

THE
Lawyer Life
COLLECTIVE

Autumn Noble

Finding Fulfillment Program

THE LAWYER LIFE COLLECTIVE
LIFE & CAREER COACHING
FOR LAWYERS

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Module 1:

Believing New Things

In order to create a life that is different from your current state, you must develop new beliefs—about yourself, your abilities, and your life. You must believe new things.

Did you know that you can be whoever you want to be?

You can create any life you want.

Simply decide, envision and practice believing in the new you.

Believing new things is hard—it will require you to commit to your new beliefs and work through the discomfort.

It's like breaking in a pair of new shoes that are just a little too snug.

The skills it takes to develop and foster new thoughts are life transforming.

Invest time this during this module to consider your future and who you want to become.



BELIEFS EXERCISE

1. What do you believe about yourself that you were taught as a child?
2. What do you believe about what is possible in your life? Why do you believe this? (Take some time to be thorough here.)
3. Are there beliefs that you have developed as an adult that you didn't have as a child? Do these beliefs serve you?
4. Are there beliefs that you had as a child that you released? Could some of those beliefs serve you now as an adult?



BELIEFS EXERCISE

6. What do you believe about the purpose of your life?

7. What do you believe about your body and your health?

8. What do you believe about your spirituality and your purpose?



BELIEFS EXERCISE

10. What beliefs do you have that you find the most limiting?

11. What do you believe about money? Your money?



BELIEFS EXERCISE

13. What do you believe about politics? How does it feel to believe it?

14. What is one belief you want to work on changing?



NEW BELIEFS PRACTICE

Do a positive thought download each day.

Remember that you are committing to something you don't yet believe. That is the point.

Most of us don't commit because we don't believe yet.

But how can we believe something we haven't yet created, practiced, or done?

Here's what we are going to do this month:

1. DECIDE WHAT YOU WANT TO BELIEVE BY VISUALIZING IT.

2. CREATE THE SENTENCE.

3. ACCEPT IT AS TRUE.

4. PRACTICE AND REPEAT.

Do these exercises daily. After 30 days of doing this, you will believe differently.

It might seem redundant or tedious, but that is exactly what you need to do, to

train your brain to think in a new way.



NEW BELIEFS PRACTICE

1. Write down the new sentence you want to believe.
2. How does this thought feel when you think it today?
3. Why? What is your brain coming up with? What are the conflicting sentences?



NEW BELIEFS PRACTICE

4. Answer each of these sentences with an alternative thought and a massive action to counter it.

List them here.

5. Write a note to yourself from your future self who is already living this new belief. What would you say to you today?



NEGATIVE THOUGHTS ON REPEAT

1. What is a negative thought you keep thinking?

2. What feeling does this thought cause for you?

3. How do you behave when you feel this way?



NEGATIVE THOUGHTS ON REPEAT

5. **What is the result of this action?**
6. **How does this prove the original thought true?**
7. **What is a better feeling thought that is believable to you?**



DECONSTRUCTING NEGATIVE THOUGHTS

1. Think of a situation or circumstance that triggered negative thinking. What was the circumstance and what were all the negative thoughts it triggered?
2. Review the negative thoughts above and see if you can classify any of the thoughts as one of the following distortions:
 - Overgeneralization (applying one negative experience to all future experiences)
 - Jumping to conclusions (mind-reading or fortune-telling)
 - Disqualifying the positive (rationalizing why good things “don’t count”)
 - Magnifying your mistakes/flaws
 - Minimizing others’ mistakes/flaws
 - Should statements
 - Labeling (generalizing by taking one characteristic of a person and applying it to the whole person, e.g., I failed a test, so I am a failure)
 - All-or-nothing thinking (things are either all good or all bad, there is no in-between)



DECONSTRUCTING NEGATIVE THOUGHTS

3. Review the thoughts above and ask yourself the following for each:

- Are my thoughts on this situation accurate?
- Am I basing my thoughts on facts or feelings?
- What factual evidence is there to support my view?
- Could I be misinterpreting the evidence?
- Am I underestimating my ability to cope with this situation?
- What's the worst that can happen if my view of this situation is correct?
- What actions can I take to influence this situation?
- Am I viewing this situation as black and white, when it's more complicated?
- What else could be true about the situation that I am not aware of?



DECONSTRUCTING NEGATIVE THOUGHTS

4. Which of your above thoughts are really just a distortion?

5. How else could you think about the situation?

6. What different result would you create for yourself if you let go of these thoughts?



DECONSTRUCTING NEGATIVE THOUGHTS

7. What will it cost you to let go of these distortions?



BEING NEGATIVE

1. What do you think is negative in the world or in your life? Make a list.
2. What is the evidence that you find for this thinking? List it here. (This is the result of your confirmation bias—you naturally seek evidence to support your thinking.)



BEING NEGATIVE

3. Now, write the opposite of this thought, and find an equal amount of evidence for the positivity, the solution, an alternate opinion about the exact same thing. If you think a part of your life is bad, explain how that exact same part of your life is also good.



BEING NEGATIVE

5. How would you define yourself? As a positive person or a negative person? Now ask a few people in your life how they think of you. Ask them in what areas you are more positive than others. Write what they say below.

6. Reflect on these insights. Are there areas where you could be more positive? Do you need to train your brain to look for more positivity in specific areas? What are those areas?



BEING NEGATIVE

8. If you change what your brain is scanning for in these areas, how do you imagine your emotions will change. Explain.



ACTING ON NEW THOUGHTS

1. Write down a new thought you want to believe. To come up with the thought, consider the result you want and then decide what thought would create that result. That can be your new thought that you want to start believing.

2. How would this thought feel to think and believe?



ACTING ON NEW THOUGHTS

3. If you believe this thought, what action will you take that you aren't taking now?

4. What result will you have from believing this new thought?

5. Why don't you believe this thought now? What are you believing instead?



ACTING ON NEW THOUGHTS

6. Develop a transition thought that you can believe now to get you closer to where you want to be.



Module 2: Emotional Balance

In this module, we explore the yin and yang of life–

Emotional balance.

We know that life will bring us both positive and negative experiences and our work this week focuses on accepting both the good and bad.

We stop arguing with reality and we release that tension from our lives. Instead of fighting against life, we approach our experiences from a space of peace and curiosity.



CLASSIFYING YOUR FEELINGS

Do a brain download and identify and UN-intentional model (see attached instructions)

Then create an IN-tentional model to accompany that original model.

UN-intentional Model

C:

T:

F:

A:

R:

IN-tentional Model

C:

T:

F:

A:

R:

Pull out the feelings from each model:

Categorize each feeling as

1: You want to feel

2: Unwanted but you need to allow it

3: Indulgent

Then write a few sentences about each feeling to increase conscious awareness:



CLASSIFYING YOUR FEELINGS

Instructions

UNINTENTIONAL MODEL – *Complete this model, in this order:*

C: What is the **Circumstance** you are focusing on? This is the “problem” fact we are working on—your job, your spouse, your finances, etc. It must be neutral and factual only – no descriptors, no opinions, just the facts.

T: What is your predominant **Thought** about this circumstance?

F: How do you **Feel** when you think that thought?

A: How do you **Act** when you feel that way? What do you do? What do you not do? How do you speak to others? How do you speak to yourself?

R: What **Result** do you think those actions are creating in your life? ***This is your present state, as created by your thought.***

INTENTIONAL MODEL– *Complete this model, in this order:*

C: Insert the same **Circumstance** from your Unintentional Model.

R: What is the **Result** your future self has that you don’t currently have (with respect to the Circumstance)?

For example: I make \$10,000 more, I am happy, I weigh 16 pounds less, etc.

A: What types of **Actions** (or inactions) did your future self engage in to create that result?

F: What **Feeling** would propel your future self to take those types of actions?

T: What **Thought** would generate that feeling for your future self?



INDULGENT EMOTIONS

1. How often do you feel overwhelmed, confused, indecisive, worried, or anxious? Explain.
2. Pick the one you feel the most often and give a specific example of when you feel it and why.
3. Do you believe you could go a day, a week, or a month without experiencing this feeling? Why or why not?



INDULGENT EMOTIONS

5. Do you believe you could go a day, a week, or a month without stewing in this feeling?

6. Can you see a reason why you might want to keep indulging in this emotion?

7. What might it cost you if you do?



MY INDULGENT EMOTIONS

1. Write the indulgent emotions you experience that keep you stuck. These are the emotions you want to be very careful not to indulge in because they will prevent you from taking action toward the life you want. *Examples include: Confusion, Doubt, Worry, Overwhelm, Victimization*

Answer the following questions for each of your indulgent emotions:

2. What are the thoughts that cause this feeling?
3. Why is this feeling indulgent for me?



MY INDULGENT EMOTIONS

4. What is my plan to NOT indulge in this emotion?

5. What will it cost me to stop indulging in this emotion?

6. What could I gain if I no longer indulged in this emotion?



RESISTING AND AVOIDING EMOTION

Let's consider the feelings you don't want to feel and tend to avoid or resist. These are the feelings that you avoid at the cost of your consciousness. You overeat, overdrink, give into other urges, or simply react instead of feeling.

Examples include: Discomfort, Deprivation, Urges, Overdesire, Boredom, Dissatisfaction, Failure, Insecurity, Rage, Anxiety

Make a list of the three most common feelings you avoid or resist below.

1. Feeling I resist:

For each feeling above, answer the following:

2. Thoughts that cause this feeling:



RESISTING AND AVOIDING EMOTION

3. My plan to allow this feeling on purpose:

4. Thoughts that cause this feeling:

5. My plan to allow this feeling on purpose:



RESISTING AND AVOIDING EMOTION

6. Thoughts that cause this feeling:

7. My plan to allow this feeling on purpose:



FEELINGS ASSESSMENT

1. What was your dominant feeling yesterday?
2. Why? (What were the thoughts creating that feeling—do not attribute your feelings to the circumstances)
3. What is one thing you want to accomplish today?
4. What emotion do you want to fuel this action/result?
5. How can you generate this emotion for yourself today?



PAINFUL THOUGHTS

1. What is your current painful thought?
2. Why are you choosing to believe it?
3. Is there any part of this thought that isn't factual or that everyone wouldn't agree with?
4. What part of this thought is your opinion?



PAINFUL THOUGHTS

5. Can you imagine someone else having this exact thought with a different opinion?

6. On a scale of 1-10, how important to you is this thought?

7. How big is this thought? The size of a penny? A shoebox? A building?



PAINFUL THOUGHTS

8. How can you make the thought smaller?

9. What would you say to a small child thinking this thought?

10. Write down three better feeling thoughts that you truly believe:



PAINFUL THOUGHTS

11. What emotions and actions flow from these new thoughts? What different results do these thoughts get you? What changes?

12. What's funny about the original thought? Find something, ANYTHING.

13. How would your life change if you changed this one thought?



PAINFUL THOUGHTS

14. What is the new thought?

15. Re-write the thought until you truly believe it:



YIN & YANG PROBLEMS

1. What is a problem you want to eliminate forever? Why?
2. If you were able to eliminate this problem, what new problem would take its place that you don't have now?
3. What do you think about the concept that problems and negative emotions are forever?



YIN & YANG PROBLEMS

5. As a human being that has both positive and negative emotions, what do you think about the idea that the good balance is half and half without any buffering or false pleasures?
6. I believe that most of our dreams are on the other side of discomfort. What is your relationship with discomfort?
7. When we see problems as an unwanted or wrong part of life, we end up not growing. Have you found yourself in that mindset? Why do you think this is?

YIN & YANG PROBLEMS

- 8. If you looked forward to negative emotion and planned on problems, how would your life be different?**
- 9. Can you think of a problem you have had that ultimately created an equal amount of positive contrast? Write it here.**
- 10. Here's an idea...The bigger your dreams, the more problems you will have. The more problems you have, the more opportunity you have for the balance of positive emotion. Thoughts? If that were true, how does that change how you show up and react to problems in your life?**

Module 3: Relationships

Unless you are a recluse, odds are that you have found yourself challenged by the other people in your life.

The work that we do on relationships is some of the most challenging but also some of the most rewarding work we will do together.

This module will explore our expectations of others—our manuals—and will examine our ability to care for ourselves and our needs.

Most importantly, we will explore how to set and execute boundaries.



RELATIONSHIP THOUGHT DOWNLOAD

1. Thoughts about myself.

2. Thoughts about the people in my life?



RELATIONSHIP THOUGHT DOWNLOAD

4. How do I feel when I think these thoughts?

5. What are the results these thoughts are creating?

6. How are these thoughts serving me in my life?



SELF-APPRECIATION

Make a list of all the things you like and appreciate about yourself.

They can be small things or big things---please write down at least 12 things.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.



SELF-APPRECIATION

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

25.

26.



BOUNDARIES

1. What is the boundary violation? (must be emotional or physical intrusion)

2. What is the boundary you want to set?

The request: *If you...* Click or tap here to enter text.

The consequence: *Then I will...* Click or tap here to enter text.



BOUNDARIES

3. What are your fears (if any) around establishing this boundary?

4. What are the benefits of establishing this boundary?



BOUNDARIES

6. How will you set this boundary?

7. How will you ensure that you honor your boundary?



STANDING UP

1. Do you often say no without explanation? Is it difficult or easy, and why? Who do you need to say no to more often?
2. What does it mean to “stand up for yourself?” Is it really necessary? How can you prevent the need for this?
3. Do you people please? With whom and why?



STANDING UP

4. I often say that people pleasers are liars. Do you agree, or not? Why?
5. Do you ever expect others to please you? Do you want people to do stuff for you and with you even when they don't want to? Explain.
6. What exactly is a boundary and when do you need one?



STANDING UP

- 8. What are some of your nonnegotiable boundaries?**
- 9. Do you let people cross your boundaries too often? You will know because you will feel resentful. What are those boundaries, and what needs to change?**

STANDING UP

10. What are the hardest boundaries to enforce, and why?



UNCONDITIONAL LOVE

1. Think of someone who is a challenge for you to love.
2. Write the reasons why you find this person hard to love.
3. What are your thoughts about this person that prevent you from loving them more?



UNCONDITIONAL LOVE

5. What conditions have you put on loving this person? List them here.

6. What does it feel like when you've chosen not to love this person?

7. What would it be like to love this person without condition?



UNCONDITIONAL LOVE

8. List a specific example in which this person does something you don't like. What would it take and be like to love them in this moment?

9. How is unconditional love different from love? How does it serve you?



UNCONDITIONAL LOVE

10. Is there ever a time when love is not a good choice? Why or why not?



PERSON OF FOCUS

Person of focus:

Judge this person. Don't hold back. Let all the "ugly" judgments out of your head. Don't edit yourself or try to be appropriate or kind. Get it all out.



PERSON OF FOCUS

Now, go back through the list and notice how many of these judgments also apply to you. Circle those that are true about you. Notice that most judgments of others are projections we have of ourselves. If you spot it, you got it.

Describe the manual you have for the person. What are your expectations of that person? What do you most want that person to do and why? Let yourself go to a perfect world where that person does exactly what you want them to do and when you want it. Be specific and allow yourself to be outrageous.



PERSON OF FOCUS

What would you be thinking and feeling if that person did all of these things perfectly? Notice that you can think and feel these things anyway....



PERSON OF FOCUS

Allow that person to be who they are meant to be. So, who is that person? What do they do? How do they act? What are they consistent about? If you aren't trying to control them or interfere, who are they in their actions?

Why do you imagine that person does these things and is this way? What thoughts do you imagine drive that person's actions?



PERSON OF FOCUS

Do you love this person unconditionally? Why or why not? Make a note below of when you do love them and when you try to withhold love from this person. Remember, their lovability is 100%, so what's your excuse when you don't love them?

How do you show up in this relationship? Do you show up knowing that your lovability is 100%? Do you try to get them to love you more for your sake? How? Does it work? Why or why not?



PERSON OF FOCUS

Who do you want to be in this relationship? In other words, what kind of employee, spouse, sibling, or friend do you want to be? Make sure you think about this separately from the other person's behavior—don't let that determine who you are. Decide who you want to be. Take some time to write it all out.

How do you want to feel? Why



PERSON OF FOCUS

How do you want to act and show up?

What do you want to offer to this person?

PERSON OF FOCUS

How do you want to think? Remember that your relationship with someone is all about your thoughts about them and yourself within that relationship.

How do you want to think about yourself in this relationship?

PERSON OF FOCUS

How do you want to think about the other person in this relationship?

How do you want to define and think about your relationship together?

PERSON OF FOCUS

Write an “I’ve been meaning to tell you” letter below. This is a letter you can send or not send. Just writing it feels amazing. I love to send these in the mail unexpectedly.

Dear:

I’ve been meaning to tell you...

I admire you for...

I’m thankful for...

I remember when...

You have shown me how...

You told me...

I’m grateful for...

I love you because...



THE MANUAL

1. Think about someone you want to change and write their name here.

2. Write, in detail, what you would like them to do.



THE MANUAL

4. For each item, write down why you want them to behave in this way.



THE MANUAL

5. How do you think you would feel if they behaved this way?



THE MANUAL

7. How would your thoughts about them change if they behaved this way?

8. Do you want them to behave this way even if they don't want to? Why or why not?



THE MANUAL

10. What do you make it mean when they don't behave this way?

11. When someone wants you to behave in a certain way to make them feel good, what is that like for you?



UNDERSTANDING LOVE

1. Who do you love, and why?

2. How much do you love yourself? Is it unconditional?



UNDERSTANDING LOVE

4. Who do you love unconditionally? Why is it different from how you love yourself?

5. What does love feel like? Do you want more of it?

6. How can you feel more love?



UNDERSTANDING LOVE

7. How lovable are you, and why?

8. How lovable are the people in your life, and why?



UNDERSTANDING LOVE

9. Who do you sometimes think is unlovable? Why are you wrong about that?

10. What makes someone easy for you to love?



UNDERSTANDING LOVE

11. How much loving are you committed to and why?



HOW TO BE A GOOD PARTNER

1. Drop all expectations except that they be there for you to love.
2. Brainstorm love every day.
3. Look for things to love and make them even better in your mind.
4. Stop trying to change them.
5. Stop trying to control them.
6. Allow adults to be and do.
7. Love to feel good.
8. BE the partner you want to be.
9. Let it go. Pick no battles.
10. Tell the truth.
11. Make your own happiness and meet your own needs.
12. Never hurt your feelings.
13. Stop complaining.
14. Stop justifying.
15. Question everything.
16. Remember - they could die today.
17. Remember - contrast matters.
18. Create soft landings.
19. Celebrate their greatness.
20. Greet them like a puppy.



HOW TO BE A GOOD PARTNER

Think about the partner you have or the partner you want to have and answer

these questions.

1. What is their job in your relationship?
2. What expectations do you have of them? Are these expectations hurting or helping your relationship?

HOW TO BE A GOOD PARTNER

4. On a scale of 1-10, how much effort do you put into loving them?
5. Loving doesn't mean staying. What do I mean by that?
6. When you love someone, what exactly does that mean to you?

HOW TO BE A GOOD PARTNER

8. If you stopped loving someone, why would that be?

9. What causes love?



HOW TO BE A GOOD PARTNER

11. What do you imagine the perfect partner to be? What would you think about them?

12. Are those thoughts available now?

13. How good of a partner are you? Why?



DISAGREEMENTS & DIFFICULT CONVERSATIONS

Go through this process thinking about something you disagree about with someone else.

1. What is the disagreement or fight about?
2. Why are they right? List it all out here. (Force yourself to consider the parts of their story that are true.)

DISAGREEMENTS & DIFFICULT CONVERSATIONS

4. Write out their thought model here (see attached instructions). Where are they coming from?

C:

T:

F:

A:

R:

5. What are the facts that you agree upon?

DISAGREEMENTS & DIFFICULT CONVERSATIONS

6. Boil the disagreement or problem down to one sentence for your point-of-view—what is it that is causing the disagreement? What feeling does it cause?

DISAGREEMENTS & DIFFICULT CONVERSATIONS

8. Boil the disagreement or problem down to one sentence for their point-of-view—what is it that is causing the disagreement? What feeling does it cause?
9. What are your thoughts about the conflicting sentences?
10. Brainstorm solutions.

DISAGREEMENTS & DIFFICULT CONVERSATIONS

11. What is a solution you both could agree upon?

DISAGREEMENTS & DIFFICULT CONVERSATIONS

Thought Model Instructions

UNINTENTIONAL MODEL – *Complete this model, in this order:*

C: What is the **Circumstance** you are focusing on? This is the disagreement. *My husband says the kids need a cell phone.*

T: What is your predominant **Thought** about this circumstance?

F: How do you **Feel** when you think that thought?

A: How do you **Act** when you feel that way? What do you do? What do you not do? How do you speak to others? How do you speak to yourself?

R: What **Result** do you think those actions are creating in this disagreement.

