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Nadine is a certified Professional Personal Coach and Behavioural Change Coach and she shares her knowledge, learning, tips and advice as guidance only, we do not take responsibility for your life decisions. We encourage you to make informed decisions in your life and to seek professional support as necessary.

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Welcome to the Workbook...

I have created 12 thought provoking and integrative exercises that will support you on your path to self-awareness, loving intimacy and healthy relationships.

Most of the exercises are an extension of one or multiple chapters in the Never Lose Him eBook and also the Healthy You, Healthy Love Video Transformation Series.

The purpose of the following exercises is to assist you to put into practice some of your key realizations and learnings. My intention is to assist you to simplify love and change and to give you some real tangible tools to enhance the relationship you have with you and with anyone that comes into your life.

When you change, everything else changes around you. May you embrace the emotional freedom this program can provide.

Living with self-love and understanding is the key.

With much love,
Nadine

Exercise 1 - Recognizing what you would like to change...

Change does not take place unless you are willing to see what requires attention. Of course awareness is the first step towards change.

Below list up to 3 aspects of YOU that you would like to change or work on. These things can be repeated behaviors that you have found hard to change or would like to change. You may not be conscious of some thing's you do. If you are uncertain of your actions, or ways of being that are taking you away from the life you want then you may want to ask a friend or family member for some feedback. I encourage you to be open and honest with yourself.

Objective: To acknowledge what you would like to address = First step to change.

If you would like your life to change then you can ONLY create change if are able to 100% recognize aspects of you and your life that are not flowing or moving along as you would like it to.

Someone can tell you that you're; bossy, moody, needy, insecure, emotionally closed, controlling, angry, timid, a fence sitter and so forth – my question to you is do you recognize this within you? It's not a weakness to admit these things, it's a strength and through introspection we can begin the change process. This is not a time to be pointing the finger or blaming anyone. This is about YOU and this can be the most liberating, empowering and energizing time.

Number 1

1. What would you like to address or change about you?

2. Why do you want to change this?

3. What do you think drives you to do what you do?

4. What needs to happen for this to change?

Number 2

1. What would you like to address or change about you?

2. Why do you want to change this?

3. What do you think drives you to do what you do?

4. What needs to happen for this to change?

Number 3

1. What would you like to address or change about you?

2. Why do you want to change this?

3. What do you think drives you to do what you do?

4. What needs to happen for this to change?

Example:

1. What would you like to address or change about you?

I am often edgy and brittle with people and slow to warm up to people.

2. Why do you want to change this?

The reason why I would like to change this is that I know this is hindering my ability to create new friendships and is certainly not helping with the opposite sex. Most people think I'm rude, not interested and hard work.

3. What do you think drives you to do what you do?

What drives me to be this way is that I am so scared of being rejected, I don't trust people and think that no-one likes me anyhow. This way I feel in control and safe.

4. What needs to happen for this to change?

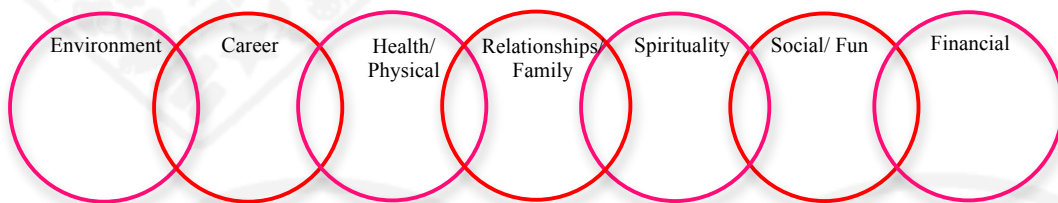
I really think it's time to look at my confidence and self-worth and look at my beliefs around dating, love and relationships. Overcoming my fear of being hurt and becoming more resilient and emotionally healthy will without a doubt be of great benefit. I'm invested in this process and very much looking forward to being more open and in some ways more vulnerable. I've been carrying around so many stories in my head that I didn't realise how unhelpful and limiting this has been. It's time to change.

Exercise 2 - The 7 Key areas of life

Following is a list of the 7 Key areas of life. Of course there are more, although most of the following categories encompass most aspects of life. Below the information you can specifically outline what you'd like to work on.

Most relationships thrive when you are able to look after the all of you. When we drop the ball in the things in our life that matter to us we can end up spending a lot of energy in just a couple of areas. Some women focus completely on the relationship and neglect their health or friendships. Being in a relationship will change how much time you dedicate to the rest of the areas of your life – this does not mean you need to neglect these areas. A healthy relationship will most often thrive when you look after the all of you. This way you allow the relationship to breathe and you will most likely feel much better about yourself and your partner will most likely feel the positive results.

7 Key areas



Here is an expansion of the 7 areas:

1. Career

Most of us spend about 30% of our life working - this is a lot of our waking hours. Therefore looking forward to going to work (most days) and feeling a sense of purpose will enhance your enjoyment and quality of life.

So while you're taking the time to reevaluate your life vision, I suggest you spend some quality time thinking about what it is you'd like to spend a large percentage of your time doing? Because studies indicate that around 54-76% of people are unhappy and dissatisfied with their career or job.

2. Financial

Some people are brought up to be financially minded and savvy, while others live for the moment and no matter what they earn they never seem to have any money. Or you may be somewhere in between.

Living for the moment can be great, although being prepared for the future is equally as important. Now would be a good time to review your current financial situation and goals. Most people have some sort of debt, be it; credit cards, cars, mortgage, business investments, student loans and so on. How do you plan on paying these things off and in what kind of time frame? Maybe you haven't bought a house and would like to or have plans to study, etc. How do you plan on making this happen. Sometimes we need to reevaluate our beliefs around money and our life choices in order to create the financial freedom we would like or to plan for our future in a financially healthy way.

3. Health/Physical

We get one beautiful body, yet many people really do not look after their body very well. What do you do (or not do) to your body that is not self-loving? What kind of food do you eat? Do you smoke, drink, take drugs? Are you prioritizing quality sleep? Do you exercise regularly? What do you need to do to look after your body, to shine and to feel alive and well? If you take one step at a time - in 3, 6, 12 months or in a couple of years, depending on how big your goal is, you could easily be a wonderful glowing picture of health and vitality.

4. Family/Relationships

Family and relationships can provide us with support and love, and they can also challenge us and offers us our greatest opportunity for growth. Everyone's relationships and family situation is different and there is not one perfect way. A broken family is sometimes necessary, although fragmented families and relationships can also be unnecessary and often our self-worth and childhood stories hinder our ability to mend, connect and forgive our family or relationships.

This is a great opportunity for you to reflect on your family of origin, your loving relationships and friendships. Maybe all of your "relationships" need some attention or possibly one or two particular relationships are draining you and in need of some loving, graceful and clear attention.

The way we relate and connect with others will greatly reflect the kind of relationships we have. Can you identify any particular relationships that needs some TLC?

5. Self-Improvement/Personal Development

Personal development is an absolute must and it's all about learning, self-learning and knowledge. Most of us were not born with all the emotional, mental and spiritual strings in our bow. And sometimes it seems easier to think we're okay and to push ACTIVE personal growth aside, however every person I have coached without a doubt at some stage says that they wish they had done this years ago. Active personal development can be one of the most liberating and freeing things you can do.

Education does not stop at school or university – you are part of the life or earth school and it's on going. You can either fight it or embrace it!? In reality, it's imperative that we keep learning if we are to grow as people and have successful, relationships, marriages and careers.

And obviously this program is a powerful personal development step, although it's good to keep it up and to keep going deeper and deeper. Even when it's challenging and confronting it's still freeing. And remember - if you need any extra support then please find a coach or therapist to help you. This is an act of strength and can be greatly rewarding.

Here are a list of the kind of topics/interests that fall into this category; understanding your emotions, beliefs, fears, overcoming past pain, understanding intimacy, building a strong relationship with yourself, dealing with anger, learning how to communicate well.

6. Social

How is the social aspect of your life? Do you want to meet new friends. Do you want to change or improve your friendship circle? Do you engage in social activities, be it; sporting, community, religion, classes, plays, dinners, cycling, etc.? If you'd like to be more social, meet new people, then engaging in some social endeavours will most certainly improve your connections, life-force, enjoyment and wellbeing. For those who are time poor then some social sports will be of great benefit because you can get fit and interact with people at the same time.

7. Spiritual

We are all spiritual beings and we shouldn't neglect this aspect of our life. This does not mean that you have a particular religion or faith, however spirituality is understanding the meaning of life to us on an individual level. Connecting with abundance, love and the purpose of life. Attempts to understand the world and our place in it.

Meditation and prayer can be a great way to enhance your spiritual connection. A spiritual connection can enhance your inner peace and joy and allow us to move through life with increased ease and love. I know without a doubt that when I take the time to connect with my spirituality, to ground and centre, my sense of self and everything in my life is better....my work, family, relationships, love, health. The WAY you move through life is of importance.

Spirituality does not always mean that you need to find "answers", sometimes acceptance and being at peace with the unknown is what we actually need in order to be comfortable with ourselves and our life.

Above I have provided you with the general 7 key areas of life. Have a think about each area and see if you can recognise any of the areas you may have neglected and lost your conscious connection to. This is a continuation to the first exercise. It may seem similar, although it's slightly different focus and helpful for those of you who are not really sure as to what you would like to work on. This exercise is somewhat a goal exercise and in each area you may have short, medium and long-term steps to take.

For example; In Exercise 1 you may have identified that you would like to work on your controlling ways, and this can link into all of the above areas.

There may be areas of your current life that are working well and other areas that are not. We make decisions based on our priorities. Do you need to tweak your priorities so that you can improve the connection you have with the all of you? And when one area is out or being neglected most of the other areas tend to suffer. This exercise supports various chapters and videos in the HYHL program, particularly the videos on self-love, Loving You First, Part 1 & 2, and the chapters; Live the Learning and Nurturing You.

You may also need to address some blocks or fears that you have that may be hindering this self-connection and change. It's important to make each area a priority in your life and devise a plan for how you intend to make progress in them. Active growth is intentional – it doesn't just happen.

OBJECTIVE:

For you to continue to build awareness and take solid steps towards developing ALL areas of your life so that inner and outer love can prosper.

EXERCISE:

How can you nurture, evolve and develop you and your life further so that the relationship you have with you is stronger, allowing your other relationships to be stronger too? It's okay if there's an overlap from the first exercise.

Health:

Career:

Social/Fun:

Family/Relationships:

Spirituality:

Financial:

Self-Improvement/ Personal Development:

ACTIVITY/Fieldwork

Choose three aspects of your life that you are consciously COMMITTED TO WORKING on this week or indefinitely.

These actions or goals will most likely reflect what you have recognised in both exercise 1 and 2. This may be something seemingly simple or more challenging, such as; eating less or drinking more water, learning to communicate better, arguing less, breathing more consciously, laughing more, being more kind to you by noticing your internal dialogue, building self-esteem and self-worth. Some of these changes may be easily done, normally it's easier to start small and then take bigger steps as you progress. Keep it simple and consistent. So be realistic yet at the same time challenge yourself.

TIPS:

- ❖ You may want to do this with a friend or ask someone to support you to keep you on your toes.
- ❖ Try to keep the changes simple, particularly if you're new to this kind of self-change work.
- ❖ The reason why I have only asked you to choose 3 actions or areas for development is that most people cannot focus consciously on more than 5 things at any one time. Feel free to add more, however to begin with you might want to choose less and **commit more** for greater results.

See next page...

List three things you will commit to work on daily:

1)

How are you going to integrate this with commitment?

2)

How are you going to integrate this with commitment?

3)

How are you going to integrate this with commitment?

Exercise 3- Understanding your emotions

Emotions appear to control and run our lives. Let's break them down properly so that you can see what really takes place. You will then be able to more effectively understand yourself and others and create real change and also intimacy and connection.

This exercise will help you to stop being emotionally triggered and to be more peaceful from within, allowing for love to blossom.

***** IMPORTANT *****

Do **one** step at a time - I am not going to give too much direction. Please give it a go and review it afterwards.

Step 1

- ❖ In the middle column (marked "B") I would like you to title the column 'EMOTION'.
- ❖ In this column list up to three emotions that you experience regularly (anger, frustration, sadness, loneliness, rejected, betrayal, lost)

Step 2

- ❖ In the end column (C) I want you to title it 'BEHAVIOUR'
- ❖ Next to the emotion you have listed I would like you to write down the resulting behaviour that normally follows that emotion for you.

Step 3

- ❖ In the first column (A) please title it 'BELIEF'
- ❖ Try and think about what you must be believing to feel they way you are feeling and to do what you do.
- ❖ In Column A, right next to each emotion from Column B, write what you are believing about yourself or the world that is contributing to your emotions and behaviours.
- ❖ Don't give up. Give it some time. Be honest. Even if you think your thoughts sound ridiculous. Do not judge. Be open to bring awareness to your internal world.

Take a moment to do this now.

| A) | B) | C) |
|----|----|----|
| | | |
| | | |
| | | |
| | | |
| | | |

Step 4

Now that you have identified some of you core limiting beliefs I would like to ask yourself the following questions as per the lesson...

1. Is it absolutely 100% true that you.....? (i.e. are not good enough)
2. How do you know if to be true that.....? (i.e. no-one cares for you)
3. If it's not 100% true then what is the point of thinking, believing and repeating these thoughts to yourself over and over again? How is this helpful, how is this way of thinking bringing you joy and abundance? Are you gaining something by thinking this way?

4. What might be another way of looking at this situation? Or what might be a more helpful and supporting belief or way of thinking that will be more beneficial and helpful for you and your current and future life?

To assist you I have provided some **examples**. Try to do it on your own first!

| Step 3 BELIEF | Step 1 EMOTION | Step 2 BEHAVIOUR |
|---|-------------------|--|
| No-one cares about me. I am useless. | Sad | I cry often, hide from others and eat a lot. |
| I never get what I want. | Angry | I bottle up, and then I sometimes explode and regret what I have done. |
| I am stupid and ugly. No one loves me. I'm never good enough | Rejected | |

As a result of doing this exercise, you will see that your emotions are purely indicators. They are not the cause of your behaviours or problems. Your beliefs govern all that you do, not your emotions!

When you are experiencing an unwanted feeling or emotion, instead of doing what you normally do, which typically results in unwanted behaviour I encourage you to pause, or stop long enough to access the driver/s of your emotions (your beliefs) before acting... the belief may not come straight away, although when you sit with the emotions long enough it will come – this requires honesty, humility and vulnerability.

Now that you have awareness around this, do you realise how important this knowledge and understanding is? Once again, YOUR EMOTIONS are INDICATORS of your beliefs. Look at them, understand them, they will then not control you.

This is why I became so excited about my own journey and personal development. No matter how upsetting something was, I became acutely aware that my mind, my internal world, greatly impacts my emotions and behaviours, the quality of my relationships and also my health.

Stop, breathe, connect and listen to your emotions, they're beautiful messengers of powerful information that once understood can change your life forever.

Exercise 4 – Starting to love you and your life:

1. What do you like/love about you and what are you grateful for?

You might like to buy a little notebook for this and make it a ritual exercise that you do daily in the morning or at night. You don't need to write ten of each per day, you might find 2-3 is enough.

SELF-APPRECIATION: This is an opportunity to self-acknowledge. You might find this easy or not so easy. If you don't have a strong level of self-love then you may have spent time focusing on what you don't like about you or your life versus what you do like, love and value about you and your life. If you are often needing attention from others, you might not have a high level of self-appreciation as you tend to look for it outside of yourself. This is an opportunity to appreciate and validate you. This is a time to give you what you need and not expecting to get it outside of yourself.

