



This is Your Time

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2

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3

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Chapter 1

Get ready for a wild ride into the depths of your own psyche! This chapter's all about spotting those sneaky self-sabotage habits. Trust me, we all have them. Get your detective hat on and start digging with cool tools like the Self-Sabotaging Behavior Inventory and the Daily Reflection Journal. Who knows what kind of 'aha' moments you'll stumble upon? So, let's shine a light on those shadowy corners of our minds and kick self-sabotage to the curb. We're in this together, and we've got this!

Worksheet: Self-Sabotaging Behavior Inventory



Instructions: Take some time to reflect on various areas of your life where you may experience self-sabotage. Use the prompts below to identify specific behaviors or thought patterns that may be hindering your progress or success. Be honest with yourself and write down any examples that resonate with you.

Identifying Areas:

List different areas of your life such as work, relationships, health, and personal development.

Recognizing Behaviors:

For each area listed, identify any behaviors or actions that you engage in that may sabotage your efforts or goals.

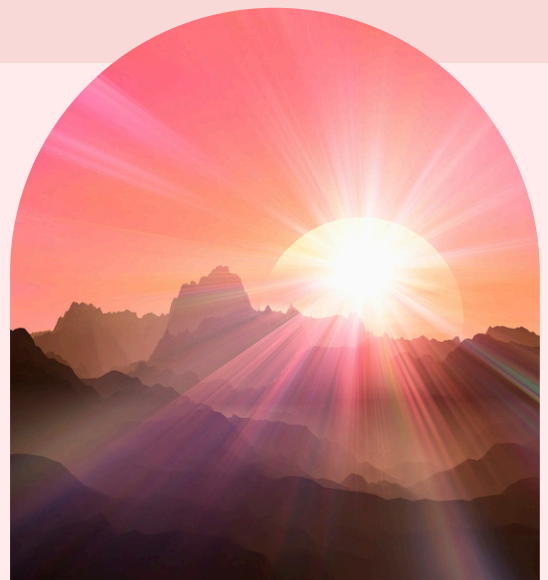
Exploring Thought Patterns:

Reflect on the thoughts or beliefs you hold about yourself or your abilities in each area. Consider whether these beliefs contribute to self-sabotage.

Examples:

Provide specific examples of situations where these behaviors or thought patterns have manifested in your life.

By completing this inventory, you'll gain valuable insight into your self-sabotaging tendencies, paving the way for greater self-awareness and personal growth.



Daily Reflection Journal Prompts

Note:

Use these prompts to guide your daily reflections, fostering self-awareness, gratitude, and personal growth with each passing day.

1

Gratitude: Reflect on three things you're grateful for today and why they bring you joy or appreciation.

2

Highlight of the Day: Describe the most memorable moment or achievement of your day and how it made you feel.

3

Challenges and Lessons: Identify any challenges or obstacles you encountered today. What did you learn from these experiences?

4

Self-Reflection: Take a moment to check in with yourself emotionally and mentally. How are you feeling right now? What thoughts are occupying your mind?

5

Progress Towards Goals: Review the progress you made towards your goals today. Celebrate any small victories or milestones achieved.

6

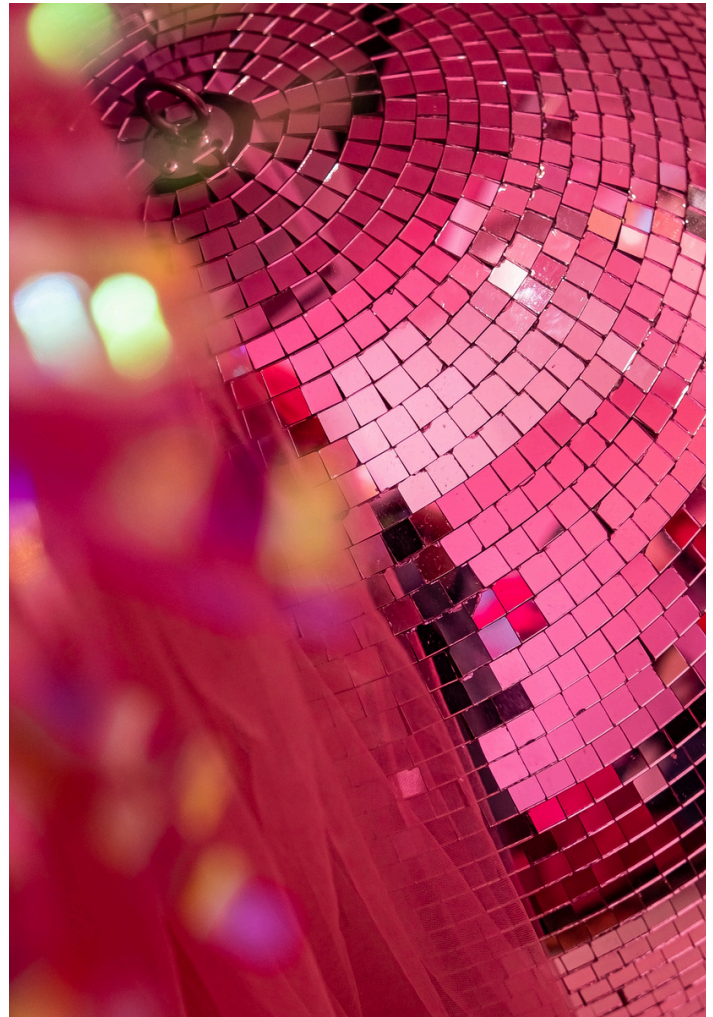
Self-Care: Reflect on how you practiced self-care today. What activities or practices helped you feel nourished and rejuvenated?

7

Kindness and Compassion: Recall any acts of kindness you witnessed or participated in today. How did these moments of compassion impact you?

8

Mindfulness Practice: Reflect on any moments of mindfulness or present moment awareness you experienced today. How did these moments enrich your day?



9

Gratitude for Challenges: Consider any challenges you faced today as opportunities for growth. What valuable lessons did these challenges offer?

10

Intentions for Tomorrow: Set intentions for tomorrow based on your reflections from today. What actions or attitudes do you want to cultivate tomorrow for a more fulfilling day?



Chapter

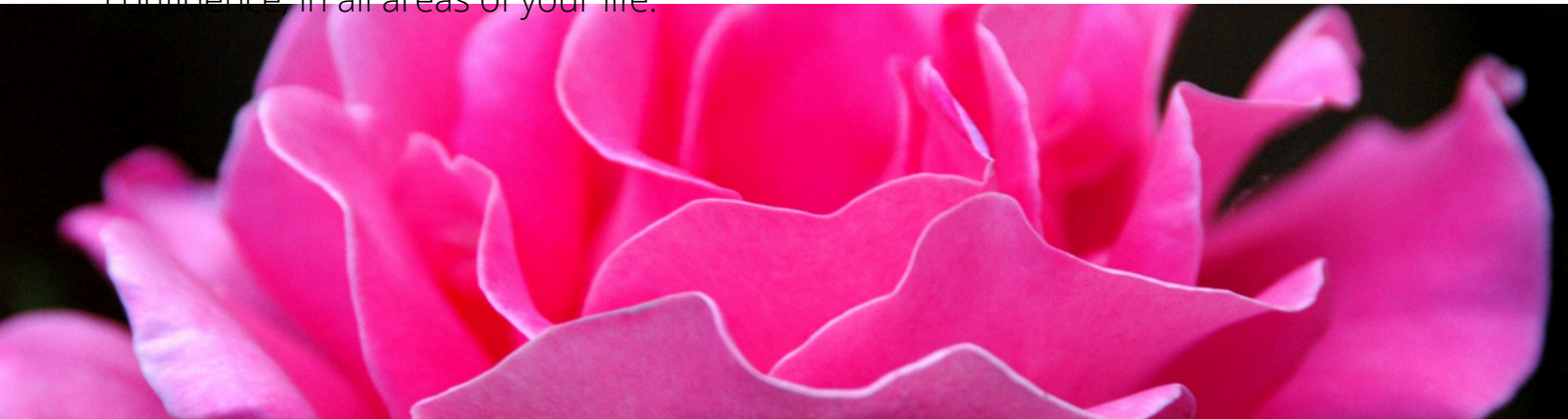
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In this upcoming chapter, we're going on an awesome journey together to boost your confidence and remove those barriers of doubt. You'll be doing some super useful exercises and reflecting on your strengths, all to build a mindset that's tough as nails and ready to succeed. We'll kick things off with affirmations / TRUTHS - your own custom-crafted power phrases that remind you just how capable and deserving you are. Think of these as your personal positivity lighthouses, guiding you through the foggy days and keeping your self-assurance shipshape.

But we're not stopping there. We're going to peel back the layers of your self-image with the Confidence Self-Assessment Scale. It's a tool that helps you see just where you're at with your confidence in all areas of your life.



Let's put the spotlight on your potential here. It's all about facing your strengths and weaknesses head-on, with a spirit of honesty and bravery. This is your first step towards boosting that confidence and self-esteem. Remember, as you're making your way through this journey of building confidence and overcoming doubt, the wise words of Eleanor Roosevelt: "No one can make you feel inferior without your consent." Hold on to this powerful truth as you stand up to self-doubt and start to rewrite your story. Each step you take, with your growing confidence and resilience, brings you closer to unlocking your full potential and stepping into a future filled with courage, conviction, and rock solid self-confidence.





Worksheet: Confidence Boosting Affirmations

Instructions: Use this worksheet to create personalized affirmations that bolster your confidence and self-belief. Affirmations are TRUTHS that can help reframe negative thought patterns and cultivate a mindset of empowerment. Take some time to reflect on your strengths, values, and aspirations, then craft affirmations that resonate with you on a deep level.

1 *Identify Your Strengths:*

List at least three of your strengths or qualities that you admire about yourself. These could be traits like resilience, creativity, determination, or kindness.

2 *Clarify Your Values:*

Reflect on your core values and beliefs. What principles guide your actions and decisions? How do these values contribute to your sense of self-worth and confidence?

3 Visualize Success:

Envision your ideal self and the person you aspire to become. What qualities does this version of yourself embody? How does it feel to embody these traits?

4 Craft Affirmations:

Based on your reflections, create truth statements (affirmations) that affirm your strengths, values, and aspirations. Use positive language and present tense to reinforce your beliefs in yourself. For example, "I am confident, capable, and worthy of success."

5 Repeat and Reinforce:

Commit to repeating these affirmations daily, either through verbal repetition, writing them down, or incorporating them into your daily routine. Allow these affirmations to sink into your subconscious mind, reinforcing a strong sense of self-confidence and belief in your abilities.

By completing this worksheet and incorporating these confidence-boosting affirmations into your daily life, you'll cultivate a mindset of self-assurance and empowerment, paving the way for greater success and fulfillment in all areas of your life.



Confidence Self-Assessment Scale

Instructions: Rate yourself on the following statements based on how strongly you agree or disagree with each statement. Be honest and reflective in your responses, considering your thoughts, feelings, and behaviors in various situations. Use the scale below to indicate your response:

1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

Statements	1	2	3	4	5
I believe in my ability to overcome challenges and obstacles.					
I feel confident expressing my opinions and ideas.					
I am comfortable with taking risks and trying new things.					
I trust myself to make decisions that align with my values and goals.					
I am resilient and bounce back quickly from setbacks or failures.					
I feel deserving of success and happiness.					
I assertively advocate for my needs and boundaries in relationships.					
I approach new opportunities with a sense of optimism and enthusiasm.					
I embrace failure as a natural part of the learning process.					
I have a clear sense of purpose and direction in life.					

After completing the assessment, tally your scores for each statement to gain insight into your current level of confidence. Use this information to identify areas for growth and development, and consider strategies for bolstering your self-assurance and belief in your abilities. Remember that confidence is a skill that can be cultivated with practice and self-awareness.



Chapter 3

In this chapter, you'll transition from introspection to action, taking decisive steps towards personal growth and achievement.

Through the structured framework of the Goal Setting Worksheet, you'll clarify your aspirations and map out actionable plans to realize them.

Additionally, by confronting procrastination patterns head-on through targeted exercises, you'll cultivate a mindset of productivity and momentum, propelling you towards your goals with renewed determination and purpose.