Drama v. Empowerment Triangles

Villain

Rescuer

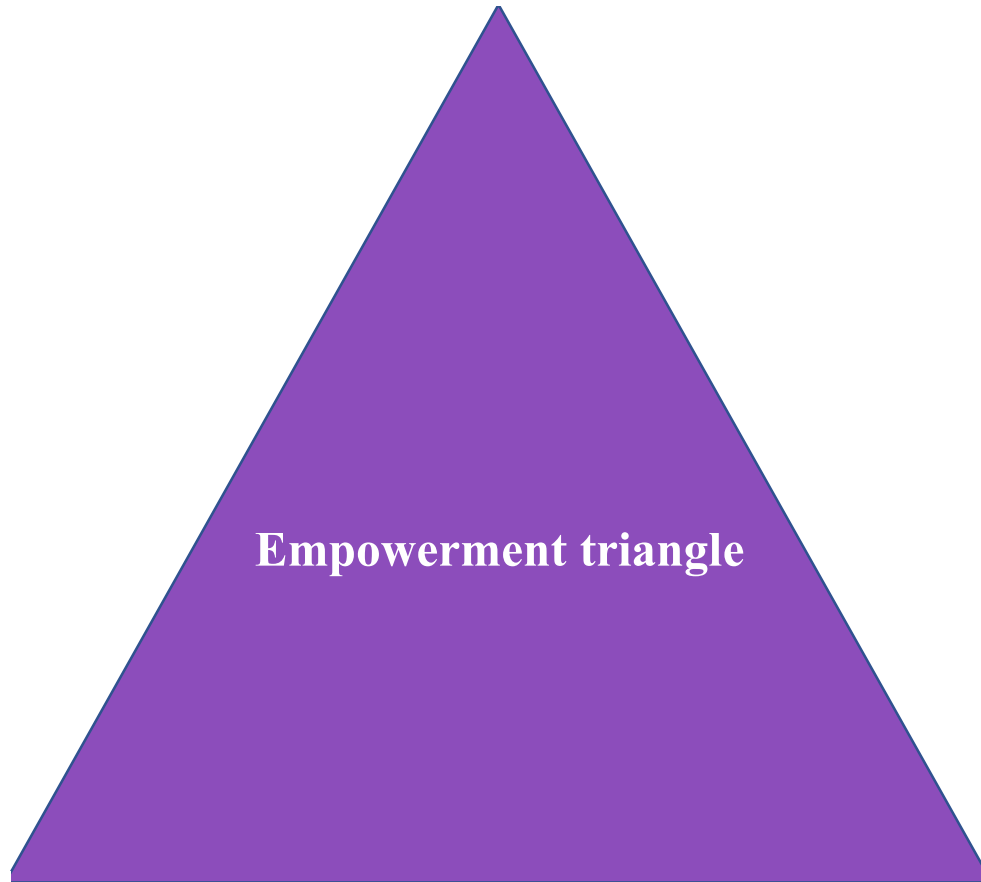
Drama triangle

Victim



Drama v. Empowerment Triangles

Creator



Empowerment triangle

Challenger

Coach

Drama v. Empowerment Triangles

Victim becomes Creator: Accept
vulnerability; realize your power; consider
options; **PROBLEM SOLVER**

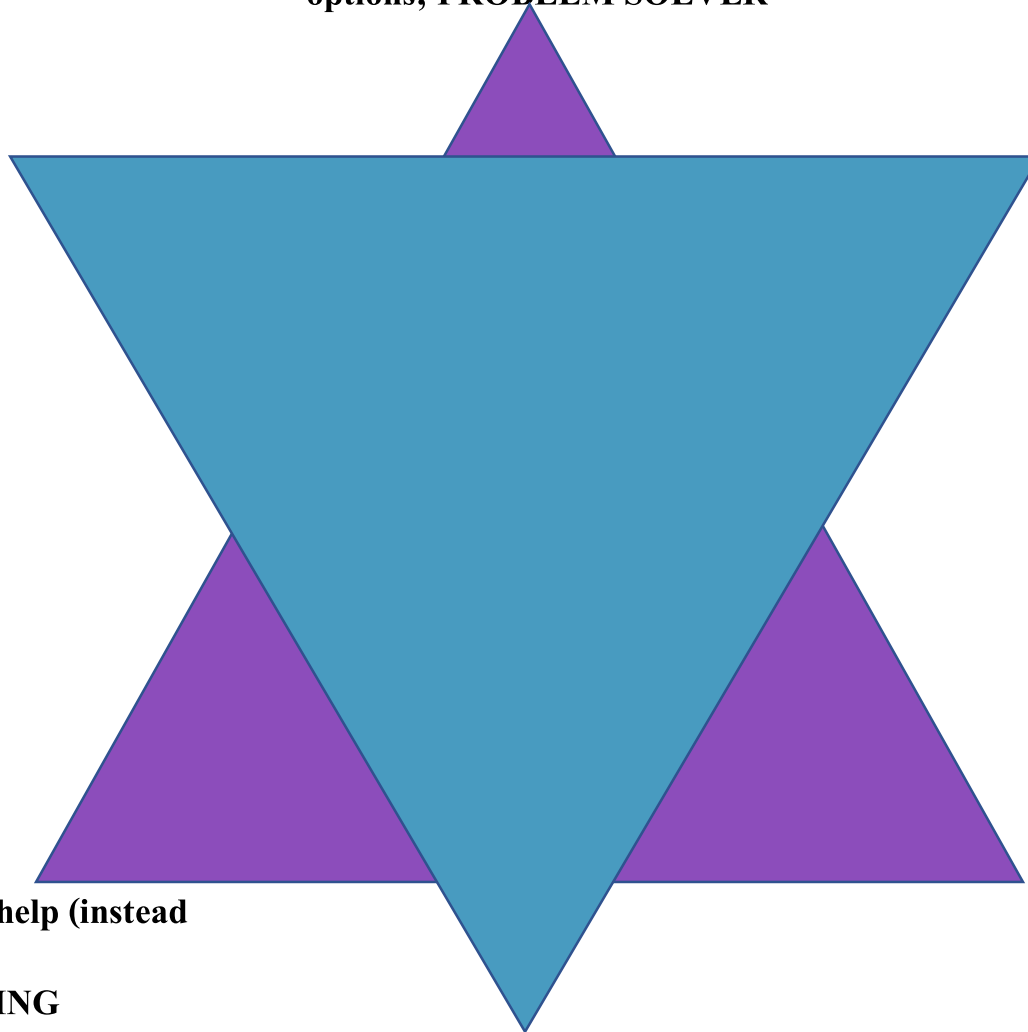
Rescuer

Villain



Coach: Caring; how can I help (instead
of fixing it); **LISTENING**

Challenger: Assertive;
constructive way of getting
needs met; calls forth
growth in others;



DRAMA TRIANGLE WORKSHEET

- 1. In my situation, who is playing each of the following roles in the drama triangle? Force yourself to put yourself into one of these categories**

- ❖ Villain
- ❖ Rescuer
- ❖ Victim

- 2. What characteristics are associated with each role?**

- ❖ Villain
- ❖ Rescuer
- ❖ Victim

- 3. How are each of these characters fulfilling their roles in my scenario?**

DRAMA TRIANGLE WORKSHEET

5. How is each characters' role contributing to the roles the others are playing? In other words, how does each person's role contribute to the other roles and this ongoing dynamic?

