



“Unleash Your Vision Workshop” Worksheet

Welcome! I am so happy that you decided to say **YES to yourself!** Get ready.... this is going to be a life-changing, results-driven and enriching workshop! Wooohoooo!

Please have the following ready before we start the workshop:

1. Pen and additional journal to take notes
2. This worksheet
3. Make sure there are no distractions during the workshop time as I am going to require your full attention
4. Water and snacks to hydrate and replenish

Our time together is going to be experiential and we are working through some exercises live during the workshop. So let's stay focused and let's do this!!!

(NOTE: there is nothing else you need to do with the material below for now. The rest of this worksheet is to be used during the workshop!

Part 1: Vision Brainstorm (hour 1)

We will work through this section together during the workshop.

VISION:

WHY:

VALUES: (see a full list here <https://scottjeffrey.com/core-values-list/>)

TOP 3 LESSONS YOU HAVE LEARNED IN LIFE:

LIFE MISSION:

LEGACY:

COMMITMENT:

Part 2: Identifying, Dismantling and Releasing the Blocks (hour 2)

We will work through this section together during the workshop.

MY TOP 6 BLOCKS ARE:

WHAT AM I AFRAID OF WITH EACH ONE?

-My truth statements for each block/excuse:

-RELEASE FORMULAS:

Sabotaging and believing in excuses to not live out your vision start in the mind. Period. This is where you have the power to stop them in their tracks. Ego attacks in the mind. But, unless you give fear permission to enter your mind, it cannot. It is coming for you. **It is coming for loaded vaults and for people with big dreams – that's you!** So we get to commit 100% to watch our mind like a hawk, become aware of what sabotaging thoughts we have been agreeing with and cut them off from manifesting in our minds as we put "truth statements" to use.

OPTION #1: Usual suspects

Step 1: Notice the excuse/fear (usual suspects). It has way more power if it works on you in the background and you believe it as truth. The power dissolves when you recognize it as the usual suspect and you choose NOT to agree with it!

STEP 2: Have an answer for the excuse/fear beforehand — anticipate it. When the fear crops up, talk back to it with your truth statement. If you give in, that's OK, but recognize that you're giving in to a lame excuse/old fear that now you know is only trying to keep you small. Be aware of what you're doing. It no longer has the power.

STEP 3: If you do give in.... do not beat yourself up! Instead, see what the results are. Are you happier? Is your life better? Was it worth it giving in to discomfort? Learn from those results. If you pushed through and are happy about it, remember that. If you gave in to excuses, and didn't like the result, remember that. Be gentle as you work through this and be prepared to see miracles!

If you consciously practice this process, you'll get better at recognizing and not believing these lies. And then, bam, you've got your mind working for you instead of against you.

OPTION #2: Slamming the door on lies and excuses

STEP 1: Continue to watch your mind for the excuses. You are now practicing in real-time cutting it out and not opening the door to it. You are boss! **Ego only prays on people that keep falling for its tricks.** You are breaking the pattern of allowing the fear-based thought to manifest. It is knocking on your door, you are recognizing it is fear and making a decision that this is a thought you do want to let in and think. YES! You read that right, you are taking your power back and making the decision once you recognize the thoughts that you are not going to think that! You have a choice on what you agree with in your mind!

STEP 2: Once you recognize that ego is at the door of your mind with a lie and excuse ready to come sabotage you, take control and you say NO! Ego can only enter your mind when you let it in and agree with the fear. So we start by not agreeing with it and saying no!

Say this out loud! "NO, I am not going to think this thought" or "NO, I am not going to think about this right now" or "NO, I am not going to believe this" then give it up to Spirit to lift. That's His job to transmute fear-based thoughts and to restore you back to the truth.

Then go on to say "Help me remember the truth of who I am" and say one of your truth statements and ask Spirit "help me believe this and lift anything that blocks this truth"

You can create your own script that is unique to you and that resonates here. If you forget the script, keep it simple by saying "NO, I am not going to think that thought. Spirit take this from me" It's very important that you enlist the support from Spirit or the divine here. This is a team effort. You cannot do it alone. You are in a team with Spirit and starting to get in the habit of tapping into the power of the universal support you have,

Part 3: Build Confidence and Learn How to Believe You Can (hour 3)

-BUILD EVIDENCE EXERCISE:

-HOW TO START TO BELIEVE THAT YOU CAN:

"When you believe you can, you CAN" Maxwell Maltz

Let's go through these steps to amp up your belief that you can step into your vision, purposeful work and passions you want. Once you know you can, you cannot fail!

- 1) **Recognize that it is possible for you to live out your dreams and passions doing what you love.** You see many people that are doing it, right? That are in their passions at all ages every day, don't you? So you know it is possible.

2) **Accept that it is possible for you to be confident and doing what you love at any age.**

Are you able to accept that it is within the realm of possibility for you to build a big vision and step in your purpose? If not sure, let's start by writing a list of all the other things you have accomplished in your life that might have nothing to do with your visions and passions. Next, a list of your gifts and talents?

3) **Now let's activate the feeling of success in all these areas and let's apply it to the area of feeling confident and living your vision!**

Since you can do these things (that others do not believe they can do, but you do), can you now accept that it is possible for you to be and feel confident, capable and step into living your dream life?

4) **Feel a strong desire to be and feel free, in your joy doing the work you love.**

Strong desire is a powerful motivator and amps up the believability factor. Make a list of reasons why you want to be live a bigger, purposeful and incredible life. Deeply feel why you want it and why you want it.

5) **Believe you deserve to live in your calling and your vision.** Make a list of reasons why you deserve to feel and be this way.

6) **Release any resistance** – (use any of the formulas above)

7) **Believe there is a good chance you will succeed.** It is not necessary to believe it 100%. Just want it with passion and believe it enough to keep moving in the right direction. This is creating a winning mindset.

NEXT STEPS: