



KILL THE UNICORNS

JANINE DURSO COACHING 3-DAY WORKSHOP

DAY 2: WHO ARE YOU & WHAT DO YOU WANT? THE BELIEF WORKSHEET





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LET'S GET REAL

● THE MYTHS OF HAPPINESS & THE 50/50 RULE

We are not meant to be happy all the time! When you try to be happy all the time, you push away negative feelings you think you shouldn't be having. As a result, you end up missing out on half your life. When you can learn to accept and feel it ALL, that is the full human experience and isn't that what you want? *The goal is not to feel happy all the time, it's to feel.*

● YOUR THOUGHTS ABOUT YOU

Relationships are thoughts. Your relationship with others is based on the thoughts you have about them. The same goes for you. the relationship you have with yourself depends on your thoughts about you.

How you treat yourself reflects your thoughts about yourself.

Having an amazing relationship with yourself is simply a commitment to think awesome thoughts about yourself. It sounds so easy. Why is it so hard?

It's because our brains are conditioned to look for the bad and to judge. We spend so much of our brain energy judging ourselves that we have very little energy to love ourselves on purpose. This is an unconscious habit that's tricky to break. Society doesn't support self love much. People might look at you funny when you say you're amazing, but it's not bragging.

We are all amazing, and we should spend more time talking about how amazing we are and less time talking about how we aren't. We can't take credit for our amazingness. Whatever created us gets that credit. But we can take responsibility for recognizing how amazing we are. Because of this, we can have an amazing relationship with ourselves. We won't spend time arguing and putting ourselves down. We can spend time loving and encouraging and acknowledging ourselves. It's so much more fun than the alternative.



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UNCOVERING BELIEFS

WHAT DO YOU BELIEVE ABOUT YOUR LIFE?

WHAT DO YOU BELIEVE ABOUT YOURSELF?

WHAT ARE THE LESSONS YOUR PARENTS TAUGHT YOU?



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UNCOVERING BELIEFS

WHAT DO YOU BELIEVE ABOUT YOUR DREAMS COMING TRUE?

WHAT DO YOU BELIEVE ABOUT YOUR ABILITY TO CREATE WHAT YOU WANT?

WHY DO YOU HAVE YOUR CURRENT RESULTS IN YOUR LIFE?



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UNCOVERING BELIEFS

WHAT DO YOU WANT TO BELIEVE?

WHAT ARE THE RESULTS YOU MOST WANT IN YOUR LIFE?

WHAT ARE THE BELIEFS THAT HAVE KEPT YOU FROM GETTING THESE RESULTS SO FAR?



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UNCOVERING BELIEFS

WHAT DO YOU NEED TO BELIEVE TO GET THE RESULTS YOU WANT?

WHY DON'T YOU BELIEVE THIS YET? WHAT THOUGHTS GET IN THE WAY?



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THERE'S SO MUCH MORE TO EXPLORE...

Before you can get where you're going, you have to know where you are. This belief work goes deep to excavate the limiting beliefs that have been holding you back.

I have only included the first half of this workbook here. The second half takes this belief work and gives you the tangible steps to prepare to become your future self. Such important steps to make the changes that will finally last.

*If you would like to go deeper on this work, I invite you to work with me in my **8-week group coaching program that starts the week of Sept 12**. We are not waiting around...we are taking action and moving forward. Are you coming?*

*Send an email that says "I'M IN!"
to janine@janinedurso.com and
I will send you the information.*