6. If each character continues to play their assigned role, what is the ultimate result for each party?

DRAMA TRIANGLE WORKSHEET

7. In the empowerment triangle, what role could I re-cast everyone into?

8. How would I need to think differently about each person to see them in this new role?

9. In the empowerment triangle, what role could I choose to instead play? Why?

DRAMA TRIANGLE WORKSHEET

10. How would I need to change to transition to this role? What would I need to believe? What thoughts/actions/beliefs would I need to change to transition to this role?

11. What would it get me if I were to actively pursue this transformation?

DRAMA TRIANGLE WORKSHEET

13. What would it cost me to actively pursue this transformation?

14. What steps can I take to actively pursue this transformation?

15. On a scale of 1-10, how willing am I to pursue these changes? Why?

DRAMA TRIANGLE WORKSHEET

16. If you are not at a 10, what would it take to make your commitment a 10?

Module 4: Self Confidence

This module, we build upon our earlier discussion on your thoughts about yourself and start thinking about how we can adjust our thoughts to create more self-confidence.

What would you do if you had more self-confidence?

What would you do if you weren't afraid to fail or feel embarrassed?

Any limitation you place upon yourself is rooted in a lack of self-confidence and we are going to dismantle that belief system.

When we are confident, life gets so much more exciting!

How do we get there? Why don't we have self-confidence now?

We are going to start taking a look at some of your most closely held thoughts, beliefs, and assumptions and develop some confidence-boosting mantras. We no longer have room for negative self-talk.



INVENTORY OF CONFIDENCE

Make a list of all the areas in your life where you feel self-confident. Next to the areas, write the reason (thought) why you feel this way. Make sure you fill the page. This can be things you are really good at, things that come naturally to you, or things you have accomplished.

AREA OF CONFIDENCE

I know I can do it.

I have gotten better at it every year



INVENTORY OF CONFIDENCE

1. For the items of confidence above, write down an example of failure or overcoming fear that you encountered in developing the above skill.



INVENTORY OF CONFIDENCE

2. **How have the above skills been positive for you?**
3. **Do you ever experience impostor syndrome feelings or lack of confidence when you utilize the above skills? Why or why not?**
4. **Does your inventory of skills and the steps you took to acquire those skills have anything to teach you today about your next goals or challenges?**



ACCOMPLISHMENT LOG

Create an accomplishment log. You can list little things and big things you have accomplished. The point is to acknowledge everything you have done that you once hadn't done or couldn't do. Fill the entire page.

ACCOMPLISHMENT

Graduated from law school.

Threw a massive surprise party for my mom's 60th.

Gave an hour-long presentation on new legislation.

Had a difficult conversation with someone who intimidated me.

Coordinated a large team of attorneys to execute a large corporate transaction.

Learned how to work collaboratively with my paralegal.

Bought a house on my own.



ACCOMPLISHMENT LOG

2. How do these accomplishments benefit you and contribute to your skillset?

3. How might the above skills benefit a future employer or contribute to your career?

4. How can you summarize the above skills and “sell yourself” in a way that feels authentic?



BUILDING SELF-CONFIDENCE THROUGH FEAR

Each day, you will choose a Dare of the Day to take.

THE RULES.

1. Pick one thing per day that scares you and do it.
2. It has to be something that requires you to “get over a fear.”
3. Write about it before and after.
4. Try not to miss a day.

If you commit to doing this now, you will not be as likely to back out when the day comes. So choose to do this to get good at being self-confident.



BUILDING SELF-CONFIDENCE THROUGH FEAR

Here are some ideas, but if they don't scare you, you can't use them.

1. Ask for a discount on anything—make sure it's outrageous.
2. Ask for a raise.
3. Ask someone to hire you.
4. Say no to a new project.
5. Leave work early.
6. Call in sick.
7. Don't answer any phone calls for 2 hours.
8. Take a vacation.
9. Go up to a stranger and ask for something.
10. Give someone an outrageous compliment.
11. Write a piece and share it with someone.
12. Take someone you admire to lunch.
13. Double your price.
14. Talk to a headhunter.
15. Give a speech.
16. Take a partner to lunch.
17. Ask for the day off.
18. Speak in public.
19. Wear a sexy outfit.

The more outrageous your dare, the more self-confident you will be. The point is to get really good at doing very scary things.



OVERCOMING FEAR

1. What is something you can do today to overcome fear? (Say no to a project... Ask for help...Leave work early...Call in sick... Try a new class... As for a raise...

2. What is your thought about doing it?

3. Complete a model on your fear of it. (See attached instructions.)

C:

T:

F:

A:

R:

4. Now create a model with self-confidence on the F line and completing the dare on the R line.

Fill in the rest of the model.

C:

T:

F:

A:

R:



OVERCOMING FEAR

5. Complete your dare and write about it here. What did you learn about yourself and your self-confidence?



OVERCOMING FEAR

Model Instructions

UNINTENTIONAL MODEL – *Complete this model, in this order:*

F: How do you **Feel**? In this worksheet we are focusing on **fear**, so enter that on the feeling line.

C: What is the **Circumstance** you are contemplating? Write it on this line as if it was your plan. *I am going to ask for a raise...I'm going to say no to more work...I'm going to call in sick...I'm going to try a new fitness class.*

T: What is your predominant **Thought** about this circumstance? What is the thought creating your **fear**?

A: How do you **Act** when you feel that way? What do you do? What do you not do? How do you speak to others? How do you speak to yourself?

R: What **Result** do those fearful thoughts create for you with respect to your intended action?

INTENTIONAL MODEL – *Complete this model, in this order:*

C: Insert the same **Circumstance** from your Unintentional Model.

R: What is the **Result** your future self has that you don't currently have (with respect to the Circumstance)?

For example: I called in sick...asked for a raise...tried something new...stuck to my boundaries.

A: What types of **Actions** (or inactions) did your future self engage in to create that result and follow through?

For example: I said "no" and did not explain...I called in sick and turned off my phone...I sent an email letting people know I'm out...

F: What **Feeling** would propel your future self to take those types of actions?

T: What **Thought** would generate that feeling for your future self?



MY WORST-CASE SCENARIO

Write about everything you are currently afraid of that holds you back. Don't be shy. Go for the worst-case scenarios. Evaluate what you think would be horrible about failing.

Include the fear and the reason.

WHAT I'M AFRAID OF

Getting fired.

Going broke.

WHY I'M AFRAID (THOUGHT)

No one will ever hire me again.

I will be homeless and destitute



WHAT OTHER PEOPLE THINK ABOUT YOU

We're going to remove the barrier of what other people think about you forever. We're going to take a deep dive into your "everyone" and what "everyone will think." You will decide from now on to only take action based on what you will think.

1. What do people think about you now?
2. If you went for all your dreams and achieved them, what would people think?
3. If you went for all your dreams and failed, what would people think?



WHAT OTHER PEOPLE THINK ABOUT YOU

5. In what ways are people right about you? So what?
6. In what ways are they wrong about you? Are you willing to let them be wrong? Why or why not?
7. What are you committed to believing about yourself no matter what others may or may not think?



Module 5: Your Purpose

As professionals, we will inevitably encounter a moment when we wake up and wonder whether we are on the “right path.”

As humans, it is normal to seek a life of value and great contribution.

So how do we get there? How do we find our purpose?

The answer might surprise you.

In this module, we will examine purpose — what is purpose and how do we live a purposeful life?

Does having a purpose matter?

Take the time to examine your value and consider –

What will be your greatest contribution to this life?



YOUR LIFE'S INTENTIONS

This worksheet is designed to help you identify and establish your life's intentions. After completing each sentence, review each item below and circle those which resonate the most strongly with you.

MY LIFE'S INTENTIONS ARE:

To be physically fit and healthy.

To be an athlete.

To be financially successful/secure.

To be a _____ leader.

To be a _____ friend.

To be a _____ professional.

To be known as a _____ person.

To be a successful _____.

To be a loving _____
(spouse, sibling, parent, child, aunt, etc.)

To be invested in the environment.

To be remembered as _____.

To be well travelled.

To leave a legacy.

To be spiritual.

To have a _____ family.

To always be learning or well educated.

To be a _____.

To take risks.

To be a _____.

To be an adventurer.

To be a _____.

To create beauty.

To be a _____.

To invest in the arts.

To be a _____.

To contribute to my community.

To the right of each intention you circled, rank the item by its importance to you at this time with 5 being

“Very Important” and 1 being “Relatively Unimportant.” Keep in mind this relates to where you are presently, and these rankings will evolve with the seasons of your life. These intentions can be the source of inspiration for your goals.



BEING GOOD ENOUGH

1. Do you believe that all humans are good enough? Why or why not?
2. Do you believe it is an absolute or that there are degrees of good enough-ness? Explain.
3. Explain how your answer to question #2 affects the way you live and show up.



BEING GOOD ENOUGH

5. Explain how your answer to question #2 affects how you view and judge other people.
6. How would you live differently if you genuinely believed you were already good enough and nothing could improve that or change it?
7. Take some time to think about the difference between the specific idea that we are not good at a skill and the other idea that we are not good enough in general. Explain.

BEING GOOD ENOUGH

8. When are you most likely to forget that you or others are good enough no matter what? How might you change that?



WORTHINESS

1. You are already complete and good enough. Do you believe this? Have you been trying to be good enough? Please explain.
2. If you are already done and complete, how do you want to spend your life? What do you want your purpose to be? Brainstorm below and then limit it to one sentence. (Do not give yourself more than an hour to come up with it.)
3. Why? What is your reason for wanting this to be your purpose? Write out what it means to you.



PURPOSE – LIVING IN ALIGNMENT

1. **What do you want your purpose to be? Your purpose does not have to relate to your job or any particular circumstances. What do you want to drive your actions in life? That is your purpose.**

Examples: I want to be an example of what's possible to women lawyer...I want to transform firm governance...I want to expose people to new ideas...

2. **Do a brief download on your purpose and the thoughts you are having today. Are you living in alignment with how you want to purposefully spend your time?**

3. **Brainstorm ideas, possibilities, dreams, and desires related to your purpose. Be creative. Work here. Do not go unconscious. You will be amazed at how many ideas you can generate.**



PURPOSE – LIVING IN ALIGNMENT

4. Make a list of everything you will do (or have done) today that relates to your purpose. Record any thoughts on this list.



YOUR PURPOSE: OBSTACLES AND STRATEGIES

What are the five main obstacles you will face in fulfilling your expression of your purpose? Write down each one and your strategy for overcoming it.

Example:

Obstacle: My obstacle is fear and hiding. I do this by indulging in confusion and overwhelm and making the excuse that I am just too busy.

Strategy: I will plan carefully and honor my calendar without fail. I am willing to feel afraid and do the coaching I need to do to overcome it.

Obstacle:

Strategy:

Obstacle:

Strategy:

Obstacle:

Strategy:

Obstacle:

Strategy:

Obstacle:

Strategy:



PURPOSE - WHO YOU GET TO BE

Who do you get to be? When you are living your purpose, who do you get to be? Make a long list and fill the page.



PURPOSE – MAKING A PLAN

1. Write your one sentence purpose:
2. Pick one area you want to focus on and express your purpose. (This can be your current focus, e.g., weight loss, drinking, balance, buffering, money, business.)
3. What do you want to accomplish in this area and by when?



