

BUILDING YOUR FOUNDATION

“The only way to change is to change how you feel, think and see yourself on the inside.”

These are a list of questions that will help you further introduce you to yourself and if you don't know any of the questions, that's great:

1. First and foremost, do you have a relationship with yourself? If not, do you want to know yourself?
2. What kind of mindset do you have? A fixed or growth mindset? Open or closed? Go-getter or sit-back? Hungry or lazy? Strong or raw?
3. Have you ever heard of this saying, “Your new life is going to cost you your old one”? If you have, are you willing to make sacrifices and let go off ‘old’ baggage?
4. Where do you live within yourself? (E.g.: Ego, emotions, heart space, etc.)
5. Do you live from ‘outside in’ or ‘inside out’? Are you willing to becoming a more conscious person?
6. If someone who truly cares about changing lives, are you willing to let someone in to help and hold you accountable to becoming a better person?

Hopefully that first page was helpful enough to helping you understand yourself from a different point of view. That was the introduction to knowing yourself and now here is the next focal point of your journey for change:

Habits

This is the *Unhealthy Habit Table* and we're going to dive into negative habits first as both parts are broken into three sections.

Section 1

- The first section is the **Location section**, which means your going to write down where these habits come from.
- The second section is the **Habit Section**, in which your going to write down and talk through the **present** habits that you have and what habits have got you to where you are now.
- The last section is the **Changeable questionnaire**. This simply means can these negative habits be changed with inward conscious effort and what percentage are you willing to give change to your habits.

The purpose of this activity is to locate, examine and dive into habits that only are **toxic**. Once you see your habits and understand where they come from, now it's time to start working on yourself and making changes.

On this page is the table and within the table, please write down **three** habits that you see that are bringing detrimental results or bad energy.

Examples of unhealthy habits are:

- | | | | | |
|----------------------------|-----------------------|-------------------|---------------------|---------------------|
| -Hostility | -Lack of organization | - Laziness | -Bad temper | -Carelessness |
| -Ineffective communication | -No honesty | -Low modesty | -Irrational actions | -Unhealthy thinking |
| -Giving up | -Lack of focus | -Saying "I can't" | -Self-harming | -Lack of vision |
| -Too much | -Drug addictions | -Social group? | | |
| -TV/Games | | | | |

| Habit | Location of habit (Where did this habit come from? And why?) | Changeable? Willing %? |
|-------|--|---------------------------|
|-------|--|---------------------------|

| | | |
|----|--|--|
| 1. | | |
| 2. | | |
| 3. | | |

Straying away from old to new habits

Section 2

After looking at your old habits, now its time to start building and creating new habits that will help you lead to having a successful change ‘within’ you. Doing the same thing above, you’re going to write down **three** habits with your parent or teacher(s) that you firmly believe and feel would bring out the best in you to be **your greatest version.** (The only changes to the table are purpose and creative task commitment)

- In the purpose section, identify reason for building a new habit
- The creative task commitment section identifies task are going help you achieve having the change for having the successful habit acquired in the beginning of the table.

Examples of healthy habits are:

- Reading -Meditating -Exercising -Diet change -Writing -Journaling
- Daily goals -Building vision -Listening to videos/podcast -Raising vibrations -Polite -Kind
- Educating -Showing gratitude -Socially contributing -Having positive vibes
- Positivity -Self-discipline -Ambition -Commitment

Habit

Purpose
(Why?)

Creative Task
Commitment

| | | |
|----|--|--|
| 1. | | |
| 2. | | |
| 3. | | |

“Your input of energy and effort towards building effective habits will determine the outcome of change.” –Mindful speaking

Building a value system for your foundation

This section is going to be short but however will mentally identify what are some things that are valuable to you. Upon finding values, you must recognize first if you have any values. If you have values then write them down in section 2, but if not then now is the time to start valuing what matters.

Section 1.

What are your values? (Write all of them down one by one regardless of what they are and do not worry, no judgement)

Section 2. (Short answer essay format)

Are there any values above that are in alignment with your actions? can be used as a foundation? Can some be let go of to make room for new values? (If new values come to mind that are mentally and emotionally stimulating, write them down as they come to mind)

Section 3. (Activity)

With recognising and becoming aware of having a value system, now it's time to start putting thoughts and feelings to work. With shifting 'within' yourself, the only thing 'you' can do now is change the way you think in order to change the way you see and feel about things to innovate new action. Starting now, you will be working on with different thoughts using strategies and techniques (meditation, relaxation, journaling, communicating, exercising, etc.) that'll help you understand yourself through groundwork and conscious effort.

Start with *realisation* and notice the attitude that you have towards yourself. To influence the attitude, focus on:

1. **Positives**
2. What your **grateful** for
3. **Self-talk**

If you find yourself in a transcending moment, go through a reflection process of your choice (Can write it down but not necessary).

If you had a bad experience, write down how it made you feel going through the 4-step process of influence (realisation, acceptance, redirection and growth) to help change your attitude of that experience. If you understand this, great and if not, then feel free to ask questions! Let's get started...

"I believe in you and know you can do this but you must be willing to sacrifice your old self to become a better version." –Words from a wise man