

BELIEF SCHOOL CLARITY COURSE

WORKBOOK





WELCOME

AWESOME HAVING YOU HERE. WE LOVE THAT YOU ARE INVESTING TIME AND MONEY IN YOURSELF.

This workbook has been designed to supplement your weekly training videos. Working through the questions after listening to each lesson, will significantly compound your learning.

Writing and talking through your thoughts, ideas and experiences helps you make sense of them; it helps you organise and analyse what is going on in your head. The use of language and the process of writing (or typing) helps create a narrative—enriching your understanding.

There is a very subtle difference in your intention when you move from being stuck in your head with your thoughts, to expressing these thoughts through journaling and/or dialogue, it brings greater acceptance and often more creative solutions.

I HAVE THREE SUGGESTIONS FOR YOU, GO WITH THE ONE THAT WORKS FOR YOU!

01 – Save this workbook to your device and then work through it digitally. The benefit being it is super easy, very portable and you can call on it whenever you want.

02 – Print this workbook out and write in it. This is a great option if you are someone who finds handwriting works for your brain. It also gives you the options of drawing, adding side notes and highlighting particular parts.

03 – Cut and paste, or hand write the questions into a journal dedicated to your personal development. This is great if you already have a workbook and you want to keep your content all together.

HAVE FUN, BE BRAVE *Paula Gosney*

TABLE OF CONTENTS

LESSON ONE

YOU ARE CREATING EVERYTHING.

LESSON TWO

AUDITING YOUR EXTERNAL ENVIRONMENT

LESSON THREE

A LESSON IN NEUROSCIENCE

LESSON FOUR

MINDSET

LESSON FIVE

THREE KINDS OF FEAR

LESSON SIX

WILLPOWER WEARS OUT

LESSON ONE

YOU ARE CREATING EVERYTHING.

This is an exercise in self-awareness; the more honest you are with yourself, the wiser and more confident you will become.
Deep-thinking is the dominion of the great.

01 – Write three statements you often use to describe yourself.

02 – What are three things you love about yourself?

03 – What are three very specific things you would like to change about yourself?

04 – What is something you feel ashamed of?

05 – What is something about yourself you are extremely proud of?

06 – What is a repetitive behaviour you do that does not usually create a positive outcome for you?

07 – Write three statements you often use to describe yourself.

08 – What are your three most important priorities in your life?
(be specific)

09 – What do you want to achieve most, above all other things, in the next 5 years?
(be detailed + specific)

10 – Is there anything preventing you from achieving this?

11 – What would you like people to say about you at your funeral?

12 – What do you think they would say now?

THAT'S IT; THIS ISN'T A TEST, WE ARE NOT GOING TO GIVE YOU A SCORE

*If you answered those questions wholeheartedly a couple of them may have been pretty hard. That's cool – you can do hard things, **YOU ARE AWESOME.***

If you want to talk about what you discovered or share how you feel, come over to our Facebook Group, www.beliefschoolcommunity.com there are great humans there you can chew this over with.

SPACE FOR WRITING, THINKING, DOODLING.

LESSON TWO

AUDITING YOUR EXTERNAL ENVIRONMENT

PART ONE: MEDIA AUDIT

The media we consume intentionally and unintentionally has a big impact on how we see ourselves and how we interact with the world around us.

Media consumption serves many purposes; it can entertain, educate, inform and inspire. Yet for many of us our media consumption is mindless, destructive and a little out of control.

It is passive entertainment – which is part of its appeal in our very busy world. Yes, screen viewing can help us unwind; it can also be highly addictive and suck up huge amounts of time, leaving us feeling empty, depressed and full of envy.

The purpose of this audit is to help you start to make intentional media choices.

By forming a clear picture of what and how much media you are consuming and gaining some analysis of how it makes you feel, you can then start to make choices that serve you better.

**This can be a working document, as you write down your media usage over a full week.*

FROM THE INFORMATION YOU HAVE COLLATED:

01 – What type of TV are you predominantly watching?

02 – How do the different genres or shows impact on your moods, productivity and feelings?

**03 – Which shows do you feel are positive and uplifting? Why?
How much of this kind of TV are you watching?**

**04 – If you were to choose to make one change from your evaluation, what would that be?
How do you think that would impact on you?**

FROM THE INFORMATION YOU HAVE COLLATED:

01 – What are three positive outcomes for you from spending time on social media?