PURPOSE – MAKING A PLAN

5. What do you need to do to accomplish this? (Brainstorm)
6. When will you complete each of these items? List them in order of completion with a date for each one.



Module 6: Your Thoughts About You

We spend so much of our time and energy thinking about how others perceive us but we don't often spend any time considering how we think about ourselves.

What do you think about your life? How do you describe yourself?

While these questions may seem trivial, examination of these questions is the first step in changing your relationship with yourself and developing self-confidence.

This module we will explore your thoughts about yourself so that we can lay a better foundation to start creating confidence in yourself and your abilities.

Commit to the worksheets in this segment—each day you will revisit the worksheets to gain a deeper understanding of your thoughts about yourself. You might be surprised by what you discover!



YOUR THOUGHTS ABOUT YOUR LIFE

This week you are going to see what your thoughts are about your life. You might think that thoughts about your life are about your life, but really they are about you and how you see yourself in your life. Your life does not happen to you, your life is the story you tell about yourself and how you live. Don't try to edit the thoughts that come to you each day. Pay attention and be honest about where your mind goes and what it thinks. As you write, consider how these thoughts are impacting the life you are creating.

DAY ONE:

- Thoughts I think about my life:

- What is my life like?

YOUR THOUGHTS ABOUT YOUR LIFE

DAY TWO:

- **Thoughts I think about my life:**
- **What do I think about my home?**

YOUR THOUGHTS ABOUT YOUR LIFE

DAY THREE:

- **Thoughts I think about my life:**
- **What do I think about my day to day?**

YOUR THOUGHTS ABOUT YOUR LIFE

DAY FOUR:

- **Thoughts I think about my life:**
- **What do I think about my life compared to others' lives?**

YOUR THOUGHTS ABOUT YOUR LIFE

DAY FIVE:

- **Thoughts I think about my life:**
- **What do I think about my finances?**

YOUR THOUGHTS ABOUT YOUR LIFE

DAY SIX:

- **Thoughts I think about my life:**
- **What do I think about my relationships?**

YOUR THOUGHTS ABOUT YOUR LIFE

DAY SEVEN:

- **Thoughts I think about my life:**
- **What do I think about my opportunities?**

WHAT DO YOU WANT TO BELIEVE?

1. What are the results you most want in your life?

2. What are the beliefs that have kept you from getting these results so far?



WHAT DO YOU WANT TO BELIEVE?

3. What do you need to believe to get the results you want?

4. Why don't you believe this yet? What thoughts get in your way?



YOUR RELATIONSHIP WITH YOURSELF

Over this next week you are going to journal each day. Write down thoughts you notice yourself thinking about yourself. You will need to pay attention because they are so normal and common, they often appear right below the surface like a negative hum. Check in and see what you think when you get dressed, complete a task or don't, talk to your family, drive, shop, cook, work, eat, all of it. Each day write down these thoughts and follow the prompts to see what else you can uncover.

DAY ONE:

1. Look in a mirror. Ask yourself, what thoughts do I think about myself?

2. What do I think about my body?



YOUR RELATIONSHIP WITH YOURSELF

DAY TWO:

1. Who am I?

2. On a scale of 1–10, I rate myself as a _____ because I think I'm_____.



YOUR RELATIONSHIP WITH YOURSELF

DAY THREE:

1. Thoughts I think about myself, based on how others see me:

2. What do I think about my abilities?



YOUR RELATIONSHIP WITH YOURSELF

DAY FOUR:

1. Based on what I've been told, the thoughts I think about myself are:

2. What do I think about myself compared to others?



YOUR RELATIONSHIP WITH YOURSELF

DAY FIVE:

1. Do I like, love, or hate myself? Why?
2. What do I think about my accomplishments?



YOUR RELATIONSHIP WITH YOURSELF

DAY SIX:

1. Thoughts I think about myself.

2. What do I think about my personality?



YOUR RELATIONSHIP WITH YOURSELF

DAY SEVEN:

1. Thoughts I think about myself.

2. What do I think about my weaknesses?



WHAT'S MY STORY?

Over the next week, write about your current story. Start with a title and some chapters and then write what you have believed about the story of you. You can include your childhood, your family life, your young adult life, your schooling, your relationships. Include all the things you think define you. Be honest. Write about where you did it wrong, where you might have been underprivileged or slighted. Include the story about you that makes you a helpless victim, and uncover all the ugly truths you may not have even realized you were telling about the “truth” of what it was like to be you. Use as many pages as you need. Write it all at one time or a little each day this week but fill up all of the pages.

MY STORY OUTLINE:

My title:

The chapters of my story are:



WHAT'S MY STORY?

1. The protagonists:

2. The heroes of my story:



WHAT'S MY STORY?

MY FULL STORY:



WRITING A NEW STORY

Over the next week, write the story you want to write about you. This is a new title and a new hero journey that is about the you that you want to be. There aren't any limits to who you want to be. You don't have to consider anyone else's opinion or what they think of you. You don't have to consider your past or your abilities now. You get to pick your new story based simply on desired true possibility. Take your time with this and include as many details as you can.

Enjoy this process.

You can write it all at once, but each day go back over it and add more details and more desires.

Questions to consider:

What do you want to achieve?

Who do you want to be?

How do you want to define yourself?

Look in the mirror.

What do you want to think about yourself?

What do you want to create?

What do you want your story to be?

Fill up the following pages with who you want to be.

WRITING A NEW STORY

MY STORY OUTLINE:

My title:

The chapters of my story are:

WRITING A NEW STORY

The protagonists:

The heroes of my story:

WRITING A NEW STORY

MY FULL STORY:

