

CONFIDENCE,  
CLARITY &  
SUCCESS

*Workbook*

# CLARITY – NOW

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Let's take a look at where you are in life right now and how you feel about different areas of your life. Rate these areas on a scale of 1 to 10, (1 being not what you want *at all* and 10 being totally happy - *nothing needs to change*)

**01** On a scale of 1 to 10...  
How do you feel about your career?                      1 2 3 4 5 6 7 8 9 10

**02** On a scale of 1 to 10...  
How do you feel about your relationships?                      1 2 3 4 5 6 7 8 9 10

**03** On a scale of 1 to 10...  
How do you feel about your finances?                      1 2 3 4 5 6 7 8 9 10

**04** On a scale of 1 to 10...  
How do you feel about your body, health and fitness?                      1 2 3 4 5 6 7 8 9 10

**05** On a scale of 1 to 10...  
How happy, confident and fulfilled do you feel right now?                      1 2 3 4 5 6 7 8 9 10

## REVIEWING YOUR SCORE

1- What is the first thing you notice about your scores?  
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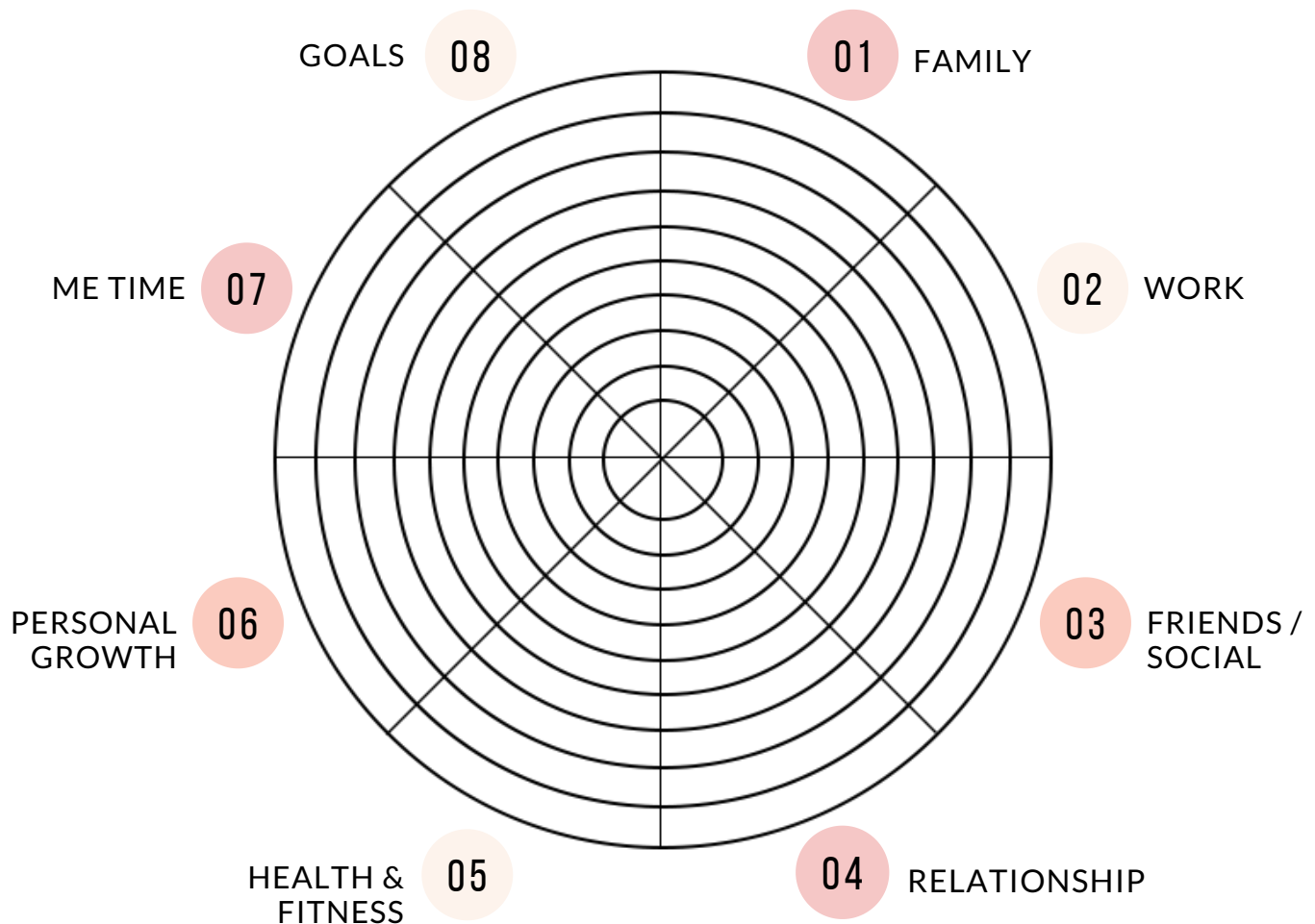
2- What do your scores tell you about where you are right now?  
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3- How do these scores make you feel?  
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# YOUR LIFE CHART – NOW

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Take a look at how you spend your time just now - colour in the chart to represent how much time you spend in each area **NOW**

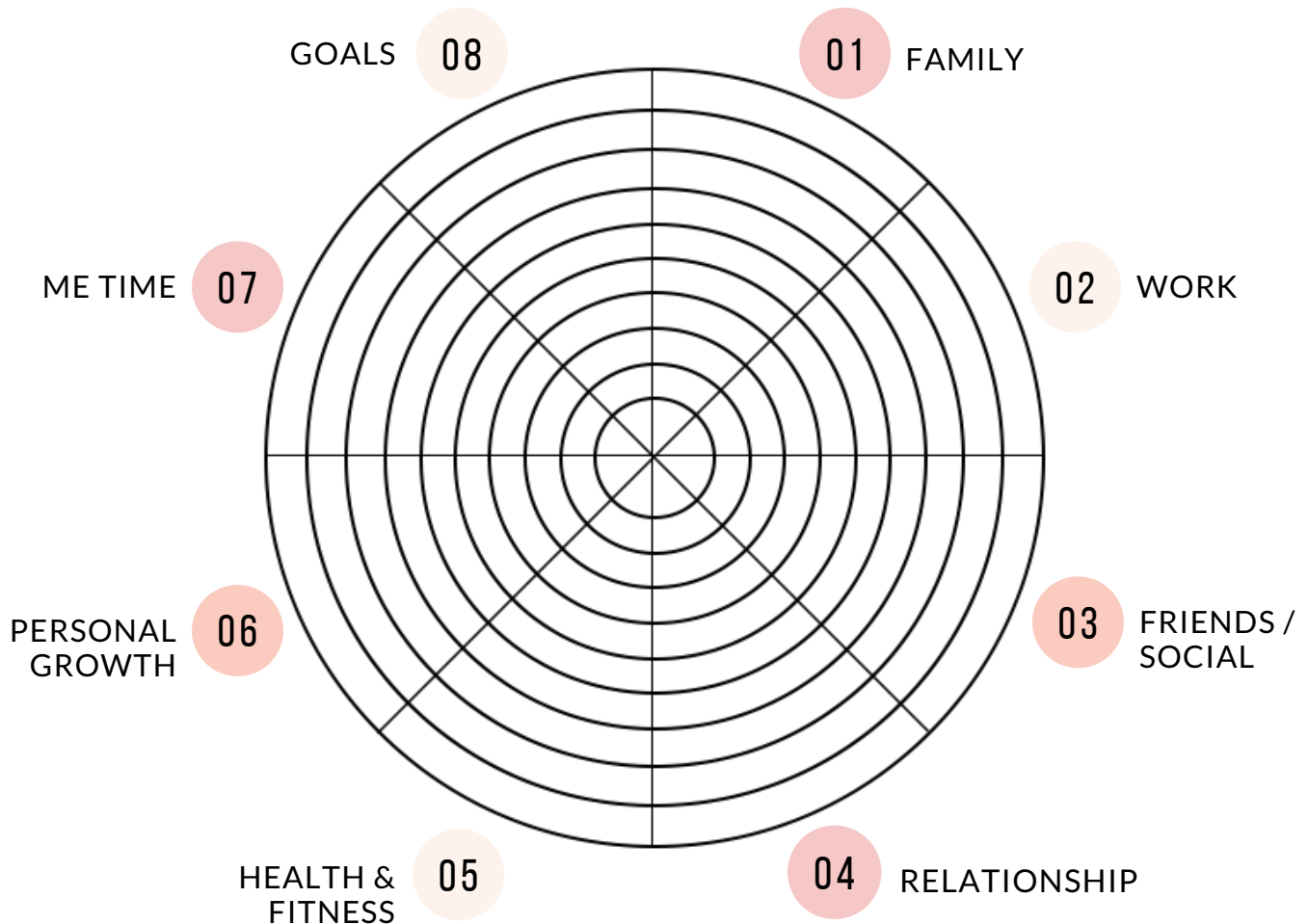


Looking at your life chart what do you notice? Journal out your thoughts on how you spend your time now below:

# YOUR LIFE CHART – NEW

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Now colour in your life chart thinking about how much time you WANT to spend in each area.



Looking at your life chart what has changed? Journal out your thoughts on how you spend your time now below:

# YOUR NEW LIFE

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Take some time to write out what you want from each area of life. How do you want it to look? What do you want to change or make happen? Be as specific as you can.

<b>01</b> FAMILY	<b>02</b> WORK
<b>03</b> FRIENDS / SOCIAL	<b>04</b> RELATIONSHIP
<b>05</b> HEALTH & FITNESS	<b>06</b> PERSONAL GROWTH
<b>07</b> ME TIME	<b>08</b> GOALS

# POWERFUL QUESTIONS

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You have reviewed where you are in life just now . Take some time to answer these questions

01. I feel stuck right now because...

02. But if I was super confident I would ...

03. I stop myself and hold myself back by...

04. To me success means...

05. I haven't achieved this success yet because...

MY VISION

# CONFIDENCE & SUCCESS



**Create a vision for what confidence and success looks like to you.**  
You can stick pictures or words on the sheet below to create a vision of your successful life. Or simply journal out what your successful life looks like or how your life looks when you are confident!

# INSPIRED ACTION

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Now you know what you want it is time to start taking action to make it your new reality.



## FORMULA FOR SUCCESS

$$C > E$$

The formula to success is to know that cause is greater than effect. Most people live their life in effect. That means to live a life of reasons, excuses and blame. For example someone living their life in effect might say 'I can not be successful because I don't have enough talent or skills and my job is so busy I don't have the time to learn anything new'. Living in effect will keep you STUCK. You will not make progress because you are blaming external factors and not looking at your role in your own life. To make progress and achieve success you need to shift from effect to cause.

Living at cause means to take responsibility. To shift your focus from other people or external factors on to you. Cause allows you to shift to a place of empowerment and create results. When you shift your focus on to how you are at cause you can instantly see what you want to change.

You can have results or excuses. How can you shift to a place of cause?



# CREATING SUCCESS

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You are now at cause for your success! Do you feel empowered? To start creating success you need to live by the following principles

KNOW  
YOUR  
OUTCOME

FOCUS ON  
WHAT  
YOU  
WANT

BE WILLING  
TO CHANGE  
YOUR  
BEHAVIOUR

TAKE  
ALIGNED  
ACTION

To be successful you need to know what you want. Creating a goal is a great way to do this. You must focus on what you want. What you focus on, you will create in life. You must be willing to change your behaviour. Your behaviour needs to align with what you want. The action you take needs to be in alignment with the goals you set. If you don't shift your behaviour and action to match what you want you will not create the desired change in your life.

## DECLARATION FOR SUCCESS

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I commit to living to the above principles to success. I take responsibility for my life and I am ready to create happiness, success and fulfilment.

Signed ..... Date .....

# GOAL SETTING

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What is the outcome you want to create?

What is the deadline to achieve this by and why?

Who do you need to be to achieve this? Non-tangible personal resources.

# GOAL STATEMENT

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Fill in the blanks to create your goal statement

**It is now** ( deadline date) .....  
**and I** (what you have achieved)

.....

**I achieved this because** (how YOU showed up)

.....

# YEAR AT A GLANCE

YEAR

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

# MONTHLY PLANNER

MONTH;

SUN	MON	TUE	WED	THU	FRI	SAT

NOTES	REMEMBER	IDEAS

# MONTHLY

MONTH:

## GOALS

S M T W T F S


THIS MONTH'S  
MOTTO:

TO DO

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MY INTENTION :

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GOAL:

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GOAL:

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# WEEK AT A GLANCE

WEEK

<b>M</b> —
<b>T</b> —
<b>W</b> —
<b>T</b> —
<b>F</b> —
<b>S</b> —
<b>S</b> —

<b>GOAL 1</b>
<b>GOAL 2</b>
<b>GOAL 3</b>

### MY TO DO LIST

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# DAY PLANNER

M	T	W	T	F	S	S	

## SCHEDULE

5 A M
6 A M
7 A M
8 A M
9 A M
1 0 A M
1 1 A M
1 2 P M
1 P M
2 P M
3 P M
4 P M
5 P M
6 P M
7 P M
8 P M
9 P M

## TOP 3 GOALS

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

## TO DO

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
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# MORNING RITUAL

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How you start the day is one of the most important things to get right. It sets the tone for the day ahead and how you are going to approach tasks. When you first wake up, your brain is like a sponge and it will take in the information you give it much more easily. This makes it the ideal time to do your mindset work.

There are 3 things I suggest you do every single morning as soon as you get up. (*Ok, after you have made your coffee!*)



1

Write down three things you are **grateful** for. Expressing gratitude on a daily basis creates an optimistic outlook. We spend so much time worrying, comparing ourselves and letting in the negative thoughts that we often don't see all the amazing things in our life. Gratitude puts the focus on positivity and turns your mind to what you love, already have and enjoy. What you focus on, you attract in life. So, starting the day focusing on what you love and appreciate will help you attract more things to love and appreciate.

2

Write out your **intentions** for the day. I love to write out how my day has gone as if it has already happened. I write out my feelings and desires like they are a done deal. I love doing things and often I reflect back and see that things did indeed happen as I intended. #manifestation. It helps you start the day expecting things to work out how you want them to.

3

List your top 3 '**to do's**' for the day. Get clear on your top three priorities for that day. This avoids overwhelm and helps you stay focused on what you need to achieve



# AFFIRMATIONS

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Whatever thoughts we tell ourselves on repeat become our beliefs and our beliefs create our reality. Therefore if we change the thoughts we have, we can change our reality.

“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become reality”  
- Earl Nightingale

We can plant new beliefs into our mind by creating positive affirmations and repeating these over and over every single day. The key is **repetition** and **feeling** all the feels. The emotion magnifies your affirmation. The important thing here is to not give up. Keep doing this on a daily basis and soon you will hit the *tipping point* and you will start to notice the change.

## OLD BELIEF

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The belief I have that is stopping me from being success is

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## NEW BELIEF

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My new belief is (create your new affirmation) It is really powerful to start with 'I am'

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