02 – What are three negative outcomes for you from spending time on social media?

03 – Consider the social media platform you use the most; is your newsfeed predominantly filled with content that makes you feel good?
What sort of content is that?

04 – How do you think you can get the best use out of the social media time.

RADIO/ PODCASTS

(If you don't use any Radio or Podcasts, go to the next section that is relevant to you)

Radio/ Podcast Name	Hrs/wk	How do you feel after you have spent time listening to these?

NEWSPAPERS/ MAGAZINES (INCLUDING ONLINE)

Newspaper/ Magazine	Hrs/wk	How do you feel after you have spent time reading these?

Here are some questions for you to work through about your use of Media. If you are someone who has great discipline with your mobile devices these questions may not be relevant to you.

01 – What are some of the things you used to do before you had a smartphone, that you don't do now?

02 – What do you love to do at home, when you are not on a screen?

**03 – Do you find it difficult to spend any length of time without a device?
How do you feel?**

**04 – Do you go to social media when you are bored, tired, lonely?
How does it make you feel?**

TIPS AND RECOMMENDATIONS

A few tips to help you create a positive experience from your media consumption.

01

Think about the magazines you buy and news/gossip apps you subscribe to; do they make you feel good about yourself and the world?

02

Ask people who you admire what media they consume, both online and in print. Be open to exploring new sources.

03

Think of the people you know who have what you want in your life, have a look at their social media and see who they follow.

04

Schedule your TV watching; make it fun, indulgent, appointment-viewing as a reward. Try to avoid mindless consumption of TV just because it is there. (If possible, subscribe to a service that allows you to record and watch at your convenience.)

05

Which, of all the media you consume, gives you the most pleasure? Whether that's relaxation, stress relief, education, inspiration or greater productivity. Do more of that one. 😊

06

If you don't already, consider podcasts for entertainment and education. This genre is the radio of the 21st Century and has many benefits. You can research and select shows that are in line with your interests and aspirations. They can be downloaded at your convenience and they make brilliant use of any transit times.

07

Create media-free times and zones; buy an alarm clock so you don't go to bed with your phone and switch it to silent over the weekend so you – not your devices – are in control.

08

Make an effort to respond off-line when you see exciting news or events about your friends & family. Relationships & goodwill are built through time and effort.

PART TWO: NURTURING YOUR BRAIN

Your eyeballs are the doorway to your brain, as are your ears. The information they take in every day is impacting on and altering the wiring of your brain. Our brains are plastic, which means they are valuable; they are constantly reworking, rebuilding, rewiring – depending on what we are feeding them.

Each day you get to choose a large portion of what you listen to and watch. Your media audit will have given you some great insights into how best to control your media space.

NOW, LET'S LOOK AT SOME IDEAS OF HOW YOU CAN NURTURE YOUR MIND AND FUEL YOUR BELIEF IN YOURSELF.

01 – CHANGE YOUR PASSWORDS

What you say to yourself, when no one else can hear, directs your choices, which define your life.

What is one thing you do over and over again, every single day? You enter your passwords. On your phone, banking sites, computers, to open gates, buy music – every day, over and over you are entering the same numbers and letters. It's time to put that repetitive action to use.

*Think of something short like **LOVEME** for your six digit smart phone password; or longer phrases like these for longer passwords:*

ILOVEME

HEALTHYTODAY

IAMLOVED247

IAMKIND21

02 – WHAT IMAGES DO YOU HAVE AROUND YOU?

What images do you have on your screen savers and what photographs do you have on your walls?

These items can seem small and insignificant; they are not, they have a big impact. Choose photos, artwork and images that make you feel loved, inspired and stimulated.

03 – WHAT ITEMS DO YOU HAVE IN YOUR WORKSPACE THAT REPRESENT WHO YOU ARE AND WHAT YOU HAVE ACHIEVED?

Throughout your life you will have worked towards personal goals that you have achieved. They may be sporting trophies, awards, certificates or qualifications – display these around you.

These are subtle yet effective subconscious reminders of what you are capable of.

04 – WHAT MUSIC DO YOU LISTEN TO AND WHAT ARE YOU SMELLING?

Good music and beautiful smells bring joy and inspiration. Do you have the radio blaring negative news, or are you playing music that fills you up? What do your work and home spaces smell like?

Your ears and nose are powerful sensory receptors going directly to your brain, what are you feeding it?