Moreover, as you embrace the mantra "Progress, not perfection," you'll liberate yourself from the shackles of unrealistic expectations, allowing room for growth, experimentation, and continuous improvement along your journey of self-discovery and success.

Goal Setting Worksheet

Instructions:

Use this worksheet to set clear and achievable goals that align with your values and aspirations. Goal setting is an essential tool for personal growth and success, providing a roadmap for your journey towards realizing your dreams. Take some time to reflect on your priorities and desires, then follow the steps below to define your goals effectively.

1 Identify Your Goals

Begin by brainstorming your short-term and long-term goals in various areas of your life, such as career, relationships, health, personal development, and hobbies. Write down each goal in the space provided.

3 Break Them Down:

Break down each goal into smaller, manageable steps or action items. These smaller tasks will help you stay focused and motivated as you work towards your larger objectives.

5 Create a Plan:

Develop a concrete plan of action for each goal, outlining the specific steps you need to take to achieve them. Consider any potential obstacles or challenges and brainstorm strategies for overcoming them.

2 Make Them SMART

Refine your goals using the SMART criteria:

- **Specific:** Clearly define what you want to achieve.
- **Measurable:** Establish criteria to track your progress and determine success.
- **Achievable:** Ensure that your goals are realistic and within your capabilities.
- **Relevant:** Align your goals with your values, interests, and aspirations.
- **Time-bound:** Set deadlines or milestones to create a sense of urgency and accountability.

4 Set Priorities:

Review your list of goals and prioritize them based on their importance and urgency. Focus on one or two key goals at a time to prevent overwhelm and maximize your chances of success.

6 Track Your Progress:

Regularly monitor your progress towards your goals and celebrate your achievements along the way. Adjust your plan as needed based on feedback and new insights.

By completing this worksheet, you'll gain clarity and direction in pursuing your goals, setting yourself up for success and fulfillment in all areas of your life. Remember that goal setting is a dynamic process, so revisit and revise your goals regularly to stay aligned with your evolving priorities and aspirations.

GOAL SETTING WORKSHEET

My goal for this year

--

Why I want to achieve this

--

Problems that may appear

Possible solutions

--

What will I do to achieve my goals?

How will I monitor my process?

--

--

Tasks that will lead to my goal

Date

Tasks



--

--

--

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Exercise: Breaking Down Procrastination Patterns

Instructions: Procrastination can be a significant barrier to progress and personal growth. Use this exercise to identify and understand your procrastination patterns, enabling you to develop strategies for overcoming them effectively. Follow the steps below to dissect your procrastination tendencies:

Identify Procrastination Triggers: Reflect on situations or tasks that typically trigger procrastination for you. These could be specific tasks, environments, emotions, or thoughts that lead to avoidance or delay.

Examine Procrastination Behaviors: Consider how you typically respond to procrastination triggers. Do you engage in avoidance behaviors, such as distracting yourself with unrelated tasks or activities? How do you rationalize or justify procrastination?

Identify Underlying Reasons: Dig deeper to uncover the underlying reasons behind your procrastination tendencies. Are you afraid of failure or success? Do you feel overwhelmed or perfectionistic? Are there deeper emotional issues at play?

Challenge Limiting Beliefs: Question any limiting beliefs or negative self-talk that contribute to procrastination. Replace these with more empowering beliefs and affirmations that encourage action and progress.

Develop Strategies for Action: Brainstorm practical strategies for overcoming procrastination in specific situations. This could include breaking tasks down into smaller, more manageable steps, setting deadlines or time limits, creating accountability systems, or addressing underlying emotional issues through self-care and stress management techniques.

Commit to Action: Finally, commit to implementing these strategies in your daily life. Start small and gradually build momentum as you practice overcoming procrastination. Celebrate your successes and learn from any setbacks along the way.

By engaging in this exercise, you'll gain valuable insight into your procrastination patterns and develop tailored strategies for overcoming them. With persistence and determination, you can break free from the cycle of procrastination and move towards greater productivity and fulfillment in your life.



In this chapter, the focus shifts to mindfulness as a catalyst for personal growth and self-awareness. Through mindfulness practices and looking inward with exercises, you'll cultivate a deeper understanding of your thoughts, emotions, and behaviors, which will give you a greater sense of clarity and presence in your daily life. When we do the Visualization Exercise, you'll understand the power of imagination to envision your desired future, aligning your actions with your aspirations and igniting a sense of purpose and direction.

