

Stage Six: Beliefs and Affirmations

Instructions: Please read each statement below. Check the box for any of them that you may have thought or believed about yourself in the past month.

I sometimes believe/ tell myself:

- I have everything going for me, but I don't feel as fulfilled as I used to.
- I was once "on fire", but now I am just burned out
- I'm passionate about what I'm doing in my life, but need to be making a bigger difference.
- I wish I could better integrate what I do in my career with what I love to do outside of work.
- I have not yet accomplished enough in my life.
- I feel unenthusiastic about an important part of my life.
- I have not yet reached important goals I've set for myself.
- It's hard to keep my life balanced, when I feel so passionate about one specific life area.
- I feel out of touch with what I am passionate about.
- I am successful in what I do and was passionate about it, but now I feel bored.
- Others seem to be more proud and excited about my accomplishments than I am
- I now feel unmotivated by my life choices.
- My unique version of what I sometimes tell myself:

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Instructions: Please read each of these affirmations below. Check the box of any you would like to hardwire into your belief system in order to improve some aspect of your life.

Some examples of what I now need to believe:

- I am in control of my own destiny.
- I feel motivated by the life choices I've made.
- The boundaries between work and play are blurry for me. I enjoy what I choose to do with my life each day.
- I can continue the things in my life that I feel passionate about and change the parts that need improvement.
- I am motivated and governed by my passions.
- It's never too late to set and become inspired by new goals.
- My role in the world is bigger than myself.
- I can feel excited and enthusiastic about my prospects for the future.
- There are other things I can be passionate about, I just have not yet discovered them.
- My possibilities are endless.
- My unique version of the affirmation(s) and new attitudes I need to hardwire:
