

THINK & GROW YOU

Think & Grow You:

How to Get Out of Your Own Way and Level up Your Life

Action Steps Journaling Workbook

By: Chris Felton

Action Step: Break your worry pattern by journaling on a current issue. Ask yourself the following questions:

1. What am I afraid of?

2. What is the worst thing that can happen?

3. If that happens, what will I do?

4. Lastly, tell yourself that 99% of what you worry about never happens. If needed, think back on initial worries, and confirm that the actual events weren't even close to what your mind created. Focus on the next step you can take to resolve this. If it is outside your control, trust and let it go.

5. Note how you feel before and after this exercise.

Action Step: Journal

1. What is one problem that has been lingering and taking up brain space?

2. What have you been telling yourself needs to happen externally to move?

3. Think and then write, "I am done with this."

4. What is the next step you can take to change your life?

Action Step: Journal about

1. What do you say when you talk to yourself?

2. What results does this create?

3. Who pays the price for beating yourself up?

4. What issues does it create?

5. Is there any benefit?

6. Conclude that it isn't serving you and shift.

7. Select an affirmation or scripture to interrupt the pattern.

8. Say it until you feel emotional relief.

9. Resolve to pay attention to the conversation in your head.

Action Step: Journal

1. What's holding you back?

2. Make a list.

3. What does this create in your life?

4. What is your next step to move forward?

5. Pick one item on the list and work on it for the next 30+ days.

Action Step: Journal

1. What dream do you have?

2. What dream-killing thoughts have stopped you from pursuing it?

3. Refuse to allow these lies to kill your dream.

4. Take the next step forward.

Action Step: Read the *New England Journal of Medicine* study on aging. Share it with others. If you aren't in this age category, share it with someone who needs to hear it.

Action Step: Journal

1. Describe a situation that triggered your ego.

2. Use the “Judge Your Neighbor” worksheet as a guide.

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/http://thework.com/wp-content/uploads/2019/02/jyn_en_mod_6feb2019_r4_form1.pdf

or <https://thework.com/resources/> and click on Downloads in the upper right corner of the page.

3. Role-play to yourself a conversation with the other person.
4. Let yourself get petty.
5. Repeat until you become neutral about the situation.

Action Step:

1. Set an uncomfortable goal that will stretch you.

2. Identify why it's important.

3. Get a mentor and set a weekly accountability time.

4. Go after it.

5. You will know when you're up against the terror barrier.

6. Journal what you are making up about it and call your mentor when you feel like retreating.

Action Step: Journal

1. What am I focused on, and what must this be creating?

2. What retreating thoughts are you having?

3. Recognize the trap.

4. What can you do to give/contribute today?

5. Take the first step.

Action Step: Think and journal:

1. In what area of your life have you not taken 100% responsibility? Finances? Health? Relationships?

2. Pick 1 area and journal on what excuses you have been making.

3. Do you like the results?

4. What have you learned?

5. What is the first step to creating change?

Action Step: Journal:

1. What dysfunctional situation have you tolerated for way too long?

2. Draw a line in the sand.

3. What's the first step to moving forward?

Action Step: Journal:

1. What is your #1 goal?

2. What are your biggest emotional reasons for achieving it?

3. What is the #1 feeling you're hoping to attain?

Action Step: Journal:

1. When was a time when you were enthusiastic and you nailed a goal?

2. How were you feeling?

3. How did you show up?

4. Write this down and begin being this way and watch what happens.

Action Step: Journal:

1. What is your #1 goal?

2. Frequently use the “What if” concept as a daily affirmation. The tool is especially useful when doubts creep in. Interrupt the pattern with “what if?”

Action Step:

1. Reach out to someone you admire who is living the life you want.
2. Schedule a time to interview him or her on spirituality.
3. Apply what resonates with you.

Action Step: Before making your next complex decision, employ the Ben Franklin Pros/Cons Method. Draw a T-chart; list the positives on the left and the negatives on the right. Whatever side outweighs the other is the winner. Trust it, decide, and take small actions to move forward. Don't question it; you can always course correct.

Positives	Negatives

Action Step:

1. Download the Winstreak app.
2. Set the goal to record three or more wins per day, large or small.
3. Review at the end of the day. Take it in, and acknowledge yourself.
4. At the end of the year, review what you wrote daily and record the most meaningful events for the year in a journal. You'll be amazed at what you accomplished.

Action Step:

1. Develop your trust muscles.
2. Journal your thoughts. What are your worry patterns? Recognizing these will help you stop and intervene when gloom and doom thinking arises.

3. Plant new seeds with scripture or affirmations.

Action Step: Journal.

1. What's one area in your life that you wish was different?

2. What are your feelings?

3. How long has the problem existed?

4. Follow Sedona Method

- a. Identify your emotions and feel them.
- b. Ask/Answer 1. "Could I let it go?" Yes or No
- c. Would I let it go? Yes or No
- d. When? Now or later?
- e. Repeat the process until you feel a release of emotion.

