO NOTES & ACTION PLAN.....	151
SEXUAL HEALTH.....	153
SEXUAL AGREEMENTS.....	154

## WEEK 12 - GOING FORWARD

160

VIDEO NOTES & ACTION PLAN.....	161
MONDAY HOUR ONE.....	163
GOAL SETTING.....	164
DO GOALS.....	165
OBSTACLES & STRATEGIES.....	166
THE PLAN.....	167
GOAL SUMMARY.....	168





*Week 1*

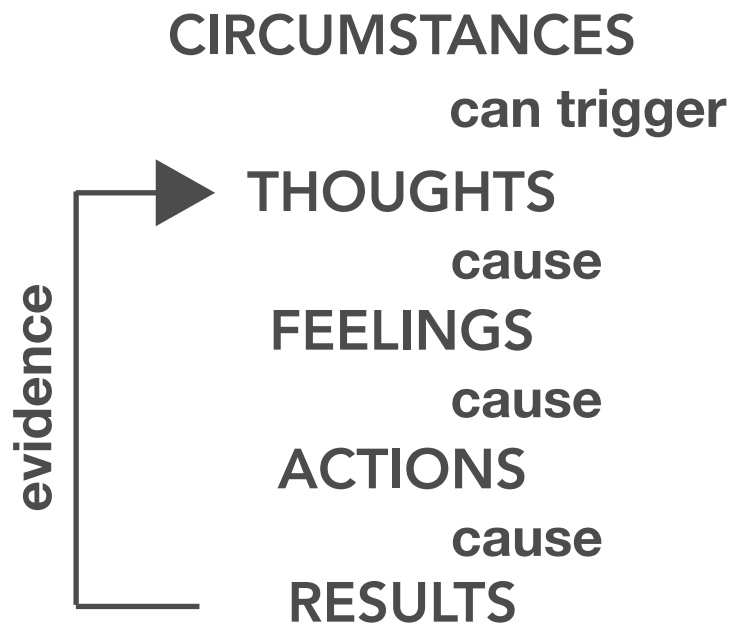
**GAINING AWARENESS**

# VIDEO NOTES



## TAKEAWAYS AND ACTION PLAN

# THE SELF-COACHING MODEL



## THE WAY TO SOLVE ANY PROBLEM!

C = Circumstances are always neutral. They are factual. Something out of your control.

T = Thoughts. Narrow down to ONE thought.

F = Feelings come from our thoughts. One word feeling.

A = Actions can also be inaction. What are your feelings causing you to do (or not do)? What is going on inside your head?

R = Result are always yours. They should give proof that your thought is true. An "I" statement.

# THOUGHT DOWNLOAD

## WHAT IS A THOUGHT DOWNLOAD AND HOW DO I USE IT?

Welcome to understanding your mind through the power of the Thought Download. A Thought Download is simply a daily writing exercise that allows us to become aware of all of our thoughts circulating within our minds.

I recommend doing your thought download in the morning. It helps you start your day in a more grounded way. Start by pulling out a journal or piece of paper and simply writing down everything that is running through your mind. No editing, no worrying, and no assessing it. This is a safe space where you are allowed to be, think, and feel without judgement.

## OUR MINDS ARE THE MOST POWERFUL TOOL WE HAVE. YOU CAN LEARN HOW TO USE YOURS WISELY.

You've heard, our mind is the most powerful tool we have access to. Yet most of us tend to run on autopilot, or let our minds run us. We are passive listeners and reactors to our thoughts. This doesn't have to be the case. The most important thing you can do is OBSERVE your thoughts and learn how to manage your mind.

Often, we don't become aware of our thoughts until we are feeling some kind of unpleasant emotions. However, it is our thoughts that create our feels and emotions, not the other way around. Can you see how important it is that we get curious about the thoughts that are running through our minds?

## NOT ALL THOUGHTS ARE CREATED EQUALLY... NOT ALL THOUGHTS ARE TRUE...

Our thoughts are the stories we tell ourselves. They are our interpretations of the circumstances of our lives. They are not truth, though we often accept them as truth. This doesn't mean that what you think and feel doesn't matter. This means you have more control over your thinking and feeling than you realize. Becoming aware of our thinking gives us the ability to RESPOND in our life, rather than REACT.

## THE THOUGHT DOWNLOAD IS THE FIRST STEP IN ACCESSING THE POWER OF OUR BRAIN.

Try it!

1. Spend 10 minutes each day connecting with yourself
2. Open your journal or get a clean sheet of paper
3. Take a moment to breathe, allow yourself to get focused
4. Start writing down everything in your mind.

Once you get the groove with this daily practice you can take it a step further. Pick one thought from your TDL and put it into The Model. The Model empowers you to learn how to respond to your thoughts rather than being reactive.

# THOUGHT DOWNLOAD IDEAS

## JOURNAL ENTRY

Write out your thoughts like you would a journal entry. Lay everything out in detail.

## FREE WRITE

Don't worry about punctuation or paragraphs. Just get everything out.

## EXAMINE THE FACTS

Draw a line down the center of the page. Write the story on one side. When you are done, pull out the facts from your story on the other side. The rest of it is just thoughts, and all of those are optional.

## TOPICAL DOWNLOAD

Put a topic that you want to write about at the top of your paper and then write everything you can on that specific topic.

## ANSWER A QUESTION

Your brain loves to solve problems. Put a question at the top of your paper and then have your brain answer it. Don't accept "I don't know" as an answer. What would the answer be if you did know?

## COMPLAINTS & GRATITUDE

Make a list of all your complaints about a certain topic. Then give EAT (equal air time) to what's working and what is good.

## INTENTIONAL THOUGHT DOWNLOAD

Write about what you want to think and feel on purpose. What results you want to create with the way you are thinking and feeling.

## LIST OF THOUGHTS

Write one thought per line. You can divide the page in two and write the current thought on one side and the intentional thought on the other.

# THOUGHT OR CIRCUMSTANCE?

For each of the statements below, underline the "T" if it's a thought or the "C" if it's a situation.

T C My life is overwhelming.

T C I weight 130 lbs.

T C My house is too small for my family.

T C My husband is lazy.

T C I have a 4-year old child.

T C He left me.

T C Susan is my friend.

T C I am selfish.

T C My husband doesn't understand me.

T C My son is difficult.

T C My teenager says she is mad at me.

T C My life is exactly as it is supposed to be.

T C My marriage is over.

T C My husband is addicted to pornography.

T C My mother is controlling.

T C She makes me angry.

T C It's a nice day today.

Answer key is on the next page.

# THOUGHT OR CIRCUMSTANCE?

(answers)

For each of the statements below, underline the "T" if it's a thought or the "C" if it's a situation.

T C My life is overwhelming.

T C I weight 130 lbs.

T C My house is too small for my family.

T C My husband is lazy.

T C I have a 4-year old child.

T C He left me.

T C Susan is my friend.

T C I am selfish.

T C My husband doesn't understand me.

T C My son is difficult.

T C My teenager says she is mad at me.

T C My life is exactly as it is supposed to be.

T C My marriage is over.

T C My husband is addicted to pornography.

T C My mother is controlling.

T C She makes me angry.

T C It's a nice day today.

WHY DO YOU WANT TO BE MORE CONFIDENT IN YOURSELF?

WHY DO YOU WANT TO EMBRACE YOUR SEXUALITY?

# MY WHY

WHY DO THESE THINGS MATTER TO YOU RIGHT NOW?

WHY DO THEY MATTER TO YOU LONG TERM?

WHAT WILL EMBRACING YOUR SEXUALITY DO FOR YOUR MARRIAGE?

WHAT ARE YOU AFRAID OF IF YOU DON'T FIX THIS NOW?



*Week 2*

NAVIGATING HARD FEELINGS

# VIDEO NOTES

# TAKEAWAYS AND ACTION PLAN

# FEELINGS

## WHAT ARE FEELINGS?

All of our feelings are caused by a thought. A sentence happens in our brain (consciously or unconsciously) and our brain sends chemicals, hormones, and neurotransmitters into our body, which cause a vibration. This is what we know as feelings.

Feelings are different than sensations. Sensations are involuntary and start in the body and go to the brain, where feelings start in the brain and go to the body.

## WHY FEELINGS MATTER

When we learn that our thoughts cause our feelings, often our immediate response is to try and change our thinking immediately. But it's not that simple. The first step is to just increase our awareness. Paying attention to your thinking and noticing what you are feeling.

The only reason we do anything in this life is to feel a certain way or to avoid feeling a certain way. But when you understand that your emotions can't actually hurt you, then you will be open to feeling all of your emotions.

## NEGATIVE EMOTIONS

As humans, we typically don't like the way negative emotions feel, so a lot of your behavior is an attempt to change or avoid them. We typically do this in one of three ways:

1. Avoid them (we distract ourselves, and do what we can to not have negative emotion)
2. Resist them (push them away, which usually makes them worse over time, gives an anxiety)
3. React to them (yell, scream, punch a wall, etc.)

## PROCESSING EMOTIONS

Becoming aware of our emotions enables us to make sense of why we're feeling the way we feel. As we practice getting more in touch with our emotions and understanding the real cause of our discomfort, it's from here that we can act to create a better outcome.

When we can process our emotions, instead of avoid, resist, or react to them, we get power over them.

To process your emotions

1. **STOP:** Stop what you are doing and name the emotion you are feeling (feelings wheel or list).
2. **DROP:** Get out of your head and drop into the body. Identify where in your body you are feeling it. Describe it (color, density, texture, how it moves)
3. **BREATHE:** Sit with the emotion, breathe into it and create space for it to expand and dissipate. As you do this, it should lessen and go away. It may come back again, but usually not as strong.

# THE SKILLS OF EMOTION

## 1. WILLINGNESS AND ALLOWING ALL EMOTION

- Embracing discomfort
- Eliminating avoidance behavior
- Not needing escape
- Courage towards any emotion
- Allowing is not reacting
- Feeling is not displaying

## 2. Creating Wanted and Needed Emotion

- Deliberate thought
- Momentum through action
- Practicing and rehearsing
- Believing and commitment
- The Platter

# FEELINGS LIST

Abrupt  
Absorbed  
Accepting  
Aching  
Achy  
Active  
Adaptable  
Adequate  
Admiring  
Affectionate  
Afflicted  
Aggressive  
Agitated  
Agonized  
Agoraphobic  
Alarmed  
Alienated  
Allowing  
Alone  
Amazed  
Amused  
Anguished  
Animated  
Annoyed  
Antagonistic  
Anxious  
Appalled  
Appreciative  
Apprehensive  
Approachable  
Approving  
Argumentative  
Ashamed  
Assured  
At ease  
Attached  
Attacked  
Attacking  
Attentive  
Attracted  
Authentic  
Authoritative  
Avoiding  
Aware  
Awkward  
Bad  
Balanced  
Beaming  
Beautiful  
Belittled  
Bitter  
Blessed  
Blindsided  
Blissful  
Blocked  
Blunt

Blushing  
Bold  
Bored  
Bossy  
Brave  
Bright  
Brutal  
Bulldozed  
Bullied  
Bummed out  
Burdened  
Calm  
Carefree  
Caring  
Centered  
Certain  
Cheerful  
Cheerless  
Child-like  
Clear  
Close  
Closed  
Cold  
Combative  
Comfortable  
Communicative  
Comparing  
Compassionate  
Complaining  
Complete  
Composed  
Compulsive  
Condemning  
Condescending  
Confident  
Confounded  
Connected  
Conscientious  
Considerate  
Constructive  
Content  
Contracted  
Contrary  
Controlling  
Cooperative  
Courageous  
Courteous  
Cowardly  
Crabby  
Cranky  
Craving  
Creative  
Critical  
Cross  
Crushed  
Crying

Curious  
Cut off  
Daring  
Defensive  
Dejected  
Delighted  
Demanding  
Deprived  
Desolate  
Despairing  
Desperate  
Despicable  
Despondent  
Devastated  
Devoted  
Diminished  
Dirty  
Disappointed  
Disconnected  
Discontented  
Discouraged  
Disdainful  
Disgusted  
Disheartened  
Dishonest  
Disillusioned  
Dismayed  
Disoriented  
Disrespectful  
Disrupted  
Dissatisfied  
Distant  
Distracted  
Distraught  
Distressed  
Distrustful  
Disturbed  
Doomed  
Doubtful  
Down  
Downhearted  
Drawn  
Dreadful  
Dull  
Dynamic  
Eager  
Earnest  
Easy  
Easygoing  
Ecstatic  
Efficient  
Elated  
Embarrassed  
Embracing  
Empathetic  
Empty

Encouraged  
Energetic  
Energized  
Engrossed  
Enjoying  
Enraged  
Enthusiastic  
Envious  
Equal  
Euphoric  
Exasperated  
Excellent  
Excited  
Exhilarated  
Expansive  
Exuberant  
Fake  
Fascinated  
Fatigued  
Fault finding  
Fearful  
Festive  
Fidgety  
Fine  
Flexible  
Flowing  
Fluid  
Focused  
Forgiving  
Fragile  
Free  
Frenzied  
Friendly  
Frightened  
Frisky  
Frowning  
Frustrated  
Fulfilled  
Fun loving  
Funny  
Furious  
Gentle  
Genuine  
Giving  
Glad  
Glaring  
Gleeful  
Gloomy  
Glorious  
Glowing  
Glum  
Good  
Graceful  
Gracious  
Grateful  
Gratified

Great  
Grieved  
Groaning  
Grouchy  
Grounded  
Grumpy  
Guarded  
Guilty  
Haggard  
Happy go lucky  
Hard  
Hardy  
Harmonious  
Hateful  
Healthy  
Heartbroken  
Helpful  
Hesitant  
Hitting  
Honest  
Honored  
Honoring  
Hopeful  
Hopeless  
Hostile  
Hotheaded  
Humble  
Humiliated  
Humor  
Hungry  
Hurtful  
Immobile  
Impatient  
In good  
In heaven  
In hell  
In the zone  
Incapable  
Incapacitated  
Incensed  
Incompetent  
Indecisive  
Indignant  
Inept  
Inferior  
Infuriated  
Inhibited  
Injured  
Innocent  
Inquisitive  
Insecure  
Insensitive  
Inspired  
Insulted  
Insulting  
Intelligent

# FEELINGS LIST

Intent  
Interested  
Intimidated  
Intolerant  
Intrigued  
Invaded  
Involved  
Irate  
Irritated  
Jealous  
Jittery  
Jovial  
Joyous  
Jubilant  
Judgmental  
Keen  
Kind  
Kindly  
Laughing  
Liberated  
Lifeless  
Light  
Lighthearted  
Listening  
Lonely  
Lost  
Loud  
Lousy  
Loved  
Low  
Mad  
Malicious  
Manipulative  
Masochistic  
Mature  
Mean  
Mean-spirited  
Meditative  
Mellow  
Menaced  
Miffed  
Miserable  
Misgiving  
Moaning  
Moody  
Morose  
Motivated  
Mournful  
Natural  
Nauseated  
Negative  
Neglectful  
Nervous  
No energy  
Non-controlling  
Non-judgmental

Observant  
Obsessive  
Off  
Offended  
Offensive  
Off kilter  
OK  
On top of the world  
Open minded  
Optimistic  
Out of sorts  
Outgoing  
Overbearing  
Overjoyed  
Oversensitive  
Overwhelmed  
Pained  
Panicked  
Paralyzed  
Paranoid  
Passionate  
Pathetic  
Patient  
Perplexed  
Perseverant  
Pessimistic  
Petrified  
Phobic  
Phony  
Placid  
Playful  
Pleased  
Poisonous  
Powerless  
Prejudiced  
Preoccupied  
Present  
Privileged  
Productive  
Punishing  
Pushy  
Quarrelsome  
Quiet  
Radiant  
Ranting  
Rapturous  
Reactive  
Rebellious  
Receptive  
Recoiling  
Reflective  
Rejected  
Relaxed  
Reliable  
Remorseful  
Reprimanding

Repulsed  
Resentful  
Reserved  
Resistant  
Resourceful  
Respectful  
Responsible  
Responsive  
Rested  
Restless  
Retaliating  
Revengeful  
Rigid  
Robotic  
Rotten  
Rude  
Sadistic  
Sane  
Sarcastic  
Satisfied  
Scared  
Scolding  
Scornful  
Screaming  
Secretive  
Secure  
Seething  
Self castigating  
Self absorbed  
Self affirming  
Self conscious  
Self critical  
Self denigrating  
Self deprecating  
Self hating  
Self sufficient  
Sensitive  
Serene  
Serious  
Shaky  
Shallow  
Sharing  
Sharp  
Short tempered  
Shrill  
Shutdown  
Shy  
Sick  
Sincere  
Slighted  
Slouching  
Slow  
Sluggish  
Slumped  
Smiling  
Smothered

Solid  
Sorrowful  
Sour  
Spirited  
Spiteful  
Spontaneous  
Spunky  
Squirming  
Stable  
Steady  
Stern  
Stiff  
Still  
Stilted  
Stonewalling  
Stony  
Stressed  
Stubborn  
Stuck  
Suffering  
Sulky  
Sullen  
Sunny  
Superior  
Supported  
Supportive  
Sure  
Surprised  
Suspicious  
Swearing  
Sweet  
Sympathetic  
Tactless  
Taut  
Tearful  
Tenacious  
Tender  
Tense  
Terrible  
Terrified  
Territorial  
Thankful  
Thoughtful  
Threatened  
Thrilled  
Ticked off  
Tickled  
Tight  
Timid  
Tired  
Tolerant  
Tormented  
Tortured  
Touched  
Touchy  
Trapped

Trembling  
Troubled  
Trusting  
Truthful  
Twitching  
Unassuming  
Unbending  
Unburdened  
Uncaring  
Uncertain  
Uncomfortable  
Unfair  
Unhappy  
Unhurried  
Uninterested  
Unique  
Unpleasant  
Unresponsive  
Unsure  
Unwelcoming  
Unworthy  
Upbeat  
Uplifted  
Upset  
Uptight  
Useless  
Venomous  
Victimized  
Vigorous  
Vindictive  
Violent  
Vulnerable  
Waiting  
Warm  
Wary  
Weak  
Weary  
Welcoming  
Withdrawn  
Wonderful  
Woozy  
Worldly  
Worried  
Wronged  
Yelling  
Youthful

# WHAT AM I FEELING?

WHAT EMOTION AM I FEELING RIGHT NOW? (AWARENESS)

WHAT DOES THIS FEELING FEEL LIKE IN MY BODY, SPECIFICALLY? (OBSERVER)

WHAT THOUGHT IS CAUSING THIS FEELING?

WHAT DO I WANT TO FEEL RIGHT NOW?

WHAT THOUGHT DO I NEED TO THINK TO MAKE ME FEEL THAT WAY?

HOW CAN I PRACTICE THIS FEELING?



# WHAT DO I WANT TO FEEL?

WHAT EMOTION DO I WANT TO FEEL IN THIS CIRCUMSTANCE?

WHY?

WHAT THOUGHT DO I NEED TO THINK TO MAKE ME FEEL THAT WAY?

WHEN I FEEL THIS WAY, WHAT WILL I DO AND NOT DO? HOW WILL I SHOW UP?

WHAT RESULT WITH THIS CREATE FOR ME?

This circular diagram illustrates 100 emotions, organized into five primary categories: Happy, Sad, Angry, Fearful, and Surprised. Each primary category is further divided into sub-categories (Good, Bad, Neutral, Mixed) and then into specific emotion words. The emotions are color-coded to match their primary category.

Primary Category	Sub-Category	Emotion Words				
Happy (Yellow)	Good	Content, Proud, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired				
	Mixed	Playful, Excited, Amazed, Surprised, Interested, Curious, Joyful, Free, Cheeky, Energetic, Eager, Awe, Astonished, Perplexed, Disillusioned, Shocked				
	Sad (Blue)	Good	Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Critical, Distant, Frustrated, Aggressive, Mad, Bitter, Humiliated, Let down, Threatened, Rejected, Weak, Insecure, Anxious, Scared			
		Bad	Bored, Busy, Stressed, Tired, Confused, Surprised, Startled, Amazed, Excited, Playful, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Critical, Distant, Frustrated, Aggressive, Mad, Bitter, Humiliated, Let down, Threatened, Rejected, Weak, Insecure, Anxious, Scared			
		Angry (Red)	Good	Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Sceptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated		
			Bad	Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Sceptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated		
			Fearful (Orange)	Good	Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Sceptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated	
				Bad	Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Sceptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated	
				Surprised (Purple)	Good	Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Sceptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated
					Bad	Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Sceptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimized, Abandoned, Isolated

# BUFFERING

WHAT EMOTIONS MAKE ME UNCOMFORTABLE?

WHY DO THEY MAKE ME UNCOMFORTABLE?

WHAT DO I DO INSTEAD OF FEELING THEM? WHAT DO I BUFFER WITH?

WHEN I AM BUFFERING, WHAT AM I FEELING?

AFTER I BUFFER, WHAT AM I FEELING? IS THIS BETTER OR WORSE THAN THE ORIGINAL FEELING?

# BUFFERING

WHAT WOULD HAVE WORKED BETTER? WHAT ELSE COULD YOU HAVE DONE?

WHAT DID YOU LEARN?

HOW DO YOU WANT TO HANDLE THIS NEXT TIME?

WHAT EMOTIONS DO YOU WANT TO TRY TO FEEL ON PURPOSE, AND MORE INTENSELY INSTEAD OF BUFFERING THEM AWAY? WHY?

*Week 3*

**TAKING RESPONSIBILITY FOR  
YOUR FEELINGS**

# VIDEO NOTES



# WHAT ARE THE FEELINGS YOU CHOOSE?

YOU CAN DECIDE WHAT EMOTIONS MOST SERVE YOU IN THIS BALANCE BETWEEN POSITIVITY AND NEGATIVITY.

While we think we “should” be happy all the time, we actually don’t want to be. We want The full human experience. You can decide which emotions will help you balance Positivity and negativity. 50/50.

I love the imagery of a silver platter of emotions. What are the ones you need and the ones you want to feel on purpose?

## POSITIVE

## NEGATIVE



*Week 4*  
**BELIEFS**

# VIDEO NOTES

# TAKEAWAYS AND ACTION PLAN

# BELIEFS

## WHAT IS A BELIEF?

A belief is a thought that you keep thinking. A sentence in your brain that you have thought over and over. Thinking a thought over and over doesn't make it true. It's not a fact (or a circumstance), it's a thought. All thoughts are optional.

## WHAT DO I BELIEVE?

Right now, you have beliefs on many different topics. You have beliefs about yourself, your spouse, sex, God, and many, many other things. Many of these beliefs are under-lying and you may not even realize that you have them.

Many people struggle to adopt new beliefs because they think they need evidence for it first. But you can choose to believe anything you want. You don't need evidence for it. Your brain will find the evidence for you once you start to focus on believing something new.

## HOW DO I CHANGE MY BELIEFS?

### STEP 1: NOTICE YOUR CURRENT THOUGHT

You can't change your beliefs if you aren't aware of what you are currently thinking and believing. To become aware of your thoughts, do some thought downloads or ask your brain questions and let it answer. Don't take "I don't know" for answer. Your brain does know, but it also likes things to be easy, so it tells you that it doesn't know so that you will stop asking questions. Keep asking them until you get an answer.

### STEP 2: BE WILLING TO BE WRONG

What if you are completely wrong about what you believe? What if you are wrong even if you have evidence that says otherwise? What if the opposite were true? Open your mind up to new possibilities by stretching it.

### STEP 3: PRACTICE THE NEW BELIEF

Write out your new belief and practice it over and over. Put it in your pocket, on your mirror, or as the screensaver on your phone. The more you think the new thought, the more you will believe it. Your brain will still offer you your old belief, because that's what it is used to doing. But by practicing the new thought, your brain will eventually make the switch.

# STAIR-STEPPING



# LADDER THOUGHTS

THESE ARE THOUGHTS THAT HELP YOU BRIDGE THE GAP BETWEEN WHAT YOU CURRENTLY BELIEVE TO THOUGHTS YOU WANT TO BELIEVE.

I AM A PERSON WHO...

I'M LEARNING HOW TO...

I AM BECOMING SOMEONE WHO THINKS...

I'M OPEN TO BELIEVING...

I AM CHOOSING TO BELIEVE...

I'M OPEN TO...

I AM COMMITTED TO THINKING...

I'M THINKING THE THOUGHT...

I AM OPEN TO CHANGING MY BELIEF ABOUT...

I'M WORKING ON...

I AM THINKING THIS FOR NOW...

IT FEELS SO GOOD WHEN I CHOOSE TO BELIEVE...

I AM NOTICING I AM THINKING...

IT'D BE SUPER FREAKING COOL TO BELIEVE...

I USED TO THINK \_\_\_\_\_ AND NOW I THINK...

IT'S POSSIBLE THAT...

I WONDER...

IT'S POSSIBLE THAT SOMEDAY...

I AM BECOMING...

MAYBE IT'S POSSIBLE THAT...

I'M GOING TO \_\_\_\_\_ NO MATTER WHAT!

SOMEDAY I WILL THINK...

I AM GROWING INTO THE BELIEF...

THIS IS JUST A SENTENCE IN MY

I AM JUST CHOOSING TO THINK...

BRAIN AT THIS MOMENT...

I'M LEARNING....

THIS IS THE BEST MY BRAIN CAN DO TODAY...

I'M WILLING TO BELIEVE...

WHAT IF I THOUGHT/BELIEVED...

I'M CONSIDERING...

... COULD BE...

I'M CURIOUS...

...AND IT'S OK.

I'M IN THE PROCESS OF...

OH YEAH, THAT FEELS GOOD! LET'S THINK THAT!

# UNCOVERING BELIEFS

WHAT DO YOU BELIEVE ABOUT YOUR LIFE?

WHAT DO YOU BELIEVE ABOUT YOURSELF?

WHAT ARE THE LESSONS YOUR PARENTS TAUGHT YOU?

# UNCOVERING BELIEFS

WHAT DO YOU BELIEVE ABOUT YOUR DREAMS COMING TRUE?

WHAT DO YOU BELIEVE ABOUT YOUR ABILITY TO CREATE WHAT YOU WANT?

WHY DO YOU HAVE THE CURRENT RESULTS IN YOUR LIFE?

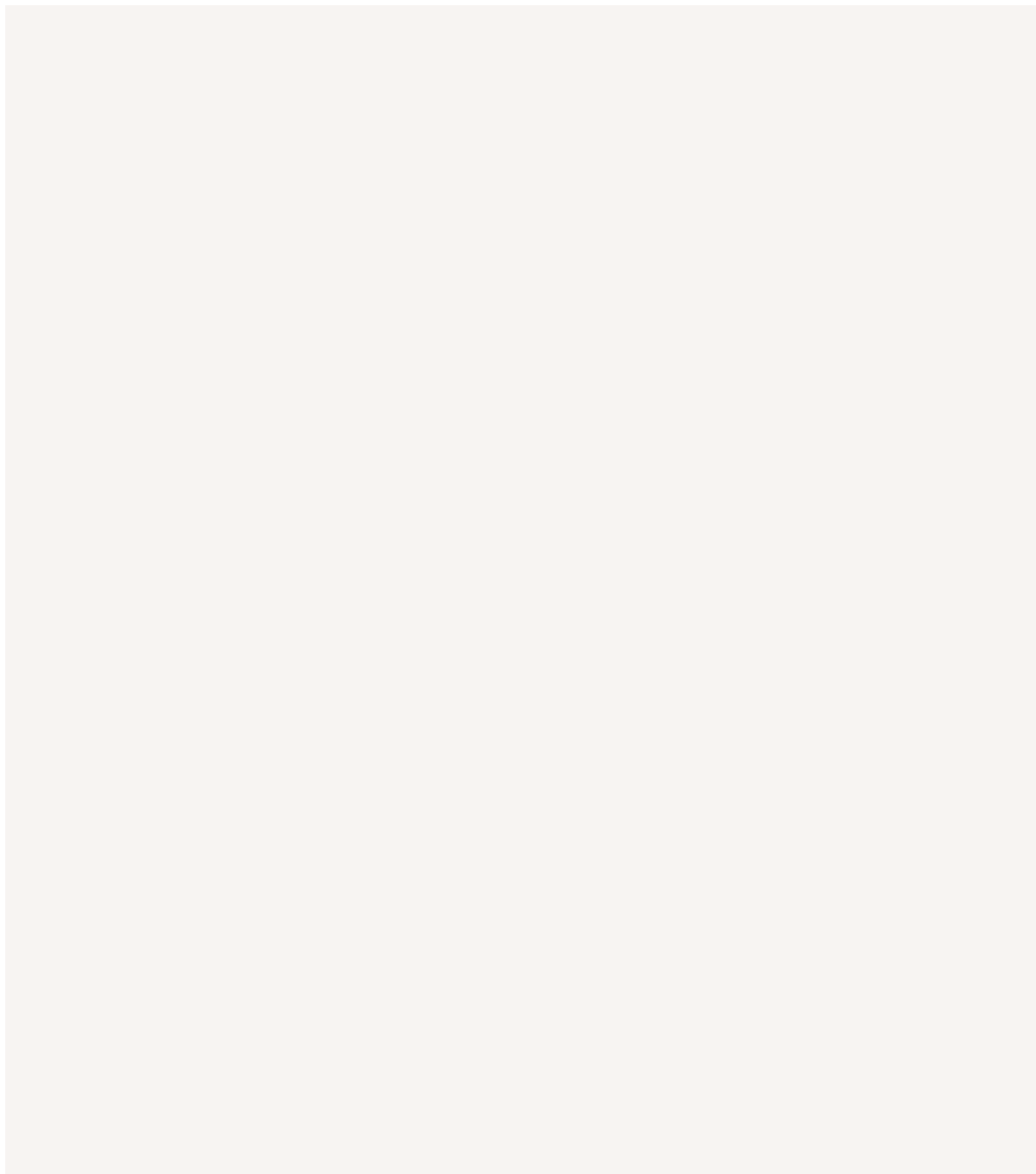


# SEX BELIEF PROMPTS

- WHAT DO I BELIEVE ABOUT MYSELF AND SEX?
- WHAT DO I BELIEVE ABOUT MY HUSBAND AND SEX?
- WHAT DO I BELIEVE ABOUT MY MARRIAGE?
- WHAT DO I BELIEVE ABOUT MY SEXUALITY?
- WHAT DO I BELIEVE ABOUT SEX?
- WHAT DO I BELIEVE ABOUT HAVING SEX WITH MY SPOUSE? WHY?
- WHAT DO I WANT TO THINK ABOUT SEX?
- HOW IS MY CURRENT THINKING SERVING ME?
- HOW IS MY CURRENT THINKING NOT SERVING ME?
- HOW IS MY CURRENT THINKING SERVING MY RELATIONSHIP?
- HOW IS MY CURRENT THINKING NOT SERVING MY RELATIONSHIP?
- WHAT WILL I HAVE TO GIVE UP IN ORDER TO CHANGE?
- HOW DO I WANT TO FEEL IN MY SEXUAL RELATIONSHIP?

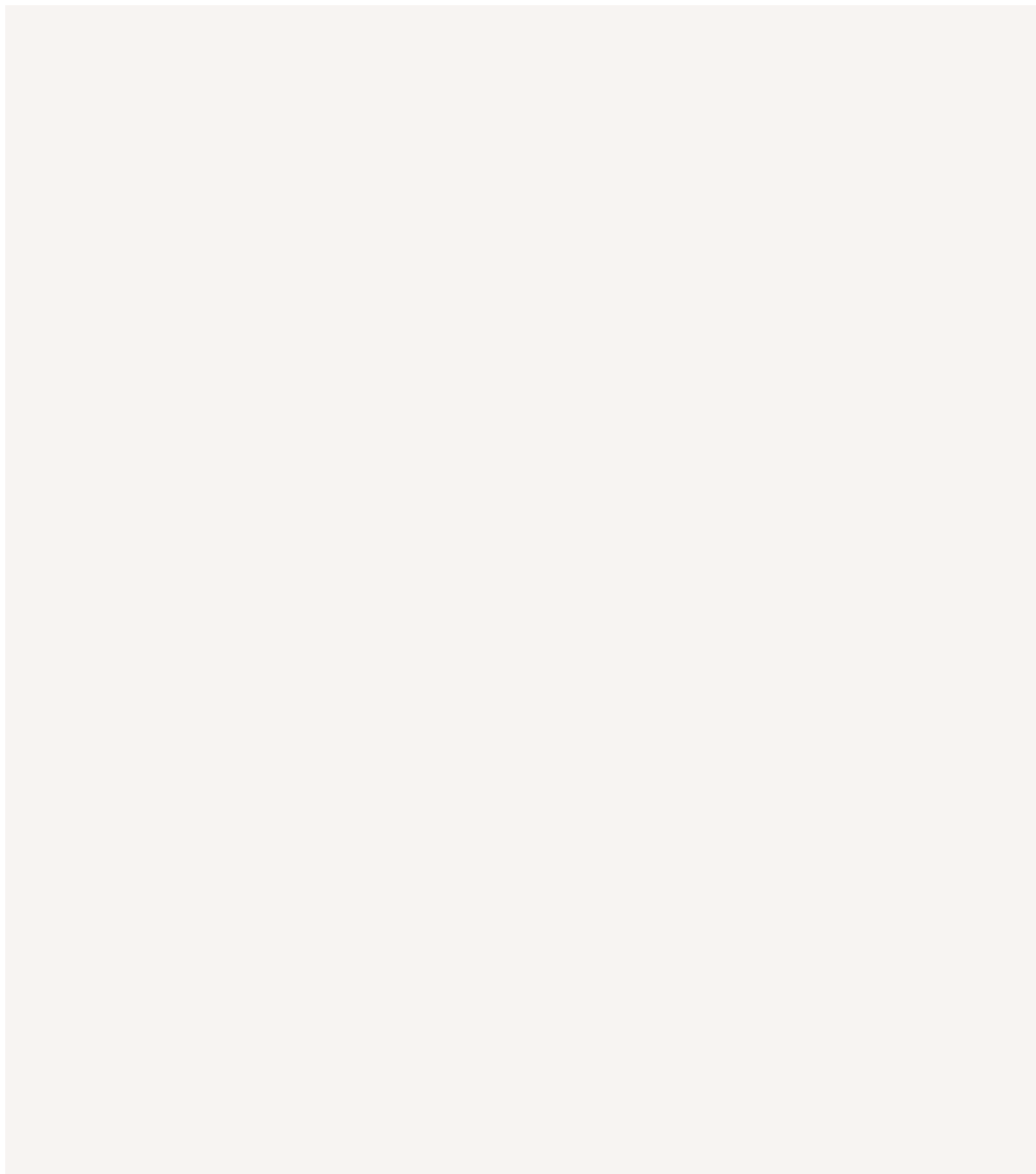
# MY CURRENT BELIEFS

WHAT DO I BELIEVE ABOUT SEX? WHAT IS ON THE SURFACE AND WHAT IS DOWN DEEP?

A large, empty rectangular box with a light gray background, intended for the user to write their current beliefs about sex. The box occupies the majority of the page below the question.

# WHAT DO I WANT TO BELIEVE?

WHAT DO I WANT TO BELIEVE ABOUT SEX?

A large, empty light gray rectangular box intended for the user to write their response to the question "WHAT DO I WANT TO BELIEVE ABOUT SEX?".



*Week 5*

**BUILDING A BETTER  
RELATIONSHIP WITH YOURSELF**

# VIDEO NOTES

# TAKEAWAYS AND ACTION PLAN

# YOUR THOUGHTS ABOUT YOU

LOOK IN A MIRROR. ASK YOURSELF, WHAT THOUGHTS DO I THINK ABOUT MYSELF?

WHAT DO I THINK ABOUT MY BODY?



# YOUR THOUGHTS ABOUT YOU

WHO AM I?

ON A SCALE OF 1-10, I BELIEVE I'M A \_\_\_\_\_ BECAUSE.....

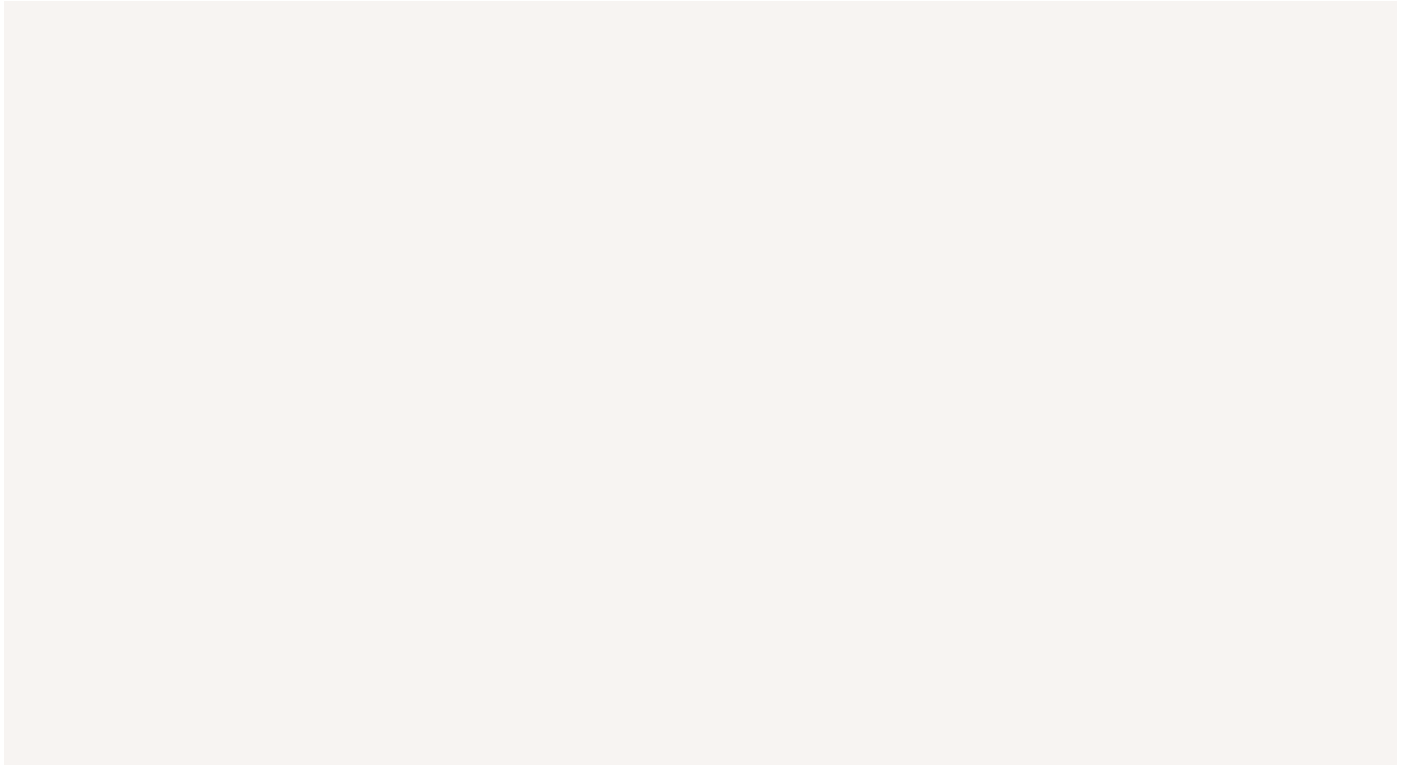
# YOUR THOUGHTS ABOUT YOU

THOUGHTS I THINK ABOUT MYSELF, BASED ON HOW OTHERS SEE ME:

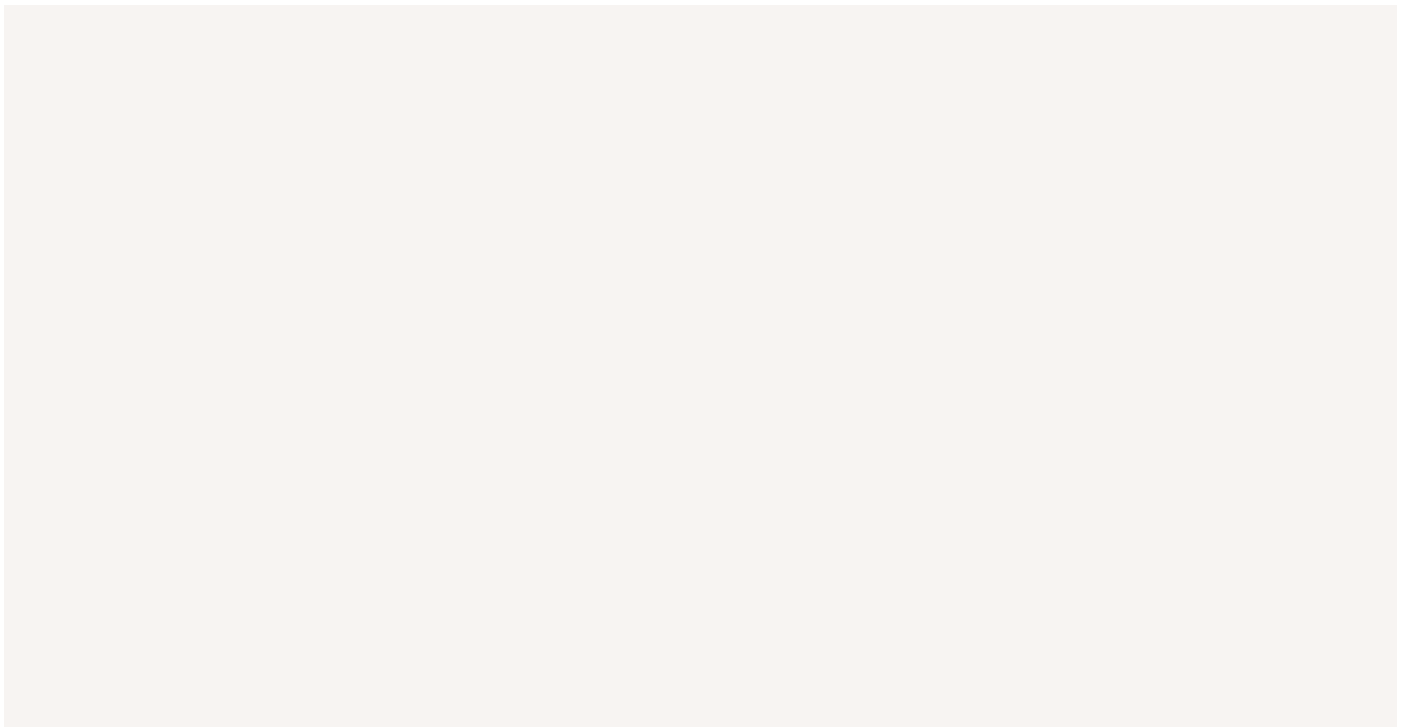
WHAT DO I THINK ABOUT MY ABILITIES?

# YOUR THOUGHTS ABOUT YOU

**BASED ON WHAT I'VE BEEN TOLD, THE THOUGHT I THINK ABOUT MYSELF ARE:**

A large, empty rectangular box with a light gray background, intended for the user to write their thoughts based on what they've been told.

**WHAT DO I THINK ABOUT MYSELF COMPARED TO OTHERS?**

A large, empty rectangular box with a light gray background, intended for the user to write their thoughts about themselves compared to others.

# YOUR THOUGHTS ABOUT YOU

DO I LIKE, LOVE, OR HATE MYSELF? WHY?

WHAT DO I THINK ABOUT MY ACCOMPLISHMENTS?

# YOUR THOUGHTS ABOUT YOU

WHAT DO I THINK ABOUT MY PERSONALITY?

WHAT DO I THINK ABOUT MY WEAKNESSES?

# 100 Things I Love About Me

MAKE A LIST OF 100 THINGS THAT YOU LIKE, LOVE, ADMIRE, OR APPRECIATE ABOUT YOURSELF TO HELP RETRAIN YOUR BRAIN TO LOOK FOR THE GOOD THINGS IN YOU!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. \_\_\_\_\_

24. \_\_\_\_\_

25. \_\_\_\_\_

26. \_\_\_\_\_

27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_

31. \_\_\_\_\_

32. \_\_\_\_\_

33. \_\_\_\_\_

34. \_\_\_\_\_

# 100 Things I Love About Me

MAKE A LIST OF 100 THINGS THAT YOU LIKE, LOVE, OR APPRECIATE ABOUT YOURSELF TO HELP RETRAIN YOUR BRAIN TO LOOK FOR THE GOOD THINGS IN YOU!

35. \_\_\_\_\_

36. \_\_\_\_\_

37. \_\_\_\_\_

38. \_\_\_\_\_

39. \_\_\_\_\_

40. \_\_\_\_\_

41. \_\_\_\_\_

42. \_\_\_\_\_

43. \_\_\_\_\_

44. \_\_\_\_\_

45. \_\_\_\_\_

46. \_\_\_\_\_

47. \_\_\_\_\_

48. \_\_\_\_\_

49. \_\_\_\_\_

50. \_\_\_\_\_

51. \_\_\_\_\_

52. \_\_\_\_\_

53. \_\_\_\_\_

54. \_\_\_\_\_

55. \_\_\_\_\_

56. \_\_\_\_\_

57. \_\_\_\_\_

58. \_\_\_\_\_

59. \_\_\_\_\_

60. \_\_\_\_\_

61. \_\_\_\_\_

62. \_\_\_\_\_

63. \_\_\_\_\_

64. \_\_\_\_\_

65. \_\_\_\_\_

66. \_\_\_\_\_

67. \_\_\_\_\_

68. \_\_\_\_\_

# 100 Things I Love About Me

MAKE A LIST OF 100 THINGS THAT YOU LIKE, LOVE, OR APPRECIATE ABOUT YOURSELF TO HELP RETRAIN YOUR BRAIN TO LOOK FOR THE GOOD THINGS IN YOU!

68. \_\_\_\_\_

69. \_\_\_\_\_

70. \_\_\_\_\_

71. \_\_\_\_\_

72. \_\_\_\_\_

73. \_\_\_\_\_

74. \_\_\_\_\_

75. \_\_\_\_\_

76. \_\_\_\_\_

77. \_\_\_\_\_

78. \_\_\_\_\_

79. \_\_\_\_\_

80. \_\_\_\_\_

81. \_\_\_\_\_

82. \_\_\_\_\_

83. \_\_\_\_\_

84. \_\_\_\_\_

85. \_\_\_\_\_

86. \_\_\_\_\_

87. \_\_\_\_\_

88. \_\_\_\_\_

89. \_\_\_\_\_

90. \_\_\_\_\_

91. \_\_\_\_\_

92. \_\_\_\_\_

93. \_\_\_\_\_

94. \_\_\_\_\_

95. \_\_\_\_\_

96. \_\_\_\_\_

97. \_\_\_\_\_

98. \_\_\_\_\_

99. \_\_\_\_\_

100. \_\_\_\_\_



# WHAT DO I WANT?

## WHAT DO YOU WANT?

List 25 things you want. They can be anything from objects to feelings. Just brainstorm what comes to mind. (A Tesla? More connection with your partner? A trip to Paris?)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. \_\_\_\_\_

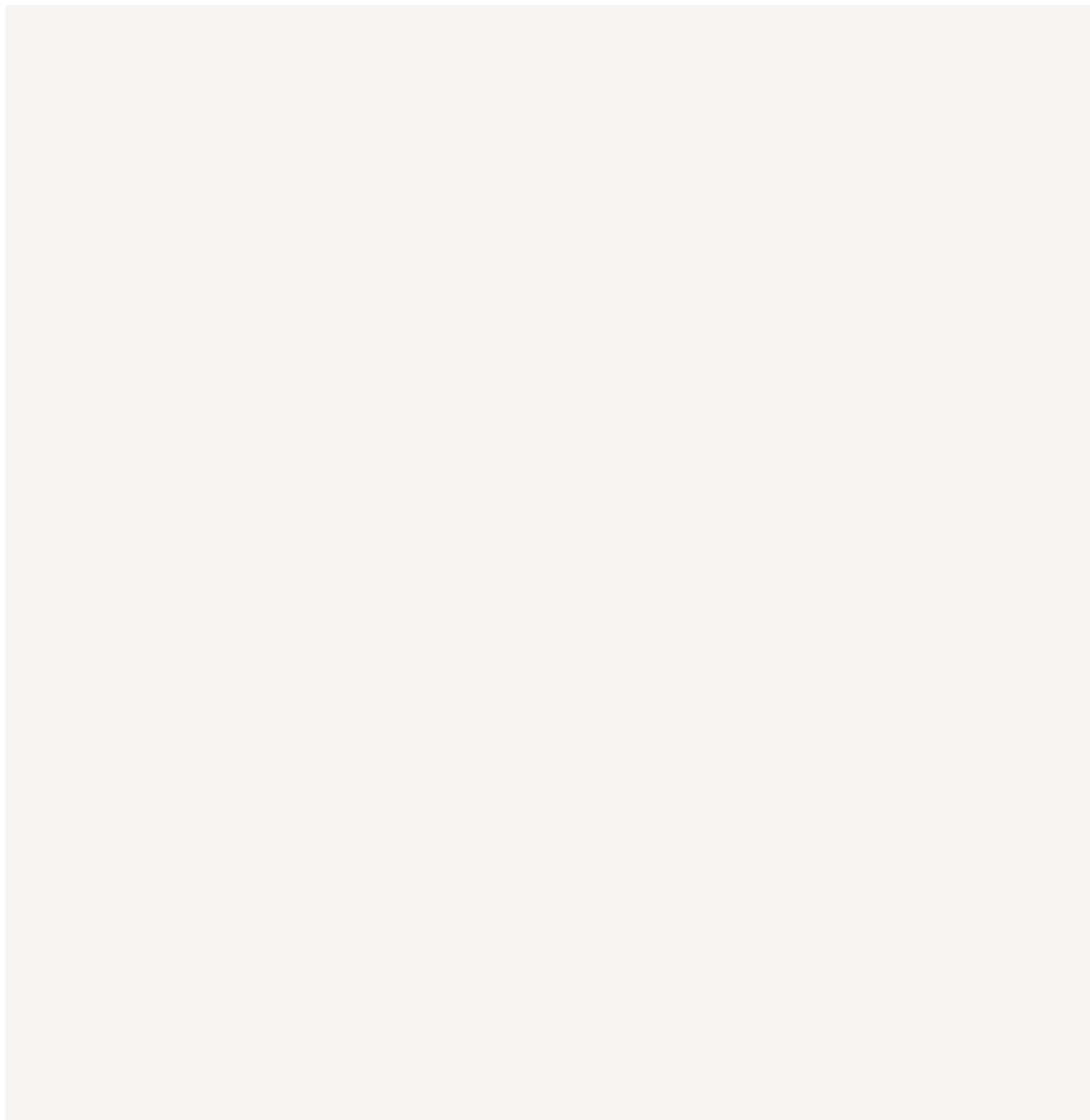
24. \_\_\_\_\_

25. \_\_\_\_\_

# MY DESIRES

## TO DO LIST DOWNLOAD

Make a list of everything you want to do. Big dreams. Little tasks. Crazy ideas. Hidden desires. Keep writing until you fill up the page.

A large, empty rectangular box with a light beige background, intended for writing a to-do list. It occupies the majority of the page below the instructions.

# HIGHER DESIRES

WHERE DO YOU YIELD TO OTHERS INSTEAD OF HONORING MY OWN DESIRES?

WHERE DO I PRESSURE OTHERS TO CHANGE SO THAT I DON'T HAVE TO?

WHAT AM I BLAMING MY SPOUSE (OR OTHERS) FOR INSTEAD OF TAKING PERSONAL RESPONSIBILITY?

WHERE DO I TELL/THINK MY SPOUSE (OR OTHERS) THEY NEED TO CHANGE SO THAT I CAN BE HAPPIER?

# HIGHER DESIRES

WHAT AM I PASSIONATE ABOUT? (IF YOU CAN'T THINK OF ANYTHING RIGHT NOW, THINK ABOUT THINGS YOU WERE PASSIONATE ABOUT AS A CHILD OR TEEN.)

WHAT IS SOMETHING YOU WANT TO MASTER? (INSTRUMENT, SPORT, ART, LANGUAGE?)

WHAT IS SOMETHING YOU WANT TO BE REMEMBERED FOR WHEN YOU DIE?

WHERE DO YOUR RESENTMENTS LIE? WHAT DO YOU WISH WAS DIFFERENT ABOUT YOUR LIFE? THOSE MAY BE THE KEYS TO YOUR HIGHER DESIRES.

# WHAT DOES MY SEXUALITY WANT?

TAP INTO YOUR SEXUALITY. WHAT DOES IT WANT? WRITE FOR 8 MINUTES WITHOUT STOPPING ABOUT WHAT YOUR SEXUALITY WANTS.

# AM I DESIREABLE?

ARE YOU DESIRABLE? ASK YOURSELF THESE QUESTIONS TO HELP YOU ASCERTAIN YOUR DESIRABILITY AND YOUR INTENTIONS. WHILE THEY MAY SEEM LIKE SIMPLE YES/NO QUESTIONS, IT IS IMPORTANT THAT YOU REALLY EVALUATE YOURSELF DEEPLY AND BE TRUTHFUL WITH YOURSELF.

AM I SHOWING UP AS A PERSON WORTHY OF WHAT I AM ASKING FOR?

AM I WILLING TO DO MY PART TO GET WHAT I WANT?

AM I ACTING LIKE A PERSON WHO IS STANDING UP FOR THAT REALITY?

AM I DOING WHAT I NEED TO DO TO GET IT?

# AM I DESIREABLE?

IF YOU ANSWERED NO TO ANY OF THE QUESTIONS ON THE PREVIOUS PAGE, HERE ARE SOME ADDITIONAL QUESTIONS TO ASK YOURSELF FOR EACH QUESTION YOU ANSWERED NO TO.

WHY?

WHAT AM I AFRAID OF?

WHAT AM I PROTECTING?

IS THERE A MEANINGFUL REASON WHY?

# AM I DESIREABLE?

**WHY AM I HOLDING BACK?**

**IS IT A LEGITIMATE REASON OR NOT?**

**DO I RESPECT MY REASONS FOR HOLDING BACK OR NOT? WHY?**

**AM I CREATING A FANTASY THAT THIS IS GOING TO BE EASY, TO MAKE MYSELF FEEL BETTER?**



# AM I DESIREABLE?

ONCE YOU HAVE ANSWERED THE OTHER QUESTIONS, ANSWER THE NEXT SET OF QUESTIONS BASED ON THOSE.

WHAT ARE MY FEARS WITH THIS?

DO I WANT TO BE HELD BACK BY THOSE FEARS? WHY?

ARE THOSE FEARS LEGITIMATE?

ARE THERE REAL LIMITATIONS?

ARE THERE THINGS A WISE PERSON WOULD CONCERN THEMSELVES WITH?

# AM I DESIREABLE?

ARE THEY FEARS OF FAILURE OR INVALIDATION?

DO THEY CAUSE ME TO SEE MYSELF DIFFERENT THAN I NORMALLY SEE MYSELF?

DO I WANT TO DEFINE MY LIFE BY MY FEARS?

ARE MY FEARS WORTHY OF HOLDING ME BACK?

IF THEY ARE LEGITIMATE FEARS, WHAT DO I NEED TO DO TO ADDRESS THEM?

*Week 6*

**SELF-CONFIDENCE**

# VIDEO NOTES

# TAKEAWAYS AND ACTION PLAN

# SELF-CONFIDENCE

## OUR CONFIDENCE ACCOUNT

We all have a confidence account. We are either making deposits into our account or pulling out withdrawals depleting the balance. There are many different types of deposits and withdrawals, which flow in and out of this account. The balance of our confidence shifts incrementally as a result of our choices. Ultimately, our goal is to experience steady growth, and stability through small and consistent deposits.

### POSITIVE DEPOSITS

Honoring Commitments  
Positive Self-Talk  
Setting & Accomplishing Goals  
Meditation/Journaling  
Emotional & Thought Managements

### NEGATIVE WITHDRAWALS

Disregarding Commitments  
Negative Self-Talk / Gossip  
Avoiding Opportunities  
Buffering / Indulgent Behaviors  
Denial & Indulgent Emotions

## WHAT IS SELF-CONFIDENCE?

Self-confidence is an emotion. It is something many desire, but few are willing to nurture and develop. Self-confidence is a way of being; it requires an active investment of embracing challenging experiences and emotions. Confidence cannot be purchased, borrowed or stolen. It must be earned, through thoughtful and diligent efforts.

Self-confidence is a feeling, which can become a character trait. It is the most attractive, and most admired, of all character traits. Our level of self-confidence always reveals how we think and feel about ourselves. It's an outward reflection of an inner mindset. People who are self-confident have a future focused, growth perspective. They understand the importance of managing their thoughts and emotions. Self-confident individuals believe in their ability to figure things out. They do not fear the opinion of others. They desire to experience growth, even in the face of failure. How can this be? It is because self-confident people understand their innate value as a human being. Their validation comes from within.

# SELF-CONFIDENCE

## CONFIDENCE VS. SELF-CONFIDENCE

Confidence comes from being secure in your abilities. It comes from the things that you do.

Self-confidence on the other hand comes from being secure in yourself. It's the ability to trust yourself - knowing that you can experience any emotion (including failure) without being harmed.

## FAILURE & VALIDATION

Self-confident people understand that failure is not a reflection of who they are. Rather, failure is simply part of the growing process. Failure, as an experience, provides feedback of what didn't work. Self-confident people view failures as learning opportunities. They always seek to take good care of themselves through these moments, continuing to believe in their ability to succeed. Additionally, self-confident people give little regard to the judgement of others. Their self-worth and validation come from knowing their opinion is the only one which truly counts. Self-confident people have their own back!

## BENEFITS OF SELF-CONFIDENCE

Self-confidence exudes positivity and draws others towards us. This is because as self-confident people, we genuinely like ourselves. Self-confidence is the most attractive character trait above all other traits. Self-confident people have the ability to put others at ease. Their self-confidence is authentic and genuine. It comes forth from a place of positive self-esteem. Self-confidence is different from arrogance. Arrogance is the counterfeit to true self-confidence, and is quickly detected by others.

Self-confident people speak well of others and never seek to make themselves look better at another's expense. Self-confident people are able to instruct others about how to think about and treat them. This is because of how they regard and treat themselves. When we have a genuine, healthy relationship with self-confidence, we naturally hold ourselves in high esteem. We practice positive self-talk, meet ourselves with compassion, and invest in our personal development. Self-confidence is incredibly attractive; it's reflected in both our verbal and non-verbal behaviors. Self-confident people reflect a certain composure about them. They aren't afraid to make eye contact and are often the first to engage in conversation. Confident people have pleasant dispositions and are often natural leaders.

# SELF-CONFIDENCE

## 4 "C's TO CONFIDENCE

Repeat this process again and again to further your self-confidence and development.

### COMMITMENT

Determine what you're going to do and take the steps required to commit to your goal or task. Be crystal clear in identifying your new goal and what outcome you desire to experience and achieve.

### COURAGE

Acknowledge that there will be some discomfort, but trust in yourself and honor your commitment. Courage pushes us out of our comfort zone and opens the door for us to experience something new, different and potentially better.

### CAPABILITY

Take massive action and develop a winning strategy to support your capability. Start doing what is required to honor your commitment. Capability requires us to draw on the strengths we already possess and then grow. We grow by stretching ourselves and developing a new set of strengths and skills simultaneously.

### CONFIDENCE

Confidence is the net effect, the byproduct of engaging in commitment, courage and capability. It's the gift we give ourselves for following through with steps 1-3. Confidence becomes apart of our new identity and it is something that we get to now own and claim. It can never be taken from us! You did the work, you showed up and earned your increase of confidence. As a result, you're an even better version of who you are meant to be.



# SELF-CONFIDENCE EXERCISE

DEFINE SELF CONFIDENCE.

WHERE DOES IT COME FROM?

DO YOU HAVE A LOT OF IT? WHY OR WHY NOT?

WHY DO YOU WANT IT?

WHAT IS THE BEST WAY TO GET MORE OF IT?

# SELF-CONFIDENCE EXERCISE

WHAT THOUGHT DO YOU HAVE THAT ARE PREVENTING IT?

DO YOU HAVE ANY FEARS ABOUT BEING SELF-CONFIDENT AND THE SUCCESS YOU WILL CREATE WITH IT?

LOOK AT A RESULT YOU HAVE IN YOUR LIFE THAT YOU DON'T WANT AND WRITE IT HERE.

WHAT RESULT DO YOU WANT TO CREATE INSTEAD?

HOW WILL SELF-CONFIDENCE GET YOU THERE?

# AREAS OF CONFIDENCE

MAKE A LIST OF ALL AREAS IN YOUR LIFE WHERE YOU FEEL CONFIDENT. NEXT TO THOSE AREAS, WRITE THE REASON (THOUGHT) YOU FEEL THIS WAY. FILL THE PAGE.

EXAMPLE:

Pouring a glass of water.

Not afraid to fail. Believe I can do it.

**AREA OF CONFIDENCE**

**REASON FOR CONFIDENCE (THOUGHT)**

# AREAS OF CONFIDENCE

WRITE ABOUT EVERYTHING YOU'RE CURRENTLY AFRAID OF THAT HOLDS YOU BACK. DON'T BE SHY. GO FOR THE WORST CASE SCENARIOS. EVALUATE WHAT YOU THINK WOULD BE HORRIBLE ABOUT FAILING. ANTICIPATE GETTING INTO TROUBLE WITH YOUR NEWFOUND CONFIDENCE. INCLUDE THE FEAR AND THE REASON.

EXAMPLE:

I'm scared of making a mistake

People will reject me.

**WHAT I'M AFRAID OF**

**WHY I'M AFRAID**

*Week 7*  
**RELATIONSHIPS**

# VIDEO NOTES

# TAKEAWAYS AND ACTION PLAN

# UNCOVERING RELATIONSHIP BELIEFS

WHAT DO YOU BELIEVE ABOUT YOUR RELATIONSHIP?

WHAT DO YOU THINK ABOUT YOURSELF IN THIS RELATIONSHIP?

WHAT DO YOU THINK OF THE OTHER PERSON IN THIS RELATIONSHIP?



# UNCOVERING RELATIONSHIP BELIEFS

WHAT DO YOU THINK IS AMAZING ABOUT THIS RELATIONSHIP?

WHAT DO YOU THINK COULD BE BETTER ABOUT THIS RELATIONSHIP?

WHY IS YOUR RELATIONSHIP THE WAY IT IS RIGHT NOW?

# MY SPOUSE

WHAT IS YOUR SPOUSES JOB IN YOUR RELATIONSHIP?

WHAT EXPECTATIONS DO YOU HAVE OF THEM? ARE THESE EXPECTATIONS HURTING OR HELPING YOUR RELATIONSHIP?

ON A SCALE OF 1-10, HOW MUCH EFFORT DO YOU PUT IN TO LOVING THEM?

# MY SPOUSE

WHEN YOU SAY YOU LOVE YOUR SPOUSE, WHAT EXACTLY DOES THAT MEAN TO YOU?

IF YOU STOPPED LOVING THEM, WHY WOULD THAT BE?

WHAT CAUSES LOVE?

# MY SPOUSE

WHAT DO YOU IMAGINE THE PERFECT PARTNER TO BE? WHAT WOULD YOU THINK ABOUT THEM?

ARE THOSE THOUGHTS AVAILABLE TO YOU NOW?

HOW GOOD OF A SPOUSE ARE YOU? WHY?

# 100 Things I Love About My Spouse

MAKE A LIST OF 100 THINGS THAT YOU LIKE, LOVE, ADMIRE, OR APPRECIATE ABOUT YOUR SPOUSE TO HELP RETRAIN YOUR BRAIN TO LOOK FOR THE GOOD THINGS IN THEM!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. \_\_\_\_\_

24. \_\_\_\_\_

25. \_\_\_\_\_

26. \_\_\_\_\_

27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_

31. \_\_\_\_\_

32. \_\_\_\_\_

33. \_\_\_\_\_

34. \_\_\_\_\_

# 100 Things I Love About My Spouse

MAKE A LIST OF 100 THINGS THAT YOU LIKE, LOVE, OR APPRECIATE ABOUT YOURSELF TO HELP RETRAIN YOUR BRAIN TO LOOK FOR THE GOOD THINGS IN YOU!

35. \_\_\_\_\_

36. \_\_\_\_\_

37. \_\_\_\_\_

38. \_\_\_\_\_

39. \_\_\_\_\_

40. \_\_\_\_\_

41. \_\_\_\_\_

42. \_\_\_\_\_

43. \_\_\_\_\_

44. \_\_\_\_\_

45. \_\_\_\_\_

46. \_\_\_\_\_

47. \_\_\_\_\_

48. \_\_\_\_\_

49. \_\_\_\_\_

50. \_\_\_\_\_

51. \_\_\_\_\_

52. \_\_\_\_\_

53. \_\_\_\_\_

54. \_\_\_\_\_

55. \_\_\_\_\_

56. \_\_\_\_\_

57. \_\_\_\_\_

58. \_\_\_\_\_

59. \_\_\_\_\_

60. \_\_\_\_\_

61. \_\_\_\_\_

62. \_\_\_\_\_

63. \_\_\_\_\_

64. \_\_\_\_\_

65. \_\_\_\_\_

66. \_\_\_\_\_

67. \_\_\_\_\_

68. \_\_\_\_\_

# 100 Things I Love About My Spouse

MAKE A LIST OF 100 THINGS THAT YOU LIKE, LOVE, OR APPRECIATE ABOUT YOURSELF TO HELP RETRAIN YOUR BRAIN TO LOOK FOR THE GOOD THINGS IN YOU!

68. \_\_\_\_\_

69. \_\_\_\_\_

70. \_\_\_\_\_

71. \_\_\_\_\_

72. \_\_\_\_\_

73. \_\_\_\_\_

74. \_\_\_\_\_

75. \_\_\_\_\_

76. \_\_\_\_\_

77. \_\_\_\_\_

78. \_\_\_\_\_

79. \_\_\_\_\_

80. \_\_\_\_\_

81. \_\_\_\_\_

82. \_\_\_\_\_

83. \_\_\_\_\_

84. \_\_\_\_\_

85. \_\_\_\_\_

86. \_\_\_\_\_

87. \_\_\_\_\_

88. \_\_\_\_\_

89. \_\_\_\_\_

90. \_\_\_\_\_

91. \_\_\_\_\_

92. \_\_\_\_\_

93. \_\_\_\_\_

94. \_\_\_\_\_

95. \_\_\_\_\_

96. \_\_\_\_\_

97. \_\_\_\_\_

98. \_\_\_\_\_

99. \_\_\_\_\_

100. \_\_\_\_\_

# LOVEABILITY

WHO DO YOU LOVE, AND WHY?

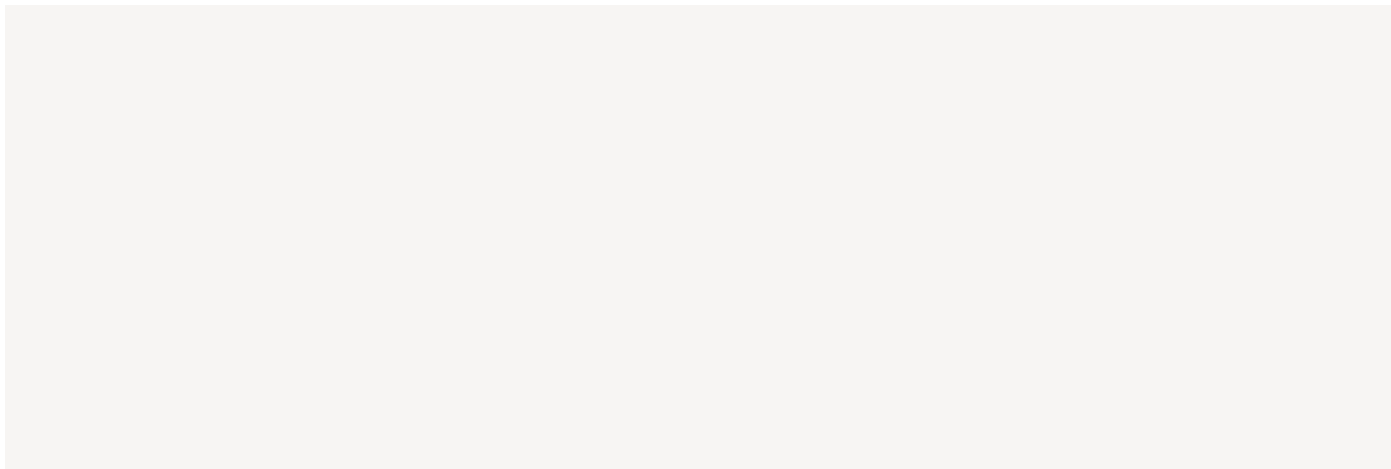
HOW MUCH DO YOU LOVE YOURSELF? IS IT CONDITIONAL?

WHO DO YOU LOVE UNCONDITIONALLY? WHY IS IT DIFFERENT FROM HOW YOU LOVE YOURSELF?

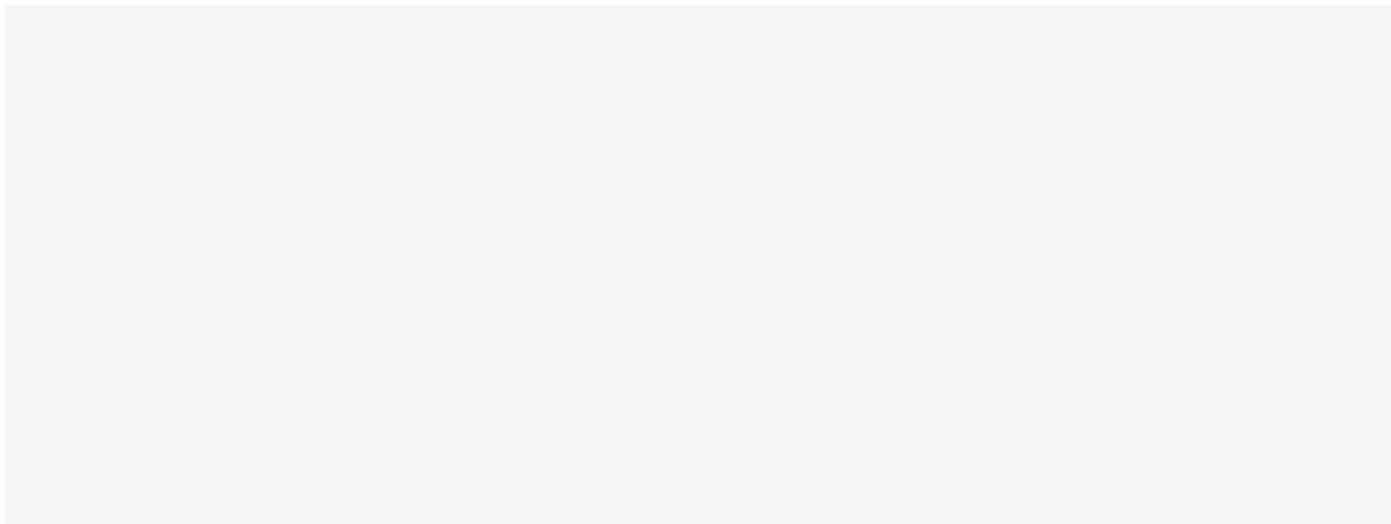


# LOVEABILITY

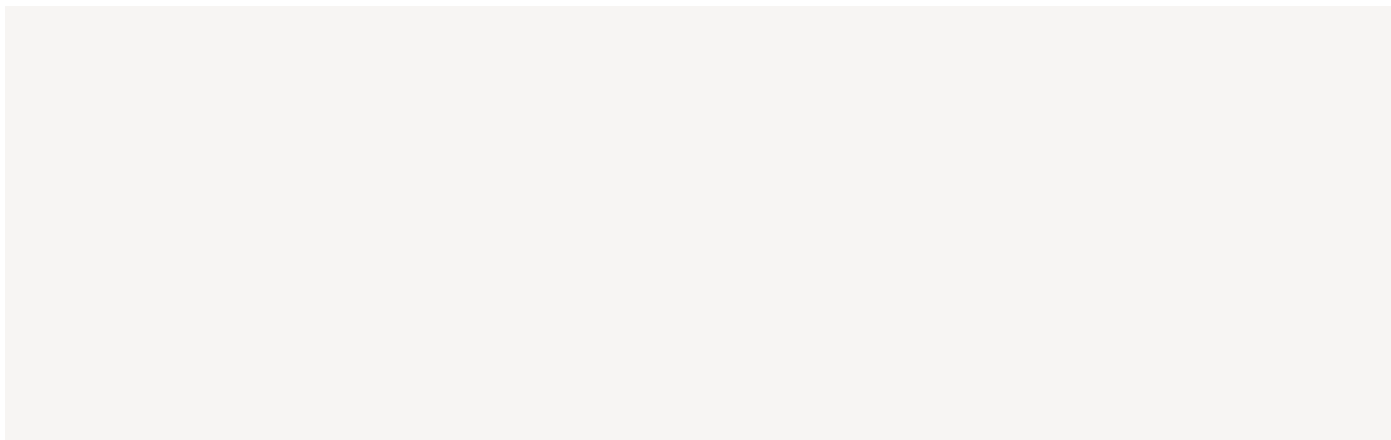
WHAT DOES LOVE FEEL LIKE? DO YOU WANT MORE OF IT?



HOW CAN YOU FEEL MORE LOVE?



HOW LOVABLE ARE YOU, AND WHY?



# LOVEABILITY

HOW LOVABLE ARE THE PEOPLE IN YOUR LIFE, AND WHY?

WHO DO YOU SOMETIMES THINK IS UNLOVABLE? WHY ARE YOU WRONG ABOUT THAT?

WHAT MAKES SOMEONE EASY FOR YOU TO LOVE?

HOW MUCH LOVING ARE YOU COMMITTED TO, AND WHY?

# UNCONDITIONAL LOVE

THINK OF SOMEONE WHO'S CHALLENGING FOR YOU TO LOVE.

WRITE THE REASONS WHY YOU FIND THIS PERSON HARD TO LOVE.

WHAT ARE YOUR THOUGHTS ABOUT THIS PERSON THAT PREVENT YOU FROM LOVING THEM MORE?

WHAT CONDITIONS HAVE YOU PUT ON LOVING THIS PERSON? LIST THEM HERE.

WHAT DOES IT FEEL LIKE WHEN YOU'VE CHOSEN NOT TO LOVE THIS PERSON?

# HOW STRONG IS YOUR FIDELITY?

1. CAN YOU AND YOUR PARTNER TALK TOGETHER ABOUT ALL OF THE EXPERIENCES THAT ARE IMPORTANT TO EITHER OR BOTH OF YOU?

2. DO YOU EXPRESS TO YOUR PARTNER YOUR INNER FEELINGS, OR HOW YOU FEEL ABOUT HIM OR HER? CAN FRANKLY SAY, "I FEEL LONELY," OR EASILY EXPRESS OTHER NEGATIVE EMOTIONS WHEN NEEDED?

3. DO YOU BOTH FEEL COMFORTABLE ABOUT BEING DIFFERENT IN SOME WAYS, AND CAN YOU EXPRESS INDIVIDUALITY WITHOUT CAUSING CONFLICT? DO YOU HAVE WAYS TO DISCUSS CONFLICTS OF INTEREST OR VALUES WITHOUT ATTACKING OR THREATENING EACH OTHER?

4. DO YOU SHARE MUTUAL TRUST AND RESPECT FOR EACH OTHER? DO YOU SEEK EACH OTHER'S OPINIONS ON DECISIONS? DO YOU BELIEVE THAT YOUR SPOUSE WILL TELL YOU THE TRUTH, EVEN IF IT'S UNPLEASANT?

5. CAN YOU COMFORTABLY SHARE FEELINGS, THOUGHTS, AND EXPERIENCES WITHOUT THE WORRY OF BEING "MANIPULATED?"

*Week 8*

RELATIONSHIP TOOLS

# VIDEO NOTES

# TAKEAWAYS AND ACTION PLAN

# PERSON OF FOCUS

PERSON OF FOCUS:

JUDGE THIS PERSON. DON'T HOLD BACK. LET ALL THE "UGLY" JUDGEMENTS OUT OF YOUR HEAD. ONE SENTENCE PER LINE BELOW. DON'T EDIT YOURSELF OR TRY TO BE APPROPRIATE OR KIND. GET IT ALL OUT.

NOW, GO BACK THROUGH THE LIST AND NOTICE HOW MANY OF THESE JUDGMENTS ALSO APPLY TO YOU. CIRCLE THOSE THAT ARE TRUE ABOUT YOU. NOTICE THAT MOST JUDGMENTS OF OTHERS ARE PROJECTIONS WE HAVE FOR OURSELVES.



# PERSON OF FOCUS

DESCRIBE THE MANUAL YOU HAVE FOR THE PERSON OF FOCUS. WHAT ARE YOUR EXPECTATIONS OF THAT PERSON? WHAT DO YOU MOST WANT THAT PERSON TO DO, AND WHY? LET YOURSELF GO TO A PERFECT WORLD WHERE THAT PERSON DOES EXACTLY WHAT YOU WANT THEM TO DO AND WHEN YOU WANT IT. BE SPECIFIC, AND ALLOW YOURSELF TO BE OUTRAGEOUS.

WHAT WOULD YOU BE THINKING AND FEELING IF THAT PERSON DID ALL THESE THINGS PERFECTLY? NOTICE THAT YOU CAN THINK AND FEEL THESE THINGS ANYWAY.

# PERSON OF FOCUS

ALLOW THAT PERSON TO BE WHO THEY ARE MEANT TO BE. SO, WHO IS THAT PERSON? WHAT DO THEY DO? HOW DO THEY ACT? WHAT ARE THEY CONSISTENT ABOUT? IF YOU AREN'T TRYING TO CONTROL THEM OR INTERFERE, WHO ARE THEY IN THEIR ACTIONS?

WHY DO YOU IMAGINE THAT PERSON DOES THESE THINGS AND IS THIS WAY? WHAT THOUGHTS DO YOU IMAGINE DRIVE THAT PERSON'S ACTIONS?

# PERSON OF FOCUS

DO YOU LOVE THIS PERSON UNCONDITIONALLY? WHY OR WHY NOT? MAKE A NOTE BELOW OF WHEN YOU DO LOVE THEM AND WHEN YOU TRY TO WITHHOLD LOVE FROM THIS PERSON. REMEMBER, THEIR LOVABILITY IS 100%, SO WHAT IS YOUR EXCUSE WHEN YOU DON'T LOVE THEM?

HOW DO YOU SHOW UP IN THIS RELATIONSHIP? DO YOU SHOW UP KNOWING THAT YOUR LOVABILITY IS 100%? DO YOU TRY TO GET THEM TO LOVE YOU MORE FOR YOUR SAKE? HOW? DOES IT WORK? WHY OR WHY NOT?

# PERSON OF FOCUS

WHO DO YOU WANT TO BE IN THIS RELATIONSHIP? IN OTHER WORDS, WHAT KIND OF EMPLOYEE, SPOUSE, CHILD, SIBLING, OR FRIEND DO YOU WANT TO BE? MAKE SURE YOU THINK ABOUT THIS SEPARATELY FROM THE OTHER PERSON'S BEHAVIOR - DON'T LET THAT DETERMINE WHO YOU ARE. DECIDE WHO YOU WANT TO BE. TAKE SOME TIME TO WRITE IT OUT.

HOW DO YOU WANT TO FEEL? WHY?

# PERSON OF FOCUS

HOW DO YOU WANT TO ACT AND SHOW UP?

WHAT DO YOU WANT TO OFFER THIS PERSON?

# PERSON OF FOCUS

HOW DO YOU WANT TO THINK? REMEMBER THAT YOUR RELATIONSHIP WITH SOMEONE IS ALL ABOUT YOUR THOUGHTS ABOUT THEM AND YOURSELF WITHIN THAT RELATIONSHIP.

HOW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?

# PERSON OF FOCUS

HOW DO YOU WANT TO THINK ABOUT THE OTHER PERSON IN THIS RELATIONSHIP?

HOW DO YOU WANT TO DEFINE AND THINK ABOUT YOUR RELATIONSHIP TOGETHER?

# THE MANUAL

## WHAT IS A MANUAL?

A manual is an instruction guide we have for someone in our lives about how we would like them to behave so we can feel good and be happy. We generally don't tell the other person what's in our manual and we usually don't even realize we have it or see the pain it causes us. It can be very damaging when our emotional happiness is tied to someone behaving a certain way.

When we feel like our lives would be better if someone else would change, we are essentially handing over the power of how we feel to someone else.

Other people's behavior has no impact on us emotionally until we think about it, interpret it, and choose to make it mean something. No one can make us feel anything.

## WHY IS THIS A PROBLEM?

Adults have the ability and freedom to behave however they choose. Each of us is responsible for meeting our own needs. When you are in a relationship where you feel responsible for filling someone else's needs and they feel responsible for filling yours, there is constant manipulation and effort to control one another so that in the end, nobody wins. The truth is, you can never control another person and there is nothing they could possibly do that would make you as happy as you want to be. All the power to feel happy lies within you. Although your partner may do things that give you positive thoughts and feelings at times, they won't be able to do such things all of the time or may not want to. If your emotional life is tied to your partner's behavior, you've given away all of your power and set yourself up for disaster.

Instead of expecting your partner to meet your needs and make you happy, it is so much more fun to have both partners responsible for their own happiness and they can meet in the middle and just have fun together. This is how the best relationships function.

## THE DIFFERENCE IF YOU ARE A PARENT OR A BOSS

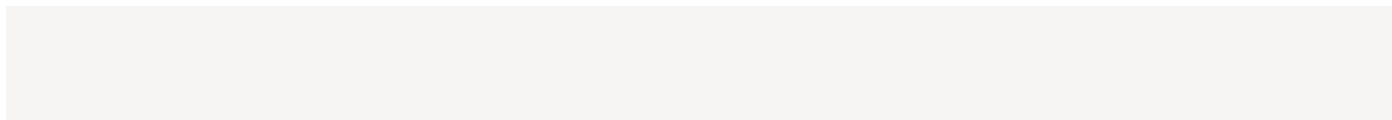
If you are a parent, you likely have expectations for your children. If you are a boss, you have expectations for your employees. This is different from the type of manual we are talking about here. If you are setting clear expectations for your kids or employees and have clear consequences for not meeting those expectations, you will have no reason to be emotionally hurt if or when they fail to meet them. You are not emotionally affected by their behavior.