SPACE FOR WRITING, THINKING, DOODLING.

LESSON THREE

A LESSON IN NEUROSCIENCE

The first step towards directing your internal voice so it serves you, is becoming aware of what a big influence it is in your life. The following questions are designed to help you do this.

THERE ARE NO RIGHT OR WRONG ANSWERS; THERE IS JUST YOU.

<http://www.beliefschool.com/how-to-find-blue-elephants/>

If you have not read this essay yet, we encourage you to do so, it will help you understand this topic more deeply.

WHAT DO YOU SAY TO YOURSELF:

01 – In the morning when you look in the mirror?

02 – When you are feeling down?

03 – When you have made a mistake?

04 – When you get dressed to go out?

** If you are not sure, work on bringing awareness to your self-talk in these situations.*

05 – When you are feeling uncomfortable amongst strangers?

06 – When you are about to do something with an uncertain outcome?

07 – When someone gives you a compliment?

*Become aware of how you talk to yourself. Is it positive or negative?
Come back to this workbook and write down what you notice throughout
your day:*

*This is a famous TED Talk with great insights and suggestions,
we highly recommend it.*

https://www.youtube.com/watch?v=Ks-_Mh1QhMc

SPACE FOR WRITING, THINKING, DOODLING.

LESSON FOUR

MINDSET

Here is the link for your Mindset Quiz. Complete this now.

bit.ly/ClarityCourseMindsetQuiz

*DID THE QUIZ REVEAL THAT YOU WERE MORE INCLINED TO APPROACH LIFE WITH A **FIXED MINDSET** OR A **GROWTH MINDSET**?*

01 – After listening to the description of the two mindsets, can you think of 5 specific ways your mindset shows up in your life?

02 – Think of a time when you really enjoyed learning, describe it here. Did you enjoy it because it felt easy and effortless or did you enjoy it because you loved the challenge?

03 – Can you think of a time when you failed at something and there was a negative consequence, or it felt terrible? Describe how that experience made you feel here.

04 – Did you make any decisions about yourself, as a consequence of that experience?

05 – Now, look at that same situation through a growth mindset perspective. Ask yourself, what did I learn from that experience and how did that experience help me?
THINK DEEPLY ON THIS QUESTION – AND WRITE ABOUT IT HERE.

➤ *THIS IS THE STORY YOU WANT TO CARRY WITH YOU INTO YOUR FUTURE.*

➤ *THIS IS THE MINDSET YOU WANT TO APPROACH THE REST OF YOUR LIFE WITH.*

Often we want to surround ourselves with people who agree with us, this is a fixed mindset way of thinking.

You can choose to surround yourself with people who challenge you to be your best; who believe in your ability to grow and develop. This is not always comfortable but it is essential for personal development.

06 – Write down the five people you spend most of your time with (excluding any children).

**07 – Are you the smartest most successful one in the group, or do you have people in your group who inspire you?
What is one thing everyone in that group has in common?**

RECOMMENDATIONS

CHANGE THE MEANING OF EFFORT FOR YOU AND YOUR FAMILY.

It is easy to think effort is for those who don't have natural ability. We are bombarded with the idea that effortless beauty, success and sporting talent is valued far higher than those who have to work long and hard to achieve it.

Start to talk about effort as an aspirational quality. Praise those around you for effort and look for examples of great effort and persistence to highlight this.

EMBRACE CHALLENGE

Next time you are in a challenging situation, mentally or physically –rather than focusing on how hard it is, or feeling depressed or despondent—work on finding enjoyment in the challenge.

Picture your brain forming new connections, growing and expanding; if you take away the fear of failing, and see failure as an example of courage, you can then enjoy the process of learning so much more.

IS YOUR MINDSET KEEPING YOU STUCK?

*What is something you have always wanted to do but you aren't doing it?
Write about it here.*

WHY ARE YOU NOT GOING FOR IT?

Do you believe you do not have the talent or the ability to succeed? Ask yourself the question, "what is the worst thing that can happen if I do this thing?"

GO FOR IT!

HERE'S THE VID WE'D LIKE YOU WATCH:

SPACE FOR WRITING, THINKING, DOODLING.

LESSON FIVE

THREE KINDS OF FEAR

*Big fear and sneaky fear feels uncomfortable – even awful
and that's why it keeps us stuck.*

Be aware of this as you consider completing the following tasks.

