



THE TOTAL FITNESS & SELF LOVE PROGRAM

Week 11

Becoming Your Happiest Most Positive Self Workbook

Try to do as many of the following exercises as possible.

The more you do, the better you will feel.

Part One:

Have GRATITUDE

Begin a gratitude journal.

Write 5 things every morning and evening of what you are grateful for.

It might feel difficult at first, but you'll be surprised at how good you begin to feel!

- 1.
- 2.
- 3.
- 4.
- 5.

Part Two: Develop and maintain your VALUES

What are some standards that you need for yourself and others?

This is different from expectations. An expectation sets someone up for failure, as usually expectations aren't vocalized to the other person.

Values and standards are non-negotiables like friends who are trustworthy.

Ensure that you know what your values are, and ensure the people in your life know these. If they don't know them, you may be placing an unattainable expectation.

Constantly assess and reassess relationships. As we are always evolving as people, relationships evolve too and sometimes the person isn't meant to be in your life anymore (and that's ok.)

What are 5 non-negotiables in your life? (examples, trustworthy people, you go to bed early every night because you value sleep, you need 5 mins of selfcare every morning, etc)

- 1.
- 2.
- 3.
- 4.
- 5.

Part Three: BELIEVE in yourself

Stand tall and proud of yourself!

Ask yourself these questions:

- Why CAN'T I love myself and share my gifts with others?
- WHY would that be selfish? It's not selfish to GIVE a gift, so why is it selfish to be confident that you have something special to share with others!?

What makes you feel confident and proud of yourself?

Write a list of words that are powerful and give you confidence and begin to say them to yourself, and add them into your vocabulary.

Choose some outfits that make you feel POWERFUL and confident.

Listen to some meditations on YouTube or Insight Timer that raise your confidence. Do this before a test, difficult conversation or day of work.

Have fun with this.