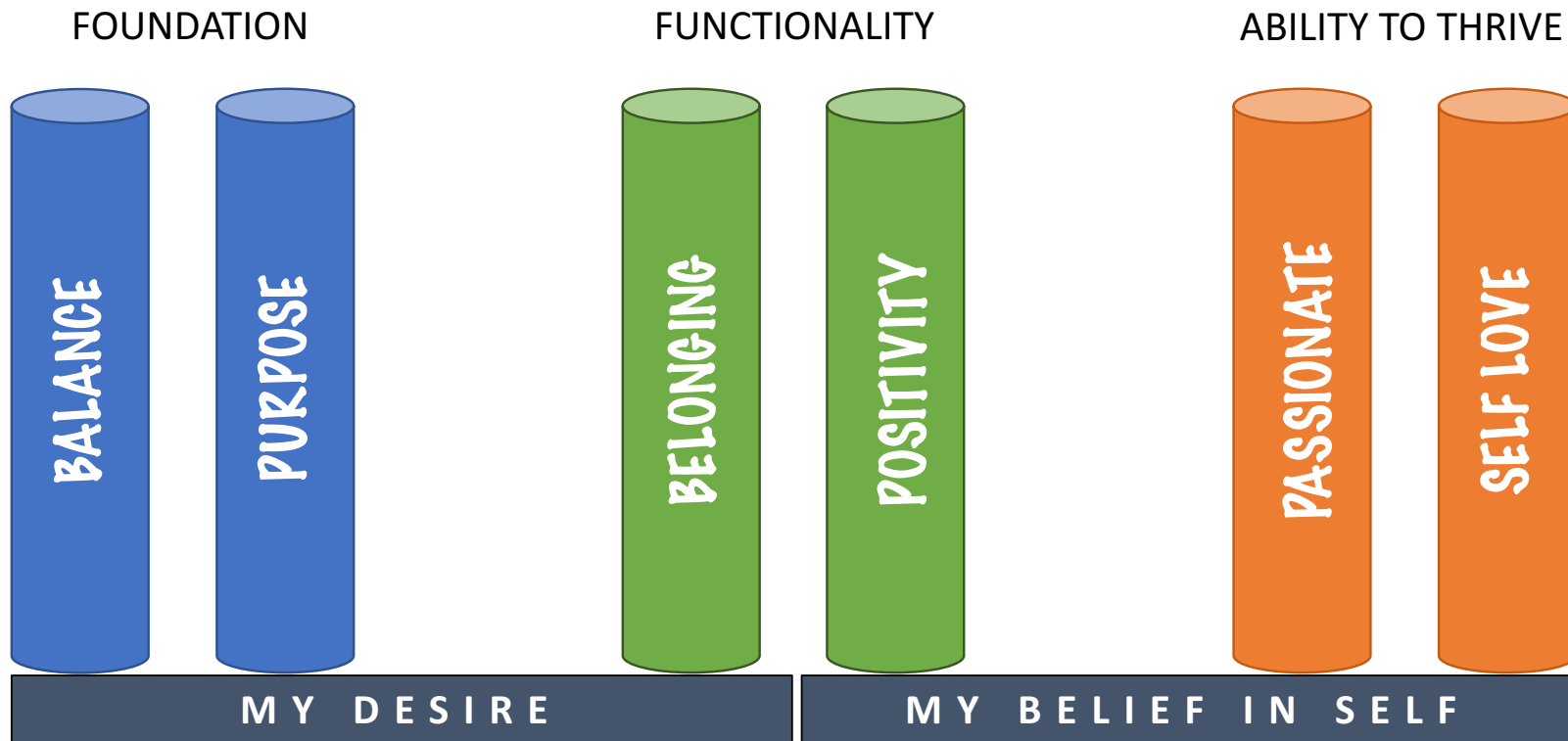


A NEW SEASON AHEAD

TOOLS TO STRENGTHEN YOUR PILLARS AND SELF BELIEF TOWARDS A NEW SEASON

7 STEPS TOWARDS A NEW SEASON IN YOUR LIFE, whether that is a coming new year, leaving your past self behind, a new time due to a hard life event, returning to home after time out.

You will identify the desire of your heart, goals towards your new season, strengthening the 6 wellbeing pillars in your life, identifying changes you need to make to your environment, being more effective and building your belief in self in order to achieve successfully your desire.



Step 1: Place the 6 pillar cards in H-M-L from your wellbeing kit.
(You will get a more realistic answer if you use the cards, alternatively you can write down H, M or L in the boxes under Step 4.)

- Blue cards: (1) Balance, Unity & Harmony; (2) Purpose & Meaning
 - Green cards: (3) Sense of belonging; (4) Positive mindset
 - Orange cards: (5) Passionate lifework; (6) Expression of love to self
- Where are each of these right now for you?*

Step 2: What is the desire of your heart in this coming new season? Write down bullet points, first things that come to your mind that you want more than anything to live a fulfilled life.

Step 3: Is there anything in your environment that you need to change in order for these desires (from step 2) to happen? That is, does your current environment align with your desires?

Step 4: Keeping in mind Steps 2 & 3 and viewing your cards laid out from Step 1, write down specific goals to strengthen all 6 pillars. Identify the WHAT and HOW. In the box, write if it was H, M or L.

1. BALANCE, UNITY & HARMONY

2. PURPOSE & MEANING

3. SENSE OF BELONGING

4. POSITIVE MINDSET

5. PASSIONATE LIFEWORK

6. SELF LOVE

Step 5: To be more effective in this new season, we need to build our self belief validation. The more we believe in ourselves the more effective we will be in achieving these goals towards our desire/s.

BUILDING SELF BELIEF:

1. Name any barriers in the way that could be preventing you from moving forward:

2. Visualise yourself in your desire.
 - a) How do you feel?

 - b) What milestones have you achieved?

 - c) Anything you notice different about your environment?

 - d) What strengths do you see of yourself?

3. Write down 3 positive I AM statements. *'The more you reaffirm who you are, the more your behaviour will begin to reflect your true identity'* – Neil Anderson. You may want to be more confident, so write down 'I am confident'. Part of your desire is to be successful, write down 'I am successful'. You may not feel worthy of your desire, write down 'I am worthy'. Anything you feel you need to tell yourself.

Say these out loud regularly until you feel it inside and live it daily.

Step 6: With the out workings of Step 5, rewrite your desire from Step 2 in one well-defined sentence.

Step 7: Fill in the diagram on page 4 taking in account all your hard work thus far. Define more specific goals for the 6 pillars, this time include numerical values and the WHEN with the WHAT and HOW.

Place page 4 in a prominent place for you to be reminded of your desire for this new season, to work towards the goals you have created and to say your I am statement regularly. If your desire is truly what you want, then you will do anything to make it happen.
All the best with this new season,
Mel



Visit www.unchainyourwellbeing.com
for further tools and resources

I AM

PASSIONATE LIFEWORK GOAL:



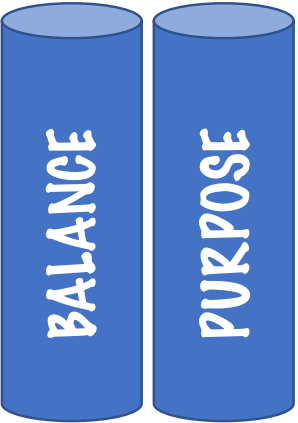
SELF LOVE GOAL:

SENSE OF BELONGING GOAL:



POSITIVE MINDSET GOAL:

BALANCE UNITY HARMONY GOAL:



PURPOSE & MEANING GOAL:

MY DESIRE IS