If you are noticing that you are emotionally tied to their behavior, then you are probably not setting clear expectations and consequences for them and need to get to a clean space emotionally.

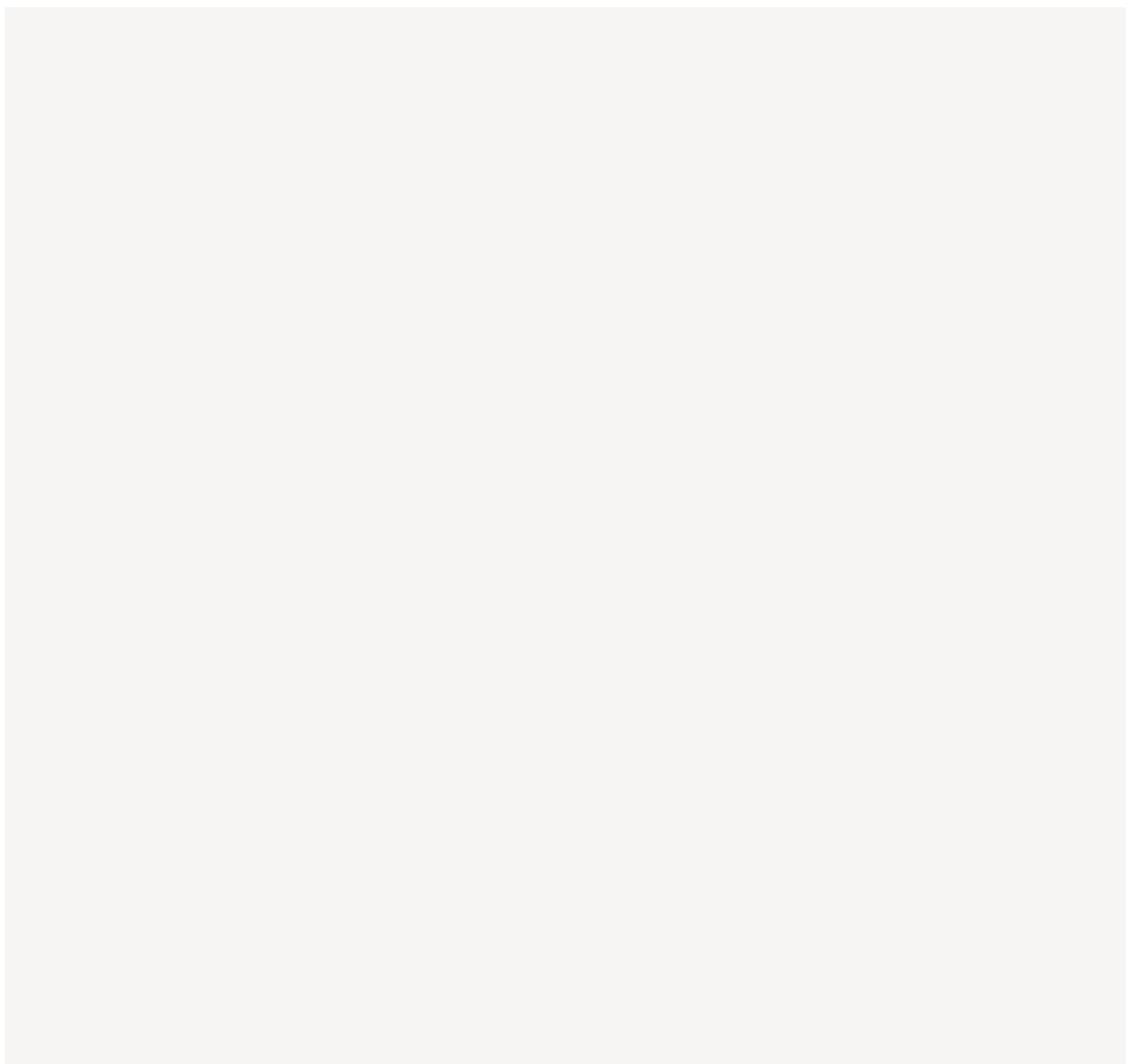


# THE MANUAL

THINK ABOUT SOMEONE YOU WANT TO CHANGE AND WRITE THEIR NAME HERE.



WRITE, IN DETAIL, WHAT YOU WOULD LIKE THEM TO DO?



# THE MANUAL

FOR EACH ITEM, WRITE DOWN WHY YOU WANT THEM TO BEHAVE IN THIS WAY.

HOW DO YOU THINK YOU WOULD FEEL IF THEY BEHAVED THIS WAY?

HOW WOULD YOUR THOUGHTS ABOUT THEM CHANGE IF THEY BEHAVED THIS WAY?

DO YOU WANT THEM TO BEHAVE THIS WAY EVEN IF THEY DON'T WANT TO? WHY OR WHY NOT?

WHAT DO YOU MAKE IT MEAN WHEN THEY DON'T BEHAVE THIS WAY?

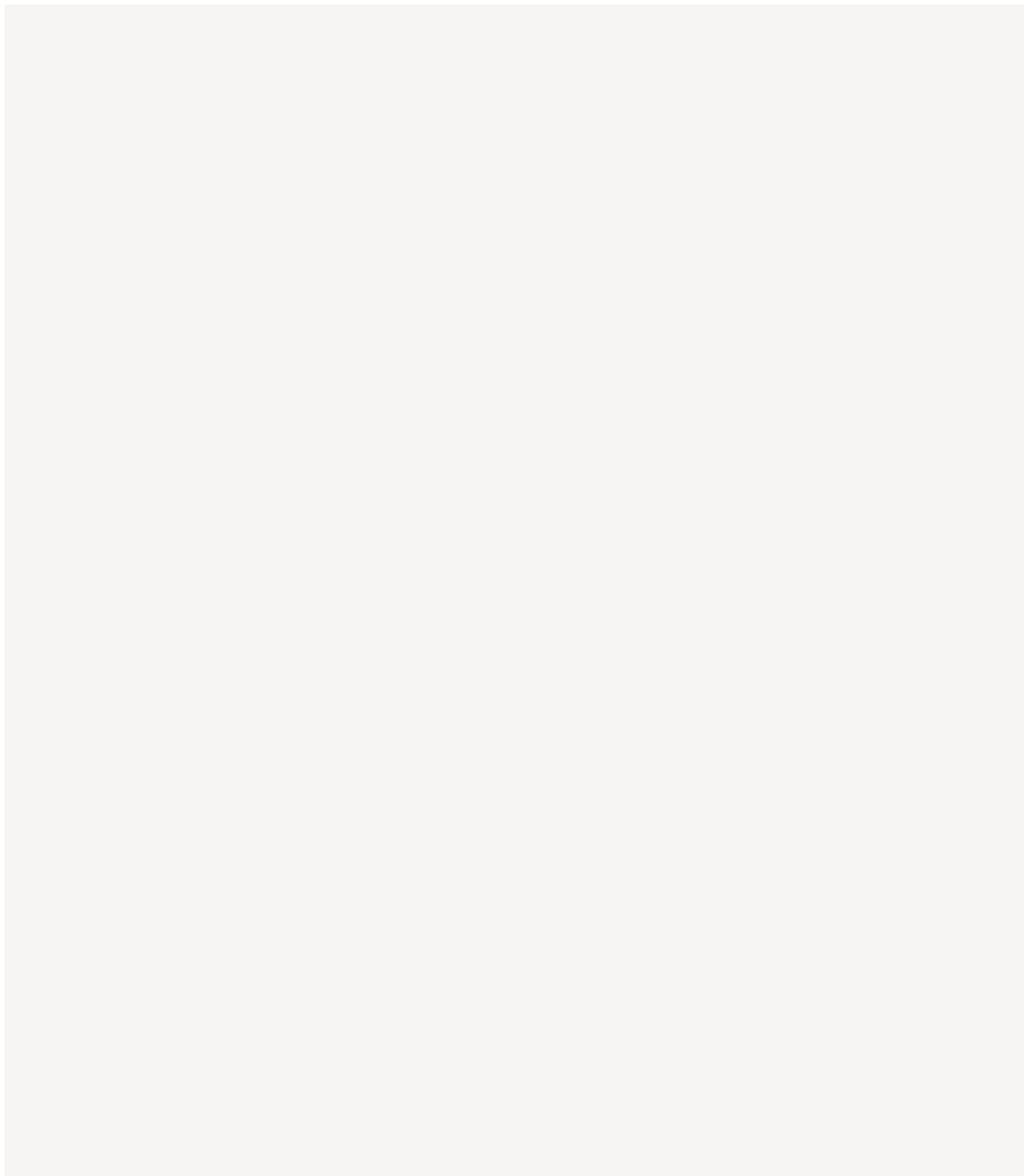
WHEN SOMEONE WANTS YOU TO BEHAVE IN A CERTAIN WAY TO MAKE THEM FEEL GOOD, WHAT IS THAT LIKE FOR YOU?

# A WIFE SHOULD...

YOU HAVE A MANUAL FOR YOURSELF. ALL OF THE THINGS YOU SHOULD AND SHOULD NOT DO. WRITE DOWN YOUR MANUAL FOR YOURSELF. THEN GO THROUGH YOUR LIST AND EVALUATE EACH ITEM. MAYBE PLUG IT IN TO A MODEL TO SEE WHAT THE RESULTS ARE. IS THIS "SHOULD" HELPFUL OR NOT HELPFUL? DOES IT PRODUCE GOOD RESULTS FOR YOU? IF YES, YOU MAY DECIDE YOU WANT TO KEEP IT. IF NOT, THEN YOU MAY DECIDE YOU WANT TO DROP THAT EXPECTATION.

A large, empty rectangular box with a light gray background, intended for the user to write down their personal manual.

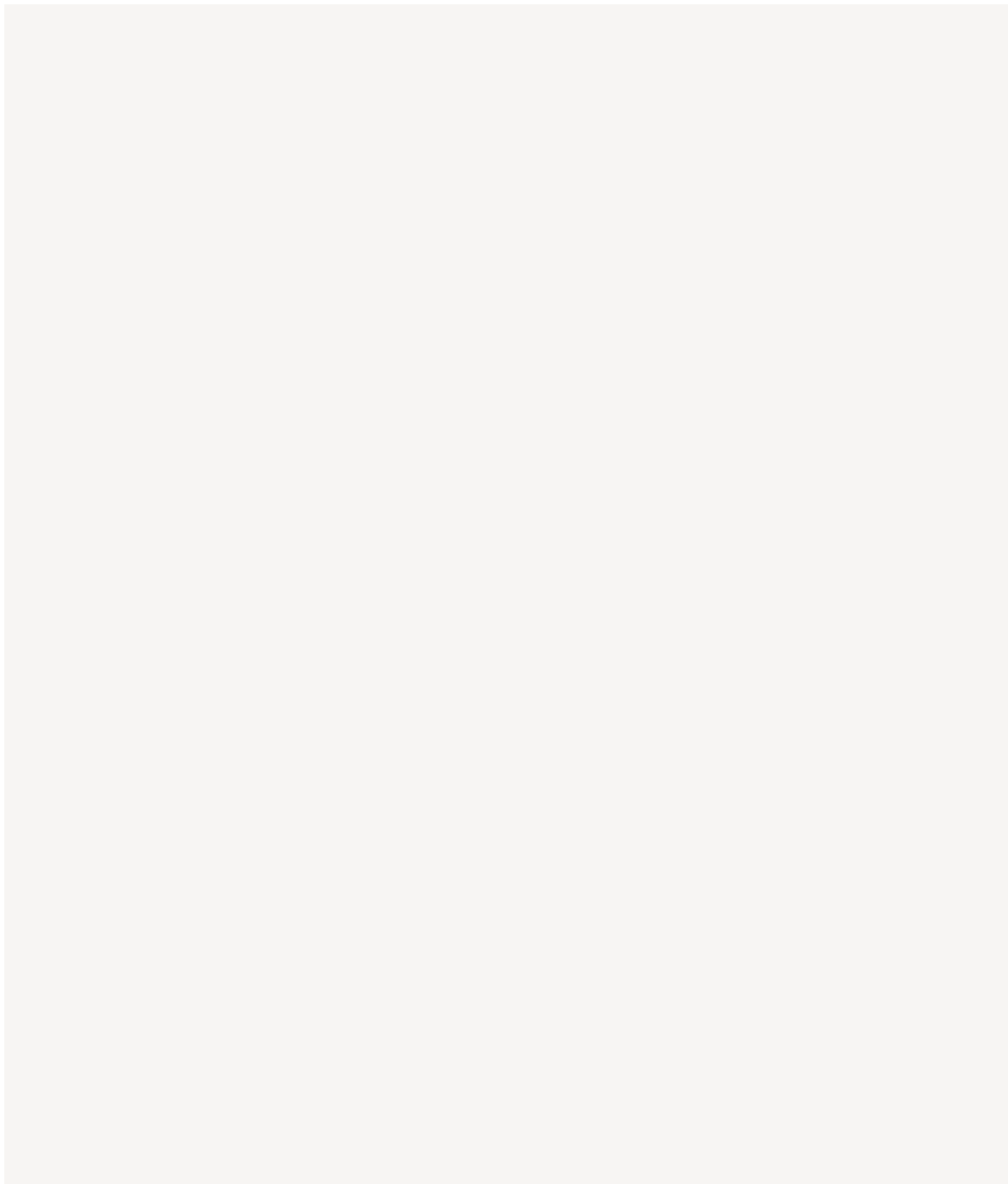
# A WIFE SHOULD...



# A HUSBAND SHOULD...

YOU HAVE A MANUAL FOR YOUR SPOUSE. ALL OF THE THINGS YOU THINK HE SHOULD AND SHOULD NOT DO. WRITE DOWN YOUR MANUAL FOR HIM. THEN GO THROUGH YOUR LIST AND EVALUATE EACH ITEM. MAYBE PLUG IT IN TO A MODEL TO SEE WHAT THE RESULTS ARE. IS THIS "SHOULD" HELPFUL OR NOT HELPFUL FOR YOUR RELATIONSHIP? DOES IT PRODUCE GOOD RESULTS FOR YOU? IF YES, YOU MAY DECIDE YOU WANT TO KEEP IT. IF NOT, THEN YOU MAY DECIDE YOU WANT TO DROP THAT EXPECTATION.

# A HUSBAND SHOULD...





# BOUNDARIES

WHAT IS THE BOUNDARY VIOLATION?

WHAT IS THE BOUNDARY YOU WANT TO SET?

THE REQUEST: IF YOU...

THE CONSEQUENCE: THEN I WILL...

# BOUNDARIES

WHAT ARE YOUR FEARS (IF ANY) AROUND ESTABLISHING THIS BOUNDARY?

WHAT ARE THE BENEFITS OF ESTABLISHING THIS BOUNDARY?

HOW WILL YOU SET THIS BOUNDARY?

HOW WILL YOU ENSURE THAT YOU HONOR YOUR BOUNDARY?

# DIFFICULT CONVERSATIONS

WHAT IS THE DISAGREEMENT OR FIGHT ABOUT?

WHY ARE THEY RIGHT? LIST IT ALL OUT HERE.

WRITE OUT THEIR MODEL HERE. WHERE ARE THEY COMING FROM?

WHAT ARE THE FACTS THAT YOU AGREE ON?

# DIFFICULT CONVERSATIONS

WHAT IS YOUR SENTENCE? WHAT FEELING DOES IT CAUSE?

WHAT IS THEIR SENTENCE? WHAT FEELING DOES IT CAUSE?

WHAT ARE YOUR THOUGHTS ABOUT THE CONFLICTING SENTENCES?

BRAINSTORM SOLUTIONS.

WHAT IS THE SOLUTION YOU BOTH AGREE ON?

# CONVERSATION STARTERS

## Set I

- Given the choice of anyone in the world, whom would you want as a dinner guest?
- Would you like to be famous? In what way?
- Before making a telephone call, do you ever rehearse what you are going to say? Why?
- What would constitute a “perfect” day for you?
- When did you last sing to yourself? To someone else?
- If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
- Do you have a secret hunch about how you will die?
- Name three things you and your partner appear to have in common.
- For what in your life do you feel most grateful?
- If you could change anything about the way you were raised, what would it be?
- Take four minutes and tell your partner your life story in as much detail as possible.
- If you could wake up tomorrow having gained any one quality or ability, what would it be?