Action Step:

1. Think of past adversity you overcame.
2. Journal your initial reaction and thoughts.

3. What were the blessings that came out of it?

4. Resolve to change your response to challenges and stop labeling things as bad. Suspend your judgment.

Action Step: Journal

1. How does approval addiction show up in your life?

2. Who pays the price for this?

3. Resolve to interrupt the approval pattern and continue doing what you fear until it's no longer an issue.

Action Step: When you start controlling, repeat these statements:

- “I can only control myself.”
- “My way isn’t the only way.”
- “I hold others capable.”
- Repeat until you calm down.

Action Step:

1. Choose a situation where you have a gap in expectations.
2. Schedule a meeting.
3. Apologize for not having clear expectations.
4. Agree on what you both want, meet in the middle, and move forward.

Action Step:

1. Get a Sales Journal.
2. Rate yourself on a scale of 1-10 after each appointment, with 10 being a total focus on the client and 1 with the focus on you.
3. Document what did and didn't work.
4. Where do you need to improve?

Action Step: Journal

1. How has self-righteous behavior negatively affected you? Journal on a situation.

2. What was the trigger?

3. What was the impact?

4. How has this behavior impacted those closest to you?

5. What work needs to be done?

6. If necessary, hire a coach.

Action Step:

1. Intently study judgment.
2. Get *Positive Intelligence* by Shirzad Chamine.
3. Complete the exercises in the book. www.positiveintelligence.com



Action Step: Set the intention to listen more and talk less today. Listen intently to what the other person is saying and pay attention to any intuitive insight that could be helpful.

Action Step: Make a decision:

1. Make keeping your word a top priority.
2. In your morning routine, scan your calendar and affirm, "I'm keeping my word today."
3. At night, rate yourself on a scale of 1-10.
4. How did you do with keeping your word that day?
5. What change can you make to improve for tomorrow?

Action Step: Be intentional.

1. Every morning, set the giving intention.
2. Scan your calendar and see where you can add value.
3. Be open to new opportunities.
4. Set the intention before every meeting.
5. How can I serve this person?
6. Pay attention to intuitive answers and act.

Action Step: Journal:

1. What is your #1 goal?

2. Define points A and B.

3. Identify your first step and take it.

4. Then focus on the next.

Action Step: Prepare for your next mentoring session.

1. What did you say you were going to do?

2. Did you do it? Yes or No. No stories.

3. If not, what became more important than keeping your word?

4. What did you learn?

5. What is going to be different moving forward?

Action Step: Schedule planning time in your calendar. Sometime between Friday afternoon and Sunday. Plan until you feel you're 100% ready for the week.

Action Step: Journal:

1. What is your #1 goal?

2. What's the first "I can do that" step you need to take?

Action Step: Ask yourself today at least once, where am I making this harder than it needs to be? Is there a simpler, more efficient way to get the desired result?

Action Step: Journal:

1. Make a list of lingering problems.

2. Mentally reframe them as projects.

3. Pick one project and write the top three steps you will take today to move the project forward.

Action Step: Reach out to a mentor you trust who has achieved your desired results.

Schedule a weekly accountability session with them.

Action Step: Journal:

1. Write down ways you have been disrespectful with your money and others.

2. What problems has this created?

3. What small step can you take to shift this?

Action Step: Journal:

1. Pick your #1 goal.

2. Where do you need to be at the end of this quarter?

3. What is the weekly goal for which to aim?

4. Create your plan to hit the weekly mark.

5. Get moving and have fun.

Action Step: Journal:

1. Write down what you want.

2. If you don't know, write down everything you don't want.

3. The opposite of the don't list will get you clear on what you do want.
4. List multiple reasons for each item.
5. Look at it every day.
6. Set up reminders in different locations to keep focus.

Action Step:

- Close your eyes and relax.
- Think of something you really want.
- Play a mental movie of what achieving that goal would mean.
- What would it feel like to achieve this?
- Identify the feelings (relief, joy, happiness).
- Really feel it.
- Visualize 3 to 5 minutes per day.
- You are planting seeds in fertile soil.
- Stick with it.

Action Step: Get a Money Journal.

1. The first step – Write the word “money.”
2. List everything you make up about that word.
3. Write an empowering story that attracts wealth.
4. Review often and assess your progress.

Action Step: Journal:

1. Who are the top three associations in your life?

2. Is this the group that will get you to the next level?

3. If not, upgrade your associations.

4. Reach out to five people who you admire.

5. Interview them on what makes them successful.

Action Step: Assess what camp you're in:

1. Quitter
2. Chicken Exit
3. Until.

If not in #3, what change needs to happen to be a 3?

Chris Felton

Matthew 6:33