GRATITUDE: Recognising what you are grateful for is also important. When life is not working out the way we had hoped we tend to not be able to see what is going well or working out. You can be grateful for the country you live in, the shoes on your feet, your teeth, your bed, your family, for the life lessons you have learnt, for the support of your friends, etc...

| What do you like/love about you? | What are you grateful for? |
|----------------------------------|----------------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |
| 7. | 7. |
| 8. | 8. |
| 9. | 9. |
| 10. | 10. |

2. Are there aspects of yourself or your life that you don't like yet **cannot** change that may be hindering your self-appreciation, acceptance and love? Such as; you wish you had a more loving family, you wish you were taller, you wish your marriage had worked out. Many people wish or believe that their life would be better if these kinds of things were different yet they are not?

3. How might you learn to **accept** these parts of you or your life for how they are? (as opposed to how you think they "should" be)

4. What would you be better off spending your time and energy on?

What's the point in spending time and energy wanting things you cannot change to be different? Why not use your time more effectively and put your energy into what you can change in your life. Starting with letting go of the things that you cannot change and evolve what you can....

These affirmations may assist you:

(You may use the beginning part that is in bold and add what is relevant to you)

1. **I am starting to accept**.....i.e; that the relationships did not work, my father was not warm and loving.
2. **I am learning to become accepting of**.....i.e; my body, my divorce, my current situation.
3. **I move through life accepting**.....i.e; who I am, my parents, my hair, my past.
4. **I accept**.....i.e; my life and the decisions I have made, that my last job didn't work out, that my ex doesn't love me anymore, that it's time to move on, it's time to think differently.

Exercise 5 – Forgiving yourself & others

To help you with this exercise you might find rereading the correlating chapter on Guilt, Regret and Forgiveness to be of benefit, and of course many of the other chapters relate. This exercise provides another opportunity to track your thoughts, emotions and behaviours, which all contribute to the way we treat ourselves and others and it's our beliefs that determine how we feel and whether we are capable of forgiving and moving away from guilt and regret.

You are able to learn, forgive, evolve and change. You can use the following exercise for yourself or maybe you blame another and would like to forgive and let it go.

- a) Identify something that has taken place in your life that as a result you are experiencing guilt, regret or blame.

- b) Write down all the reasons why you did what you did at that time (or why someone else may have behaved a certain way, someone you're blaming) Try and think outside of the box, more laterally, not the way you usually look at things.....a more accurate, personal growth view.

▷ _____

▷ _____

▷ _____

▷ _____

▷ _____

▷ _____

▷ _____

▷ _____

- c) Now that you have identified the reason for your action/s, can you identify some powerful life learning's for you...about you, about another person, about how you have made decisions?

Example: Maybe you've been angry with your ex for the way they treated you. What you may have learnt is that he/she may not have intentionally set out to hurt you. They told you they were not interested in a "relationship". You realise that you're not useless or hopeless, you were hoping to change his/her mind and now you know that listening to what people say is important.. You may be blaming and angry with yourself for the time you spent trying to make something work that was clearly not going to. You may realise that due to your insecurities you can sometimes be needy and get hung up on relationships and people that do not support what you value. You can now learn to accept what took place as there's nothing I you can do about it now. You can forgive you as you did the best you cold at THAT time. You are now learning to be self-loving, to know what you would like in a partner, and ways to address you're neediness. You are able to forgive yourself and them.

d) How does blame, guilt and regret support your life? Is it enhancing it or taking away?

e) How can you use this situation to assist you in the future?

f) What does it mean to forgive yourself or another person? How does this benefit you?

g) Does forgiveness mean that you condone the behaviour, or is it a part of healing and moving on?

OBJECTIVE:

As a result of this exercise I hope that you have a more gentle understanding about yourself and others so that you are able to overcome unnecessary guilt and regret. No-one is infallible and we all make mistakes from time to time. Forgive you, forgive others. This is not about condoning it's about setting you free. This is an exercise for YOU! To help you live from a place of love and compassion or the fallible beings we are.

Exercise 6 – Cutting the ties

Some people will find any reason or excuse to keep connected to the ex. It's time for you to stand strong and cut the necessary ties. And properly cutting the ties is almost always necessary. Breaking the chord or connected energy is very powerful. You do not have to be aggressive about it. Drama is not the answer, REAL INNER STRENGTH is what is required here!

Things are just things, they really have no meaning, however when a breakup is fresh then do what you can to remove unnecessary triggers. If it's all of the contents of your house then I suggest you might not get rid of it all, just key pieces or get some extra support on this.

Most of the things over time lose their value or emotional ties and energy. Not forever, just what may be needed for now.

Do not act on heightened emotion. Understand your emotions first and then act as necessary with a healthy approach. This is not about revenge this is about *cutting the ties* graciously with strength and certainty!

- a) How can you cut the ties with **objects/things**? (Gifts, clothes, pictures, etc.) You may throw some things out, or put them into a safe place where you cannot see them.

- b) How can you cut your **electronic** ties? (phone numbers, correspondence, online chats, Facebook, Skype, etc)

- c) How can you cut your **social** ties?

- d) How can you fine tune or modify your **family/parenting** ties?

Exercise 7 – Recognising your anger

Let's have a look more closely at the emotion of anger. Anger can eat into and affect so many areas of our life. Anger is an emotion that we've all felt yet many people simply do not understand what takes place internally that creates these intense feelings. Most people feel controlled by anger or blame outside events for the anger, rather than recognising that the anger is more about the way they deal with life events versus what is actually taking place. Many of the chapters and videos in this program will assist you with understanding your anger – see... Anger, Beliefs, Emotions and Self-worth.

Answer the following questions:

1. What normally sets off or triggers your anger?

2. What are you hoping to achieve by venting your anger?

3. What are you trying to gain by expressing your anger? What does it give you, what's the payoff?

4. Once it's expressed does it fix the problem and ACTUALLY give you the desired outcome?

5. Does your anger create a cycle of other unwanted experiences? What cycle takes place for you – a cycle of other unwanted emotions and behaviours? Regret, disconnect with people close to you, hopelessness, frustration, more anger, depressive feelings, super nice, or generous to over-compensating for the things you've said or done?

6. Would you like to change this and if so, why?

7. How much is your anger affecting your relationships and your ability to have consistent intimacy and connection?

8. What are some ways you can change this? Identify ways that you can break the cycle.

To say you want to change is different to doing so! You can use this exercise to help you when you find yourself triggered or when you feel the anger building or your blood boiling. Below write down ways to can behave differently that will have you stepping out of automatic reactionary pilot. What will you do instead? I suggest you role-play yourself acting differently. Various chapters support this exercise...

Eg. Imagine yourself getting angry - visualise yourself in the situation, feel the sensations...then imagine yourself taking some deep breathes and listening to the other person rather than reacting, ground and centre and get out of your head. See yourself telling them that you feel that you're getting worked up and that you feel it's best to continue the conversation when you've had some time to cool off and think rationally, you then walk out of the room. You can say this to yourself out loud or in your head (out loud is typically better). Role playing is very powerful and you can use this for any situation in your life.... love, friendships, socially, for work meetings or interviews.

▷ _____

▷ _____

▷ _____

▷ _____

▷ _____

Please note: **If you experience uncontrollable or violent anger then I suggest you see someone about it straight away.**

Exercise 9 – What are your Needs and Values

In order to live the life we would like and to build our key relationships then we need to differentiate between our needs and values. Please reread the corresponding chapter to help you understand this exercise (see; Address Your Needs & Live by Your Values).

STEP 1

1. What unmet needs do you have that are standing in the way of you living by your values?

What do you NEED to feel good about you? This is a needy need. *i.e. I need.... to be accepted, to be heard, to be right, loved, adored, appreciated, valued, included, to express myself.*

Sit quietly and reflect on what you have neediness around. Sometimes people you can be have needs running yet not realise it – for example, you may be so fearful of being hurt that you have a **distorted need** to protect, so you close yourself off from others, rather than being open to love and opportunities and know that you're confident in who you are, you are worthy and know that you will and can deal with all that happens in your life.

To assist you, in the following pages I have included a list of needs. This list of needs will help you to identify what you might be needy about or what needs are not being met. You might have a neediness to feel safe which may be based on unresolved past issues or it may be very real and must be acted on pronto...such as you're in an abusive relationship. This need for safety is different to a neediness need, however possibly a neediness need is keeping you in the relationship.

List between approximately 8-10 needs:

2) Choose your top four needs:

1) _____ 2) _____
3) _____ 4) _____

Once you recognise your 4 core needs you can create strategies to get these needs met. To begin, ask yourself:

- ❖ *Is this really a need?*
- ❖ *Why is it important?*
- ❖ *What's stopping me meeting this need?*
- ❖ *Who do I have to become to meet this need?*

3) For this exercise I'd like you to strategise ways you can get these needs met....

You are the person that needs to learn to satisfy your needs first. Particularly if it's a neediness need, then I would imagine you've been wanting **others** to satisfy this need and you've not got very far. This is because you need to satisfy and address this need from the inside. It's about self-love and understanding. You need to be the driver of change and **you are first and foremost responsible** for what you need.

Addressing your needs is great for relationships as when we're needy we tend to; push people away, make poor partner choices, we can be unreasonable and difficult to be around, we can power-play, etc. I would love for you to step into your personal power, and you cannot do this when you have unresolved neediness floating around and tugging at you.

What do you need right now for more energy, fulfillment and joy? Recognising your personal needs is the first step to eradicating the neediness. Commit to addressing your core needs so that you can live by your core values!

Need 1) _____

Need 2) _____

Need 3) _____

Need 4) _____

* Take your time with this process. Your needs do need to be addressed, acknowledging that something is a need is only the first step; remember integration over time is when real change normally takes place. So **APPLY** the changes you necessary.

STEP 2

2. What do you value in your life? What drives you and what supports you in your life?

i.e. **I value**.... family, health and fitness, community, love, learning, awareness, adventure, honesty, kindness, openness, intimacy and connection, financial security, fun. Your values are not your needs. Again, your needs can often stand in the way of your values. Do not get them confused. Re-listen to the audio or reread the script to refresh your understanding.

List approximately 10 values and then choose what would be your defining top 4 values, your core values:(see the following supporting values list to help you)

Choose your top four values:

1) _____ 2) _____

3) _____ 4) _____

How can you live in a way that more effectively supports these values.... You can value your health yet binge drink every weekend. You can value humour yet not live or add humour to your life. What are you going to do to move towards honouring your values.

Value 1) _____

Value 2) _____

Value 3) _____

Value 4) _____

Now it's time to execute these chosen actions... Spend this week onwards making changes that will **a)** address your needs, and **b)** have you living by your values.

If you need an accountability partner then I suggest you get some professional support or ask a "supportive" friend to assist you.

Needs List

BE ACCEPTED

Achieve
Be included
Respected
Permitted
Be popular
Sanctioned
Cool
Allowed
Tolerated

BE CARED FOR

Get attention
Be helped
Cared about
Be saved
Be attended to
Be treasured
Tenderness
Get gifts
Embraced

BE NEEDED

Improve others
Be a critical link
Be useful
Be craved
Please others
Affect others
Need to give
Be important
Be material

TO ACCOMPLISH

Approved
Fulfill
Realize
Reach
Profit
Attain
Yield
Consummate
Victory

ACKNOWLEDGED

Be worthy
Be praised
Honored
Flattered
Complimented
Be prized
Appreciated
Valued
Thanked

BE LOVED

Liked
Cherished
Esteemed
Held fondly
Be desired
Be preferred
Be relished
Be adored
Be touched

SAFETY

Security
Protected
Stable
Fully informed
Deliberate
Vigilant
Cautious
Alert
Guarded

BE RIGHT

Correct
Not mistaken
Honest
Morally right
Be deferred to
Be confirmed
Be advocated
Be encouraged
Understood

PEACE

Quietness
Calmness
Unity
Reconciliation
Stillness
Balance
Agreements
Respite
Steadiness

Needs List excerpted from CoachU materials.

5. Is your partner independent yet connected to you, or do they rely on you for everything?

6. What are your core values and will your values overlap with your partner?

7. What makes you ready for a healthy love?

8. If you said yes to Question 7 - What makes you believe that you know how to connect, communicate and love in a beautiful and healthy way?