In this chapter, mindfulness emerges as a pivotal tool for navigating life's challenges with resilience and grace. By integrating mindfulness techniques into your daily routine, you'll cultivate inner calm and clarity, empowering you to respond to adversity with composure. Remember Jon Kabat-Zinn's words: "Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally." Embrace this guiding principle as you embark on a journey of self-discovery and growth.

*Train your mind to
see the good in
every situation*



VISUALIZATION EXERCISE

Instructions: Visualization is a powerful technique for clarifying your goals, boosting motivation, and manifesting success. Use this exercise to harness the power of visualization and vividly imagine your desired future. Follow the steps below to engage in the visualization process:

1

CREATE A QUIET SPACE:

Find a quiet and comfortable space where you can relax without distractions. Sit or lie down in a comfortable position and close your eyes.

3

VISUALIZE YOUR IDEAL FUTURE:

Begin to visualize your ideal future as vividly as possible. Imagine yourself achieving your goals and living the life you desire. Picture the specific details of this future reality, including sights, sounds, smells, and emotions.

5

EXPERIENCE EMOTIONS:

Allow yourself to experience the positive emotions associated with achieving your goals. Feel the excitement, pride, and gratitude as if your desired outcomes have already come to fruition.

7

EXPRESS GRATITUDE:

Express gratitude for the abundance and opportunities in your life. Feel appreciation for the journey that has brought you to this moment and the possibilities that lie ahead.

2

DEEP BREATHING:

Take several deep breaths to center yourself and quiet your mind. Inhale deeply through your nose, hold for a moment, and then exhale slowly through your mouth. Repeat this process several times until you feel calm and focused.

4

ENGAGE YOUR SENSES:

Engage all of your senses in your visualization. Notice the colors, textures, and shapes around you. Hear the sounds of success and fulfillment. Feel the sensations of accomplishment and joy in your body.

6

REINFORCE YOUR BELIEFS:

Recite scriptures for WHO God says that you are. Confirmations of TRUTH. We don't speak things into existence but we can retrain our brain to BELIEVE the biblical truths instead of LIES from our past

8

RETURN TO THE PRESENT:

When you feel ready, slowly bring your awareness back to the present moment. Take a few more deep breaths and open your eyes. Reflect on the insights and inspiration gained from your visualization experience.

Remember our THOUGHTS dictate our FEELINGS, ACTIONS and RESULTS - if you want your results to change you must start with your THOUGHTS~



Mindfulness Self-Assessment Questionnaire

Instructions: Mindfulness is when you are aware of your thoughts, feelings, and actions. Use this questionnaire to evaluate your current level of mindfulness and identify areas for growth. Read each statement carefully and indicate how frequently each statement applies to you using the following scale:
1 = Rarely 2 = Sometimes 3 = Often 4 = Almost Always

Statements	1	2	3	4
I am able to stay focused on the present moment.				
I approach each experience with curiosity and openness.				
I am aware of my thoughts and emotions without getting caught up in them.				
I practice acceptance and nonjudgment towards myself and others.				
I take time to pause and reflect before reacting to challenging situations.				
I engage in mindfulness practices such as meditation in God’s word, deep breathing, listen to worship music				
I am able to let go of worries about the past or future and stay in the present.				
I notice and appreciate the beauty in everyday moments.				
I am able to maintain a sense of calm and composure in stressful situations.				
I prioritize self-care and make time for activities that nourish my mind, body, and spirit.				

After completing the questionnaire, total your scores to assess your overall level of mindfulness. Use this information to identify areas where you excel and areas where you may benefit from additional mindfulness practices or techniques. Remember that mindfulness is a skill that can be developed with practice and dedication, leading to greater peace, resilience, and well-being in your life.

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Melody Jones

Coaching



How would you feel....

If you could change your thoughts about situations and learn to TAKE EACH THOUGHT CAPTIVE how would your life change?

If you could accomplish your big goals and dreams?

If you decided to stop letting things get in your way?

What you'll get :

1-1 coaching
Goal setting sessions
Reliable accountability
and more...

