

UNAPOLOGETIC with K & C

Week 3 – Worksheet & Life Changing Actions (LCA's)

Week 3, Video 2

Notes:

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Why am I choosing this story?

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Is this really true? Is this true for everyone worldwide?

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Has there ever been a time in my life, where this was not true? (Remember, we want to look for evidence to disprove this "belief.")

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What is it costing me to hold onto this negative/disempowering belief or decision? How is this belief stopping me from reaching my potential?

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What can I shift this belief into instead?

OLD / DISEMPOWERING BELIEF	NEW / EMPOWERING BELIEF

A few examples of the above exercise:

OLD / DISEMPOWERING BELIEF	NEW / EMPOWERING BELIEF
I don't know how to do it.	I am willing to invest my time to figure out how to do it.
This is too hard for me.	I am capable of doing this.
I am too old/young.	My age won't hold me back because I am prioritising this situation starting from today.
No one will support me if I prioritise myself.	The right people will support me and understand that prioritising myself is key to experiencing fulfillment.

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Video 2 Action: Be kind to yourself. Gift yourself some time to be, perhaps you'll go for a walk, or take yourself out for coffee/lunch. During this time really acknowledge what an incredible job you've done just by dedicating this time to YOU, to step into your best version. (Share a post in the FB group to let us know you have *gifted* yourself this time.)

ALL CHANGE, IS A CHANGE IN MEANING.