9. How will you contribute to a healthy loving relationship?

10. After answering the above questions can you identify aspects of you that need some work? Write down what these things are. Are they the same as the things you listed in the very first exercise you did for lesson one or do you have some new realisations?

1. _____

How will you start to change this?

2. _____

How will you change this?

Exercise 11 – Potential VS Reality

For this exercise you can learn from a current or past relationship. In addition, this topic on potential and reality relates to other relationships. Let's find out if you are living in fantasy or reality....

1. Are you hoping that your current partner (or ex was) is going to change, and if so, how?

2. How long have you been or did you stay in a relationship hoping that the person will reach their potential? _____

3. Do you have a vision that once they step into their "potential" then the relationship will be perfect?

4. How do you know they will become this potential or this fantasy?

5. Do they **occasionally** act in a way that you like and because you get a glimpse of this you think that they are essentially this person? Are hoping they will develop this part of them so that they are consistently this way? Explain.

6. If you answered yes to the above question... What makes you believe that they will change? Are they actively doing something about it? Or is there **talk** and **no action**?

7. If they do not CONSISTENTLY change or reach the **fantasy potential you've CREATED**, would you be happy in the relationship? Could you accept them or the relationship just as it is right now?

8. If you said **no** to the above question then what are your options?

9. What is the reality? Look at the relationship objectively. Try and step above it as though you're looking down at the relationship as an observer or pretend that a friend is telling you about their relationship, which is just like yours and she/he is asking you for your opinion. What would you say about the relationship, about your friend, what advice would you give them? Is it the kind of relationship that you want and value? Are you also contributing to the issues more than they realise?

10. This exercise also relates to you... Who are you consistently? Are you; kind, mindful, considerate, warm and loving in general? Or are you often moody, maybe nice when you want something? Men want to be with women who are consistently nice, kind, warm and loving. They like women who have who are real, honest, able to communicate, and other points I have shared in the book. Is there anything about you that is inconsistent or needs some work? (You may have already shared these personal traits earlier, you can write them here again or you may have some new points).

Exercise 12 – Get worthy (and naturally MORE SEXY)

This exercise supports both the chapter and video on self-worth. You may like to re-read or re-watch the content before you do this exercise. Or you may like to do the exercise first then watch the video and do the exercise again.

Sit with each question and give each question some real thought.

| Questionnaire | YES | NO |
|---|------------|-----------|
| 1. Are you born 100% worthy? | | |
| 2. Are you 100% worthy today? | | |
| 3. Are you still worthy when you make mistakes or when you upset someone? | | |
| 4. Are you worthy when rich or poor, tall or short, slim or overweight, logical or irrational, pretty or plain? | | |
| 5. If you feel “rejected” or hurt, are you still worthy and valuable? | | |
| 6. Are you worthy when you do or don’t achieve your goals? | | |
| 7. Does anything you or someone else do affect your worth? | | |
| 8. Are you innately and inherently worthy? | | |
| 9. Are you good enough? | | |
| 10. Are you unique and have your own strengths? | | |
| 11. Are you worthy of love and intimacy? | | |
| 12. Are you valuable being different? | | |

Field Work= activities to do during the week

1. Once you have gone over the video lesson and chapter in the book and you’ve still not answered yes to all of the questions then spend the day and the week contemplating what self-worth really means and how it compares to confidence?
2. Do you compare or judge yourself and others to feel more or less worthy or valuable?
3. How many times per day do you critique, judge, rate and tally other people’s behaviour and yours?
4. Do you put people into boxes and label them, jump to conclusions?
5. Spend the week noticing how you rate yourself and others’ worth and value based on what they do, what they look like, what they have or what they wear. Notice your judgments, internal and verbal dialogue.

You can do this at work, with friends, family, strangers and with your partner...notice how you are showing up and interacting in the world.

When you are able to gain awareness of your thoughts and beliefs you will be able to see how intertwined your emotions and actions or behaviours are to your beliefs, which we have already explored –On a deeper level can you see that your self-worth or your *perceived* lack there of can greatly impact on your emotions and behaviour?