

# BRING YOUR BEST GAME TO LIFE

## WORKSHEET 5 - THE POWER OF THOUGHT

### WRITE:

Think of an outcome you're frustrated with, or troubled by. Try assessing the way you see this by asking yourself about your current reality:

- What am I experiencing (what's the outcome)?
- What am I doing that's leading to that experience? What have I tried?
- What do I feel? What emotions am I experiencing?
- What do I believe about this situation? What do I believe about myself? How do I see myself in this situation? How do I explain this situation to myself?

Give yourself time to sit with what you've written. It's hard work being honest!

Now, ask yourself about your future reality:

- In an ideal world, what would I experience (what's the outcome)?
- How am I being such that this new outcome has become possible? What do I behave like?
- What do I feel? What emotions am I experiencing?
- What do I believe about this situation? What do I believe about myself? How do I see myself?

Carefully consider the biggest distinctions between your current reality and your desired future.

- What needs to shift in order to make this possible?
- What are your choices?

### DECLARE:

Now, make a simple (1-3 words) declaration about who you are or what you choose:

"I am \_\_\_\_\_."

"I choose \_\_\_\_\_."

**PLAN:**

Set a few (1 - 3) goals to help you get from where you are today to where you'd like to be. Make your goals measurable and set a specific timeline for when you'll achieve them.

What daily practices will support you in achieving those goals? Choose 1 - 3 daily practices.

**DISCUSS:**

Choose a friend who loves and respects you, who will support you along the way. If you'd like to hold them accountable, make a request about how they'll check in on your progress (make sure the request includes all the specifics about how they'll check in: dates, timelines, progress markers, etc.).