## Set II

- If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?
- Is there something that you’ve dreamed of doing for a long time? Why haven’t you done it?
- What is the greatest accomplishment of your life?
- What do you value most in a friendship?
- What is your most treasured memory?
- What is your most terrible memory?
- If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
- What does friendship mean to you?
- What roles do love and affection play in your life?
- Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
- How close and warm is your family? Do you feel your childhood was happier than most other people’s?
- How do you feel about your relationship with your mother?

# CONVERSATION STARTERS

## Set III

- Make three true “we” statements each. For instance, “We are both in this room feeling ... ”
- Complete this sentence: “I wish I had someone with whom I could share ... ”
- If you were going to become a close friend with your partner, please share what would be important for him or her to know.
- Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you’ve just met.
- Share with your partner an embarrassing moment in your life.
- When did you last cry in front of another person? By yourself?
- Tell your partner something that you like about them already.
- What, if anything, is too serious to be joked about?
- If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven’t you told them yet?
- Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
- Of all the people in your family, whose death would you find most disturbing? Why?
- Share a personal problem and ask your partner’s advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

These questions were taken from an article entitled “36 Questions That Lead to Love” in the New York Times

# FEAR OF INTIMACY SCALE

1	2	3	4	5
Not at all characteristic of me	Slightly characteristic of me	Moderately characteristic of me	Very characteristic of me	Extremely characteristic of me

**PART 1 - Respond to the following statements. Rate how characteristic each statement is of you on a scale of 1 to 5 as described above, and put your responses in the answer column.**

## ANSWERS

1. I feel uncomfortable telling my spouse about things in the past that I have felt ashamed of. \_\_\_\_\_
2. I feel uneasy talking with my spouse about something that hurt me deeply. \_\_\_\_\_
3. I feel uncomfortable expressing my true feelings to my spouse. \_\_\_\_\_
4. If my spouse were upset I would sometimes be afraid of showing that I care. \_\_\_\_\_
5. I might be afraid to confide my innermost feelings to my spouse. \_\_\_\_\_
6. I feel uneasy telling my spouse that I care about him/her. \_\_\_\_\_
7. I often feel disconnected from my spouse. \_\_\_\_\_
8. I am uncomfortable discussing significant problems with my spouse. \_\_\_\_\_
9. I feel uncomfortable telling my experiences, even sad ones, to my spouse. \_\_\_\_\_
10. I feel nervous showing my spouse strong feelings of affection. \_\_\_\_\_
11. I find it difficult being open with my spouse about my personal thoughts. \_\_\_\_\_
12. I feel uneasy with my spouse depending on me for emotional support. \_\_\_\_\_
13. I am afraid to share with my spouse what I dislike about myself. \_\_\_\_\_
14. I am afraid to take the risk of being hurt in order to establish a closer relationship with my spouse. \_\_\_\_\_
15. I am uncomfortable keeping very personal information to myself. \_\_\_\_\_
16. I am nervous about being spontaneous with my spouse. \_\_\_\_\_
17. I am uncomfortable telling my spouse things that also I do not tell other people. \_\_\_\_\_
18. I am uncomfortable trusting my spouse with my deepest thoughts and feelings. \_\_\_\_\_

# FEAR OF INTIMACY SCALE

1	2	3	4	5	
Not at all characteristic of me	Slightly characteristic of me	Moderately characteristic of me	Very characteristic of me	Extremely characteristic of me	ANSWERS
19. I sometimes feel uneasy if my spouse told me about very personal matters.					_____
20. I am uncomfortable revealing to my spouse what I feel are my shortcomings and handicaps.					_____
21. I am uncomfortable having a close emotional tie between us.					_____
22. I am afraid of sharing my private thoughts with my spouse.					_____
23. I am afraid that I might not always feel close to my spouse.					_____
24. I am uncomfortable telling my spouse what my needs are.					_____
25. I am afraid that my spouse is more invested in the relationship than I am.					_____
26. I am uncomfortable having open and honest communication with my spouse.					_____
27. I sometimes feel uncomfortable listening to my spouse's personal problems.					_____
28. It is hard for me to be completely myself around my spouse.					_____
29. I don't feel relaxed being together and talking about our personal goals.					_____
					TOTAL _____

Scores are usually between 29 and 145. A higher the score usually means that there's a higher fear of intimacy.



*Week 9*

STAGES OF SEX

# VIDEO NOTES

# TAKEAWAYS AND ACTION PLAN

# STAGES OF SEX

The sexual response cycle is characterized by 5 stages. If you are experiencing any issues, problems, or dysfunction in your sexual relationship, it helps to identify at what stage you are experiencing the issue to understand how to solve for it.

## STAGE 1: CONNECTION

HOW CONNECTED DO YOU FEEL TO YOUR SPOUSE?

0	1	2	3	4	5	6	7	8	9	10	
Not Connected											Very Connected

WHAT THOUGHTS MAKE YOU FEEL CONNECTED TO YOUR SPOUSE?

WHAT THOUGHTS MAKE YOU FEEL DISCONNECTED FROM YOUR SPOUSE?

WHAT INSECURITIES ARE YOU BRINGING TO THE SEXUAL RELATIONSHIP?

# STAGES OF SEX

## STAGE 2: DESIRE

HOW OFTEN IN A MONTH ARE YOU THINKING POSITIVELY ABOUT SEX?

0 1 2 3 4 5 6 7 8 9 10

Never Constantly

## WHAT THOUGHTS CREATE DESIRE FOR YOU?

## WHAT THOUGHTS TURN OFF DESIRE?

**WRITE ABOUT A FANTASY YOU HAVE:**

# STAGES OF SEX

## STAGE 3: AROUSAL

HOW DO YOU LIKE TO BE TOUCHED IN ORDER TO GET AROUSED? (NEED IDEAS?  
DOWNLOAD MY [ROADMAP TO PERSONAL PLEASURE!](#))

WHAT THOUGHTS HELP YOU GET MORE AROUSED?

WHAT THOUGHTS TURN YOU OFF?

# STAGES OF SEX

## STAGE 4: ORGASM

WHAT IS YOUR FAVORITE WAY TO ORGASM?

WHAT IS THE EASIEST WAY FOR YOU TO ORGASM?

## STAGE 5: RESOLUTION

WHAT ARE YOUR FAVORITE WAYS TO CONNECT AFTER SEX?

I encourage you to share these answers with your spouse and ask them about their own answers. This is a great exercise to help you CONNECT!

# DESIRE

What thoughts make me feel desire for my spouse and for sex?



# HOW DO I APPROACH SEX?

WHEN MY PARTNER APPROACHES ME FOR SEX, WHAT IS MY IMMEDIATE REACTION? WHY?

HOW DO I WANT TO SHOW UP WHEN MY PARTNER APPROACHES ME FOR SEX?

WHAT DO I NEED TO BE THINKING IN ORDER TO SHOW UP THAT WAY?

WHAT ARE MY DESIRES WHEN IT COMES TO SEX?

WHAT DO I WANT THEM TO BE?

# WHY DO I SAY YES OR NO?

WHEN MY SPOUSE APPROACHES ME FOR SEX, WHY DO I SAY NO?

WHEN MY SPOUSE APPROACHES ME FOR SEX, WHY DO I SAY YES?

WHAT NEGATIVE EMOTIONS IN MY SPOUSE AM I TRYING TO AVOID BY SAYING YES WHEN I DON'T WANT TO? WHY?

IN WHAT WAYS COULD SEX BE GOOD FOR ME?

WHAT DO I WANT TO THINK ABOUT SEX ON PURPOSE?

# Our Sexual Protocol

Your sexual protocol needs to be an agreement between the two of you. You get to decide what it looks like for you. Your protocol is evolving and will need to change over time.

## Set Schedule

Choose days of the week, times, location, who initiates, and any other expectations.

## Fluid Schedule

Set a schedule of when you will have sex by if it doesn't happen spontaneously.

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Other things to consider, discuss, and decide:

1. What if sex happens spontaneously outside of your schedule? Does this replace when it was scheduled or is it in addition to?
2. How much physical affection outside of sex? Is it a hard stop that physical affection will not lead to sex or might it?

By honoring your schedule, you are building trust with each other. Do not refuse if it is on the schedule without a good excuse. Make sure you reschedule immediately and honor it!



*Week 10*

**CREATING DESIRE**

# VIDEO NOTES

## TAKEAWAYS AND ACTION PLAN

# ACCELERATORS & BRAKES

WHAT TURNS ME ON (ACCELERATORS)?

WHAT TURNS ME OFF (BRAKES)?



# MY EROTIC MAP

THINK OF A TIME IN YOUR CHILDHOOD OR ADOLESCENCE WHERE YOU SAW SOMETHING SEXUAL. MAYBE IT MADE YOU UNCOMFORTABLE OR MAYBE IT DIDN'T. BUT IT'S SOMETHING YOU STILL REMEMBER.

TAKE NOTICE OF THINGS YOU FIND OUT IN THE WORLD THAT ARE ATTRACTIVE OR STIMULATING. WHAT DO YOU NOTICE?

WHAT ARE SOME YOUR FAVORITE ROMANTIC MOVIES OR SCENES?

WHAT GOES THROUGH YOUR MIND AT THE MOMENT OF ORGASM?

WHAT DO YOU FIND FUN? WHAT MAKES YOU LAUGH?

# ROADMAP TO PERSONAL PLEASURE

This worksheet is a guide to help you discover what feels good to you.

As children, we naturally understand what feels good to our bodies. Babies like to be swaddled and held. Toddlers like us to massage them or snuggle with a blanket. As we age, we often lose this connection to our bodies. We are distracted with everything going on in our lives to stop and take notice of the little things. A touch. The feel of a certain fabric. Breath on our neck.

For each area of the body, try different techniques to see what works for you. You can do this alone, or you can do it with your spouse. There are no right or wrong answers. You do what feels most comfortable to you. You might find that touching yourself in some areas is uncomfortable, that is ok. Try out being open to all the possibilities as you work to discover what feels good to you. This worksheet is not all inclusive, so feel free to write down other ideas as you discover them. You may find areas of your body that are not on this list that feel good. You may find other ways of touching yourself (or having your partner touch you) that feel good. The important thing is to start exploring what works for you.

To do this exercise, find a place that is comfortable, where you can work uninterrupted and aren't rushed for time. It doesn't need to be done in one sitting and you can decide if you want to be dressed or undressed. You can also try using other objects like fabric or a feather to touch yourself and see what feels best to you. If you are in a relationship where you trust your spouse and are doing this exercise together, a blindfold might be fun to heighten the sensory experience. This exercise is not meant to lead to sex, but it certainly can if that is something you decide you want for yourself.

# ROADMAP TO PERSONAL PLEASURE

## BODY PARTS

- |             |           |          |            |
|-------------|-----------|----------|------------|
| • Face      | • Back    | • Hips   | • Vulva    |
| • Lips      | • Breasts | • Thighs | • Clitoris |
| • Ears      | • Nipples | • Calves | • Vagina   |
| • Neck      | • Stomach | • Feet   | • Anus     |
| • Shoulders | • Butt    | • Toes   |            |

Body Part: \_\_\_\_\_

I liked to be touched here:

- ☐ Yes
- ☐ No

Pressure:

- ☐ Light
- ☐ Medium Touch
- ☐ Hard Touch
- ☐ Vary

Type:

- ☐ Stroke
- ☐ Rub
- ☐ Lick
- ☐ Bite
- ☐ Breathe On
- ☐ Vary

Speed:

- ☐ Slow
- ☐ Medium
- ☐ Fast
- ☐ Vary

I liked to be touched here with:

- ☐ Fingers
- ☐ Toes
- ☐ Lips
- ☐ Tongue
- ☐ Penis

When I am touched this way it feels:

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Pleasant | <input type="checkbox"/> Pleasurable |
| <input type="checkbox"/> Tender   | <input type="checkbox"/> Arousing    |
| <input type="checkbox"/> Relaxing | <input type="checkbox"/> Orgasmic    |
| <input type="checkbox"/> Exciting | <input type="checkbox"/> Other       |
| <input type="checkbox"/> Ticklish |                                      |

# ROADMAP TO PERSONAL PLEASURE

Body Part: \_\_\_\_\_

I liked to be touched here:

- ☐ Yes
- ☐ No

Pressure:

- ☐ Light
- ☐ Medium Touch
- ☐ Hard Touch
- ☐ Vary

Type:

- ☐ Stroke
- ☐ Rub
- ☐ Lick
- ☐ Bite
- ☐ Breathe On
- ☐ Vary

Speed:

- ☐ Slow
- ☐ Medium
- ☐ Fast
- ☐ Vary

I liked to be touched here with:

- ☐ Fingers
- ☐ Toes
- ☐ Lips
- ☐ Tongue
- ☐ Penis

When I am touched this way it feels:

- ☐ Pleasant
- ☐ Tender
- ☐ Relaxing
- ☐ Exciting
- ☐ Ticklish
- ☐ Pleasurable
- ☐ Arousing
- ☐ Orgasmic
- ☐ Other

# SEXUAL DESIRES

WHAT FEELS GOOD TO ME?

WHAT AROUSES ME?

WHAT ARE MY PLEASURE ZONES?

WHAT HELPS ME ANTICIPATE A GOOD SEXUAL ENCOUNTER?

WHAT DO I WANT TO CREATE FOR MYSELF AND MY PARTNER SEXUALLY?

WHAT DO I FANTASIZE ABOUT? HOW CAN I MAKE THEM A REALITY?

# FANTASY

DESCRIBE A SEXUAL FANTASY OF YOURS IN DETAIL. PAY ATTENTION TO WHAT FEELINGS YOU ARE LOOKING FOR WITH THIS FANTASY. WHY DOES IT APPEAL TO YOU? HOW CAN YOU MAKE THIS FANTASY WORK TO CONNECT YOU TO YOUR PARTNER? YOU CAN COPY THIS WORKSHEET AS MANY TIMES AS NEEDED FOR ALL OF YOUR FANTASIES. HAVE YOUR PARTNER DO THE SAME AND THEN SHARE THEM WITH EACH OTHER. REMEMBER TO BE TACTFUL AND KEEP IN MIND YOUR PARTNERS INSECURITIES AND VULNERABILITIES. THIS IS AN ACTIVITY THAT IS MEAN TO DRAW YOU CLOSER TO EACH OTHER, NOT FURTHER APART.

# YES/NO/MAYBE LIST

Indicate how interested you are in each activity with a yes/no/maybe and ask your partner to do the same. Discuss your responses together. Go beyond a simple yes or no. Use this list as a starting point and add other sexual activities pertinent to your own experience.

Discussing turn-ons, desires and fantasies with partners can be fun. The list allows you to learn a lot about your partner and yourself and opens the door to a more fulfilling and satisfying sexual experience and relationship. Revisit this list often.

	YES (INTO)	YES (WILLING)	MAYBE (RATE 0-5)	NO
Anal Sex	_____	_____	_____	_____
Analingis/Rimming	_____	_____	_____	_____
Biting	_____	_____	_____	_____
Blindfolds	_____	_____	_____	_____
Bondage	_____	_____	_____	_____
Breath Play	_____	_____	_____	_____
Cock Rings	_____	_____	_____	_____
Costumes or Uniforms	_____	_____	_____	_____
Cross Dressing	_____	_____	_____	_____
Cuddling	_____	_____	_____	_____
Cunnilingis/Eating out	_____	_____	_____	_____
Dirty Talk	_____	_____	_____	_____
Double Penetration	_____	_____	_____	_____
Ejaculation (Male or Female)	_____	_____	_____	_____
Erotic photography/videos	_____	_____	_____	_____
Felatio/Blow Job	_____	_____	_____	_____
Fetish Clothing	_____	_____	_____	_____
Fingering (Anal or Vaginal)	_____	_____	_____	_____
Fisting (Anal or Vaginal)	_____	_____	_____	_____
Flogging	_____	_____	_____	_____
Food Play	_____	_____	_____	_____
Foot Worship	_____	_____	_____	_____
Gags	_____	_____	_____	_____
G-Spot Stimulation	_____	_____	_____	_____
Hair Pulling	_____	_____	_____	_____
Hand Job (Penis or Vulva)	_____	_____	_____	_____
Ice Cubes	_____	_____	_____	_____
Intercourse (Anal or Vaginal)	_____	_____	_____	_____

# YES/NO/MAYBE LIST

	YES (INTO)	YES (WILLING)	MAYBE (RATE 0-5)	NO
Kissing (Mouth or Full Body)	_____	_____	_____	_____
Lap Dance	_____	_____	_____	_____
Massage	_____	_____	_____	_____
Masturbation (Mutual)	_____	_____	_____	_____
Masturbation (Alone)	_____	_____	_____	_____
Menstruation Play	_____	_____	_____	_____
Nipple Stimulation/Play	_____	_____	_____	_____
Outdoor Sex	_____	_____	_____	_____
Pain Play	_____	_____	_____	_____
Positions (Rear Entry, Top, Bottom, Standing, etc.)	_____	_____	_____	_____
Phone Sex	_____	_____	_____	_____
Quickies	_____	_____	_____	_____
Rape Fantasy or Role Play	_____	_____	_____	_____
Role Play	_____	_____	_____	_____
Rough Sex	_____	_____	_____	_____
Sensation Toys	_____	_____	_____	_____
Sensory Deprivation	_____	_____	_____	_____
Sex Toys	_____	_____	_____	_____
Shaving/Grooming	_____	_____	_____	_____
Slow Play	_____	_____	_____	_____
Spanking	_____	_____	_____	_____
Strip Tease	_____	_____	_____	_____
Submission	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____



# WHY DO I WANT SEX?

Use this worksheet to evaluate why you want to have sex. You can do it overall, every time, or just sometimes. It might be helpful to have your partner fill one out too. You can use one column for yourself and one column for your partner. You may want to fill out the second column of why you \*think\* your partner wants it and then compare it to what they actually want. Use it as a way to get to know each other better and strengthen your relationship. All reasons are valid. Be honest with yourself and your partner.

## ME

### PHYSICAL REASONS

- ☐ Pleasure
- ☐ Stress Relief
- ☐ Attraction
- ☐ Physical Release

### GOAL BASED REASONS

- ☐ Procreation
- ☐ Improve Social Status
- ☐ Revenge
- ☐ Gain an advantage

### EMOTIONAL REASONS

- ☐ Love
- ☐ Commitment
- ☐ Expression of Love

### INSECURITY REASONS

- ☐ Boost self-esteem
- ☐ Validation
- ☐ Prevent partner from going elsewhere
- ☐ Duty/Obligation
- ☐ Pressure

## MY SPOUSE

### PHYSICAL REASONS

- ☐ Pleasure
- ☐ Stress Relief
- ☐ Attraction
- ☐ Physical Release

### GOAL BASED REASONS

- ☐ Procreation
- ☐ Improve Social Status
- ☐ Revenge
- ☐ Gain an advantage

### EMOTIONAL REASONS

- ☐ Love
- ☐ Commitment
- ☐ Expression of Love

### INSECURITY REASONS

- ☐ Boost self-esteem
- ☐ Validation
- ☐ Prevent partner from going elsewhere
- ☐ Duty/Obligation
- ☐ Pressure

## BODY SCAN

Go through your body entire body, head to toe, to see where you are holding tension. Are your neck and shoulders tight? Are you squinting your eyes? Do you have tightness in your chest? Are your hands curled up in a fist? Are you walking differently?

Notice where you are holding that tension and actively work to release it.

## THOUGHT DOWNLOAD

If you find yourself having racing thoughts or experiencing negative emotion, a good practice is to start writing. Write down everything that is going on in your brain to help you get some awareness about it. Then you can examine your thoughts and decide if you want to believe them and keep thinking them or not. To learn more about how to do a thought download and download a free worksheet to help you, you can visit <http://amandalouder.com/podcast/111>.

## GROUNDING PRACTICE

Anytime you start to feel anxiety or distracted from what is going on, a grounding practice is a great way to get you back to the present. You can do this practice before sex and during sex.

First, take some deep cleaning breathes. This by itself lowers cortisol levels, the hormone that puts us into fight, flight, or freeze. With just a few focused breathes, you can calm down. Then go through the five senses and really focus on physical sensations.

1. What do you see? Look at your spouse. Focus on them. What parts of them do you like looking at?
2. What do you hear? Your breath. Your spouse's breath. The noises of pleasure. The rustling of the sheets. Maybe some music.
3. What do you smell? Some scented candles? Maybe you like the way your spouse smells.
4. What do you taste? The taste of your spouses lips, mouth, tongue. The taste of their skin.
5. What do you feel? Your skin on the sheets. Your spouses hands on your body. Your hands on their body. All of the skin to skin contact. All of the place their body is touching yours.

Doing this grounding practice, bringing you back to the present moment, will not only help you stay present, but can actually heighten your arousal.

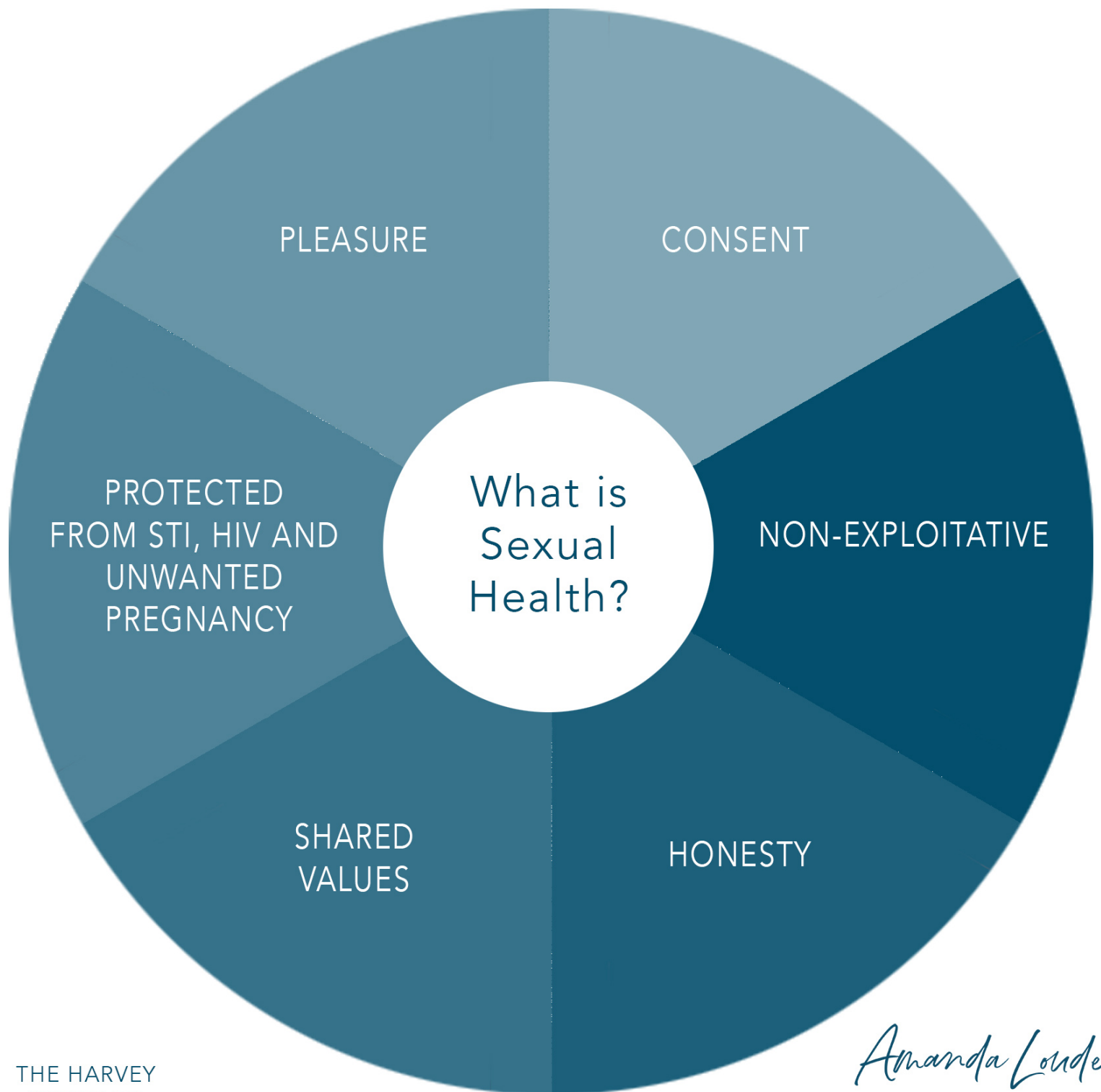
*Week 11*

**SEXUAL HEALTH  
AND AGREEMENTS**

# VIDEO NOTES

# TAKEAWAYS AND ACTION PLAN

# SEXUAL HEALTH



THE HARVEY  
INSTITUTE

*Amanda Louder*  
COACHING

# SEXUAL AGREEMENTS

## CONSENT

WHAT DOES CONSENT MEAN TO ME IN MY MARRIAGE?

WHAT BEHAVIORS DO I WANT MY PARTNER TO ASK CONSENT EACH TIME?

WHAT BEHAVIORS DO I NOT NEED MY PARTNER TO ASK CONSENT EACH TIME?

DO I FULLY GIVE CONSENT TO MY PARTNER WHEN I HAVE SEX WITH THEM? WHY OR WHY NOT? WHAT DO I WANT TO CHANGE?

# SEXUAL AGREEMENTS

## NON-EXPLOITATIVE

IS MY PARTNER HESITANT TO TRY NEW THINGS AND I PUSH THEM WHEN THEY AREN'T COMFORTABLE FOR MY OWN SEXUAL SATISFACTION?

ARE THERE ANY BEHAVIORS I AM UNCOMFORTABLE WITH AND NEED TO TALK TO MY PARTNER ABOUT?

## HONESTY

IS THERE ANYTHING I NEED TO TELL MY PARTNER ABOUT MYSELF OR MY HISTORY THAT I HAVE NO DONE SO YET?

AM I COMFORTABLE SHARING WITH MY PARTNER ABOUT MY FANTASIES AND SEXUAL PREFERENCES? WHY OR WHY NOT?



# SEXUAL AGREEMENTS

## SHARED VALUES

WHAT ARE MY VALUES AROUND SEX?

## PROTECTION FROM STI'S, HIV, AND UNPLANNED PREGNANCY

IS THERE ANY CHANCE I COULD HAVE AN STI OR HIV? IF SO, HAVE I BEEN TESTED?

WHAT METHOD(S) OF BIRTH CONTROL ARE WE PLANNING TO USE?

# SEXUAL AGREEMENTS

## MUTUAL PLEASURE

HOW DO I PRIORITIZE MY PLEASURE WHILE MAKING SURE MY PARTNER'S DESIRES ARE ALSO MET?

WHAT IF MY PARTNER ISN'T OK WITH THE WAYS I FEEL THE MOST PLEASURE? HOW DO I RESOLVE THIS?

## ADDITIONAL QUESTIONS

WHAT BOUNDARIES DO YOU HAVE WITH YOUR SPOUSE HAVING A RELATIONSHIP WITH SOMEONE OF THE OPPOSITE SEX? (LUNCH WITH COWORKERS, EXCHANGING MESSAGES ON SOCIAL MEDIA WITH OLD BOY/GIRLFRIENDS, ETC.)

WHAT CONSTITUTES AN AFFAIR IN YOUR EYES? EMOTIONALLY AND PHYSICALLY?

# SEXUAL AGREEMENTS

WHAT ARE YOUR FEELINGS ABOUT VIEWING SEXUAL IMAGERY? DOES YOUR PARTNER VIEW IT? DO YOU UNDERSTAND WHEN AND WHY THEY DO? DO YOU WANT TO BE TOLD WHEN THEY DO? ARE YOU A SAFE PLACE FOR THEM TO TELL?

HOW DO YOU FEEL ABOUT MASTURBATION? IS IT OK TO MANAGE DESIRES? WHAT IS THE EXPECTATION? DO YOU NEED TO TELL EACH OTHER?

WHAT ARE YOUR EXPECTATIONS OF FREQUENCY OF SEX AND INITIATING?

WHAT DO YOU DO WHEN YOU AREN'T IN THE MOOD AND YOUR PARTNER IS?

WHAT DO YOU WANT TO TRY IN THE BEDROOM?



*Week 12*

GOING FORWARD

# VIDEO NOTES

# TAKEAWAYS AND ACTION PLAN

# MONDAY HOUR ONE

MONDAY HOUR ONE IS A WAY TO HELP YOU BE MORE PRODUCTIVE AND GET THE THINGS DONE THAT YOU WANT TO GET DONE. SIT DOWN FOR AN HOUR (OR SO) ON MONDAY MORNING (OR SUNDAY NIGHT - WHATEVER WORKS FOR YOU).

STEP 1: DO A THOUGHT DOWNLOAD AND WRITE DOWN EVERYTHING YOU NEED AND WANT TO GET DONE THIS WEEK. WHAT RESULTS DO YOU WANT TO CREATE?

STEP 2: PUT THE LIST IN ORDER OF WHAT NEEDS TO BE ACCOMPLISHED FIRST.

STEP 3: DETERMINE HOW MUCH TIME EVERYTHING WILL TAKE.

STEP 4: ADD ALL ITEMS TO THE CALENDAR ON EACH DAY WITH TIME FRAMES.

STEP 5: FOLLOW YOUR CALENDAR.

JUST PLAN ON NOT WANTING TO FOLLOW YOUR CALENDAR. YOUR BRAIN WANTS TO DO WHAT FEELS GOOD IN THE MOMENT. IT WILL TRY TO DISTRACT YOU.

IF YOU FIND YOURSELF NOT FOLLOWING YOUR CALENDAR, YOU NEED TO DO A THOUGHT DOWNLOAD AND SEE WHAT IS GOING ON IN YOUR BRAIN AND WHY. THEN YOU CAN ADDRESS IT. LEARN THE SKILL OF DIRECTING YOUR BRAIN TO PRODUCE AMAZING RESULTS.

## TIPS:

- SCHEDULE YOUR FREE TIME AND PERSONAL TIME FIRST.
- SCHEDULE TIME TO COACH YOURSELF AND DO THE WORK.
- ONLY SCHEDULE THE AMOUNT OF TIME YOU ACTUALLY NEED TO COMPLETE TASKS.
- PLAN ON INTERRUPTIONS AND HAVE A BACKUP PLAN.
- DON'T MAKE EXCEPTIONS. FOR ANY REASON. UNLESS THEIR IS BLOOD INVOLVED.

THIS PROCESS HELPS YOU BUILD TRUST WITH YOURSELF!



# GOAL SETTING

1. LOOK AT YOUR LIST OF "MY DESIRES" FROM WEEK 5 TO GET IDEAS. PICK ONE.

2. PUT THE GOAL INTO A MEASURABLE SENTENCE

It has to be measurable so you'll know when you've completed it. There has to be a Deadline. Pick something that causes you to stretch, but also something that you can Complete within the time frame you chose and in the time you have available to you.

For example: By (insert date and time), I will have completed and created (insert goal here). I will know I'm done because of (measurable statistic.)

By \_\_\_\_\_, I will have completed and created \_\_\_\_\_.

I will know I'm done because of \_\_\_\_\_.

Now commit.

WHY DO YOU WANT TO ACHIEVE THIS GOAL?

# DO GOALS

NOW IT'S TIME TO BRAINSTORM. LIST EVERYTHING YOU NEED TO DO TO ACCOMPLISH THIS GOAL. IF YOU HAVE A BIG TO DO LIST, BREAK IT DOWN BY EACH STEP.

# OBSTACLES & STRATEGIES

LIST ALL THE OBSTACLES TO ACHIEVING THIS GOAL. THEN TURN EACH OF THE OBSTACLES YOU LIST INTO A STRATEGY OR A SKILL YOU NEED TO DEVELOP. ADD IT TO YOUR LIST OF TO DOS.

OBSTACLES

STRATEGIES

# THE PLAN

1. TAKE YOUR GOALS TO-DO LIST AND STRATEGIES LIST AND SORT THEM INTO THE ORDER OF EXECUTION. MAKE THEM AS CLEAR AS SPECIFIC AS POSSIBLE.
2. DETERMINE HOW MUCH TIME EACH THING WILL TAKE.
3. ADD EACH ITEM TO YOUR CALENDAR WITH THE TIME FRAMES YOU'VE DECIDED UPON.

DO GOALS AND STRATEGIES IN ORDER:

# GOAL SUMMARY

CATEGORY: \_\_\_\_\_

VALUE STATEMENT: \_\_\_\_\_

LONG TERM GOAL: \_\_\_\_\_

SHORT TERM GOAL: \_\_\_\_\_

WEEKLY TASKS: \_\_\_\_\_

DAILY TASKS:

- SUNDAY: \_\_\_\_\_
- MONDAY: \_\_\_\_\_
- TUESDAY: \_\_\_\_\_
- WEDNESDAY: \_\_\_\_\_
- THURSDAY: \_\_\_\_\_
- FRIDAY: \_\_\_\_\_
- SATURDAY: \_\_\_\_\_