

A top-down view of a person with blonde hair in a white sweater writing in a brown notebook on a wooden table. A cup of coffee, a smartphone, and some dried leaves are also on the table.

DEVELOPING AN ATTITUDE OF GRATITUDE

WORKBOOK

BY FIRST STEP COACHING

SECTION *workbook* ONE

SECTION ONE

FINDING YOUR GRATITUDE



LETS BEGIN!

As a part of my practice identifying "Personal Blocks" in my clients dream catching is integral to their progress. Personal Blocks are the limiting beliefs that have been developed as a result of negative life experiences that have become apart of them. These barriers prevent them from reaching their full potential. Personal Blocks can be as debilitating as quick sand pulling people into an abyss.

It is important that you work through these feelings and ideals, so to push yourself forward.

Once you are aware of the blocks and the impact they are having on your progress many clients are able to start to change their perception, a key component in success.

Having an Attitude of Gratitude has scientifically proven to increase the quality of life and overall happiness. What other reason could you need to be grateful?

Take this time to think of the big and little things that are happening in your life right now that you can be grateful for. Honing this feeling and practice is another tool in your success chest.

ENJOY!



WORKSHEET 1

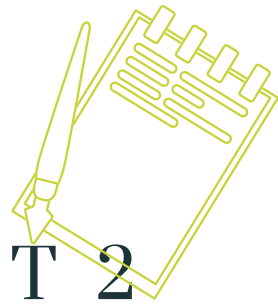
OVERCOMING SELF SABOTAGE

QUESTION #1: How often do you take the time to be grateful for the things, people and life you have?

- a) daily
- b) weekly
- c) occasionally
- d) not at all

QUESTION #2: What does being grateful mean to you?

QUESTION #3: Who are the people in your life that you are grateful for?



WORKSHEET 2

BUILDING ESTEEM THROUGH CONFIDENCE

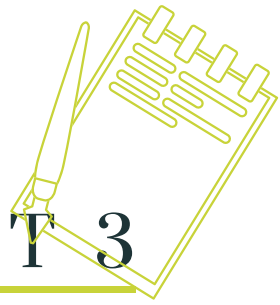
QUESTION #: 4 What feelings arise when you think of them?

QUESTION #5: How do you express your gratitude to them?

QUESTION #6: How would it feel to tell those people how much you appreciate them? How would it make them feel?

WORKSHEET 3

BUILDING ESTEEM THROUGH CONFIDENCE



QUESTION #7: What are the things in your life that you are grateful for?

QUESTION #8: What experiences/activities do you participate in that bring you joy?

QUESTION #9: What are you willing to do each day to express your gratitude for all the above?

SECTION *homework* TWO



HOME WORK

COMPLETE THE FOLLOWING

THIS WEEK:

1. Choose the affirmations that resonate with you and read them out loud three times per day
2. Listen to the Attitude of Gratitude Affirmation Frames daily
3. Create your own Mantra - your words have POWER!



about affirmation frames

Affirmation Frames work in tandem with your coaching conversations to accelerate your overall results.

These powerful recordings created by Dr. Randin Brons, PhD, CMH, MSL, resulted from years of experience working with his own hypnosis clients as a medical hypnotist and are developed for use by CCA coaches. For questions regarding the Affirmation Frames please contact Dr. Brons at dr.brons@shaw.ca

Use the power of subliminal messaging to target your subconscious mind - the root of your issues - increase your levels of motivation from the inside.

For more information Dr. Brons full breakdown can be forwarded to you.

ENJOY!

WORKSHEET 4

MY MANTRA

INSTRUCTIONS: Words have power. Create a mantra that will be your go to sound bite when you need a pick me up!



MY MANTRA



**I HAVE AN
ATTITUDE
OF
GRADITUDE!**