OUR INTENTION WITH THIS LESSON IS TO HELP YOU IDENTIFY HOW SNEAKY FEAR IS AFFECTING YOUR LIFE.

01 – Complete these two lists from the description in the lesson.

	BIG FEARS THAT SHOW UP IN YOUR LIFE <i>Things like public speaking, starting a business, hairy spiders, sky diving.</i>	WHERE IS SNEAKY FEAR KEEPING YOU STUCK <i>Things like getting a new haircut, phoning someone you've fallen out with, asking for help, wearing something different, speaking up.</i>
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

02 – From either of your lists, choose one action that you would really like to take. Explain why in more detail here.

03 – Write a list from 10 benefits of taking this action in the face of fear.

01	
02	
03	
04	
05	
06	
07	
08	
09	
10	

- 04 – Write a detailed account of how it would feel for you once you have faced this fear and overcome it. Go to the emotional place of this experience. You can doodle, stick pictures – anything that will help you focus on the positive outcome, not the fear.

05 – Once you have taken this action, please come back here and write how you felt immediately afterwards.
Your emotions—whatever they are: bravery, exhilaration, pride, peace, satisfaction..... will pull you forward next time fear rears its head.
Write how you feel here.



***YOU WILL DANCE WITH FEAR FOR THE REST OF YOUR LIFE.
THE ONLY WAY TO HAVE FEAR AS A HEALTHY COMPANION,
GUIDING YOU WELL, IS TO GET TO KNOW IT.***

***KNOW WHEN TO LISTEN TO IT AND KNOW WHEN TO TAKE
ACTION IN THE FACE OF IT. “***

SPACE FOR WRITING, THINKING, DOODLING.

LESSON SIX

WILLPOWER WEARS OUT

What is your usual behaviour when you make a decision to create change? You will have a pattern of behaviour that swings into action when you make a decision to change something in your life,.we want you to become aware of what this is.

By understanding your patterns and triggers, you can set yourself up to win, rather than set yourself up to fail, this is the key to successful habit forming.

THINK ABOUT SOMETHING YOU'VE TRIED UNSUCCESSFULLY TO CHANGE IN THE PAST, FOR EXAMPLE:

I'm not going to drink alcohol for a month.

I'm not going to eat sugar for a week.

I'm going to go to the gym Mon – Fri.

Giving up smoking.

etc...

NAME THAT PAST GOAL HERE:

01 – What do the voices in your head say as you think about the commitment you made?

02 – Describe what has typically happened when you make a commitment for change? Try and break this down as much as possible.

03 – What happens if you slip up?
Do you quit, do you carry on?

04 – What have been your biggest obstacles to following through on your commitment?

05 – In the past, think of a time where you have successfully followed through on a commitment or goal. What are 3 strategies that have worked for you?

01

02

03

CREATING CHANGE REQUIRES ALL OF THESE COMPONENTS:

- *A plan*
- *A strategy to reduce temptation*
- *An accountability buddy*
- *Recognition and rewards*
- *A timeline rooted in your personal reality, with achievable milestones*

This is all covered in our wonderful course soon to come to market:

CHANGE.



IT IS ALMOST IMPOSSIBLE TO CREATE SIGNIFICANT PERMANENT CHANGE WITH WILLPOWER ALONE.

YOU ARE NOT WEAK, YOU ARE HUMAN AND AWESOME! 

WE HAVE COME TO THE END OF CLARITY AND **YOU ARE A ROCK STAR**.
I AM SURE YOU HAVE DISCOVERED MANY INTERESTING THINGS ABOUT
YOURSELF AND THE CHOICES YOU MAKE.

WE WOULD **LOVE** TO HEAR ABOUT YOUR DISCOVERIES IN OUR
FACEBOOK GROUP. PLEASE COME AND TALK WITH US. THE LINK IS BELOW.

**IT IS YOUR STORIES THAT GIVE OTHERS THE COURAGE TO INVEST
IN THEMSELVES.**

IF YOU LOVED CLARITY AND THINK OTHERS WILL TOO:

1. Send us your testimonial to paula@beliefschool.com
2. Share our program on your Facebook news feed.
3. Send this course link personally to a couple of friends
who you think will benefit.
4. Join our Facebook Group www.beliefschoolcommunity.com
5. Pat yourself on the back. **YOU ARE AWESOME!**

WITH LOVE AND ADMIRATION

Paula Gosney & the Belief School Team.