



SEAN WILLARD

HAVE A LIFE ATTACK

WORKBOOK

RADICAL SHIFTS: HOW TO SHIFT YOUR LIMITING BELIEFS + TAP INTO YOUR DIVINE PURPOSE

*Please note this is NOT for resale or giveaway.



INTRODUCTION

Hello, friend!

Have you ever wondered what your life would be like if you made different decisions? Or listened to different mentors? Or didn't feel so afraid to take a risk?

Sometimes my clients will say they feel "this close" to their pinnacle of success, but they can never seem to reach that point, or break that ceiling.

These thoughts are caused by limiting beliefs and if you have this workbook, I'm guessing you already know how detrimental they can be. The good news is these beliefs can be shifted and transformed into something positive and momentous. It doesn't happen overnight and there are a few steps involved but with some daily work, soon you'll wonder why you had those beliefs in the first place.

I highly recommend keeping a journal or notebook dedicated to this journey. If you don't like to write, use it to take notes that you can reference 30 or 60 days down the road. Sometimes using pen and paper allows the thoughts to flow more freely and unedited.

Some of these exercises might also bring up some sad memories or emotions. Acknowledge these feelings; they are a part of who you are. But take comfort in knowing these feelings don't have to cause a permanent scar on your psyche. You are in control of your life, and you are capable of shifting these limiting beliefs.

Are you ready to get started?

STEP ONE: LIMITING BELIEFS AS THE GOLDEN PATH TO YOUR PURPOSE

WORKSHEET: TURN YOUR NEGATIVE BELIEFS INTO POSITIVE ONES

Instead of being plagued by negative, limiting beliefs, find the positive of each one. Start reciting these positive beliefs every time those negative thoughts appear.

List your "I can't..." beliefs that bother you.	Turn these into POSITIVE statements.



WORKSHEET: DREAM OF NEW OPPORTUNITIES

What do you envision happening or opening up for you if you got rid of these limiting beliefs forever? Make a list below.

What new opportunities do you want in life?

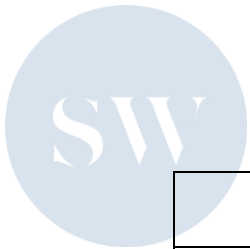


STEP TWO: NOTICE & NAME THE BELIEFS SQUELCHING YOUR SOUL

WORKSHEET: IDENTIFY SPECIFIC LIMITING BELIEFS

Use each section of this worksheet to work through what you're afraid of and how to make changes toward a positive result.

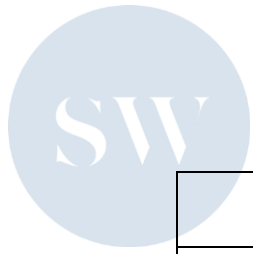
What are you unsatisfied with in life?
What results do you WANT to see in this area of your life?



List your insights as to why you're stuck.

Create a sentence based on your answers above.

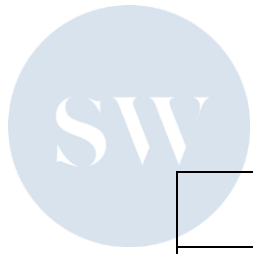
I can't _____ because
_____.



What reasons are you using as excuses for not achieving your goals?

List the excuses that come after the word "because" on the last page.

Where do you think these beliefs came from?



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Have you proven these beliefs to be true?

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WORKSHEET: TRACK YOUR NEGATIVE THINKING DURING THE WEEK

If you're drawing a blank at remembering the limiting thoughts that pop up, write them down here during the week as they occur.



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What negative thoughts/limiting beliefs occur during the week?		
Day	Thoughts	Are these true? How did they affect your mood?
SUNDAY		
MONDAY		



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TUESDAY		
WEDNESDAY		



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THURSDAY		
FRIDAY		



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SATURDAY		
THOUGHTS & OBSERVATIONS		

STEP THREE: GET CRYSTAL CLEAR ABOUT WHAT YOUR CURRENT BELIEFS ARE COSTING YOU

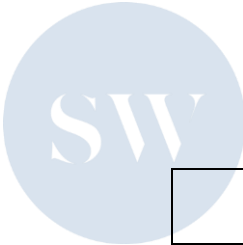
WORKSHEET: ANALYZE THE DOWNSIDES OF THESE LIMITING BELIEFS

Every action (or inaction) has a consequence, and your limiting beliefs are affecting your life, even if you're not aware of it. Think of each limiting belief and write down how this belief is impacting your life. Dig deep!



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LIMITING BELIEF	How is this CURRENTLY impacting my life?



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LIMITING BELIEF	How is this CURRENTLY impacting my life?



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Worksheet: THINK ABOUT THE FUTURE

Take these same limiting beliefs and look into the future. If you don't make changes, how will these beliefs impact your future life?

LIMITING BELIEFS	How will these affect your FUTURE life?



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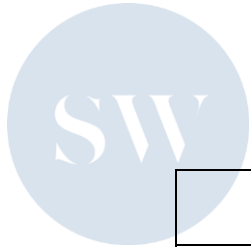
LIMITING BELIEFS	How will these affect your FUTURE life?

STEP FOUR: REWRITE YOUR BELIEFS AND CALL BACK THE TRUTH OF WHO YOU ARE!

WORKSHEET: ARE YOU WILLING TO MAKE CHANGES?

Be honest with yourself here. Go down this checklist and decide if you're willing to embrace making changes.

Are you ready to make changes?
<ul style="list-style-type: none"><input type="checkbox"/> Are you happy in your life right this second? Yes / No<input type="checkbox"/> Are you willing to step outside your comfort zone to make changes? Yes / No<input type="checkbox"/> Are you content with the status quo? Yes / No<input type="checkbox"/> Are you feeling resistant to changing any of these beliefs? Yes / No<input type="checkbox"/> Are you willing to see these changes from a different perspective? Yes / No
List the first limiting belief you want to change.



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What if you're wrong? What positive outcome might you experience?

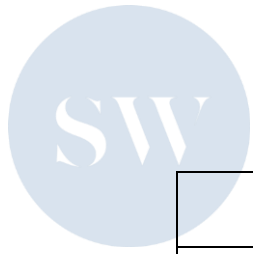
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Limiting belief #2 that you want to change.

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What if you're wrong? What positive outcome might you experience?

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Limiting belief #3 that you want to change.
What if you're wrong? What positive outcome might you experience?

WORKSHEET: ARE YOU WILLING TO SEE A DIFFERENT PERSPECTIVE?

Switch your limiting belief into a strong, empowered belief. Repeat these empowered beliefs anytime you have self-doubt.

LIMITING BELIEF	EMPOWERED BELIEF
<i>Ex: If I let people see who I truly am, they'll reject me.</i>	<i>Ex: It's safe to be the true me, no matter who's around.</i>

WORKSHEET: EASE INTO EMPOWERED BELIEFS

If you struggle with this last exercise, take baby steps in creating your empowered beliefs. You don't need to make a complete 180-degree change overnight; work your way up to that empowered belief. As I always say, 'start with one', start small, but start!

What belief is more aligned to what you want?	What belief can you ease into?



WORKSHEET: VISUALIZE YOUR DREAM LIFE

Close your eyes and picture what your ideal day looks like. What do other parts of your dream life look like? Take notes below. Make visualization a regular habit.

Describe your ideal day.	Describe your dream life.

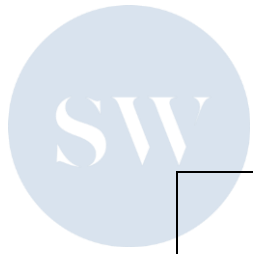


STEP FIVE: EMBODY YOUR NEW BELIEFS FOR TOTAL TRANSFORMATION

WORKSHEET: CHANGE YOUR BEHAVIOR TO ACHIEVE TRANSFORMATION

Review your limiting beliefs and think of “that person” who goes against those beliefs and reaches for their dreams. How would “they” act in different situations? Jot down notes or adjectives describing their positive behaviors.

Limiting Belief	How would your ideal self handle this belief?



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Limiting Belief	How would your ideal self handle this belief?

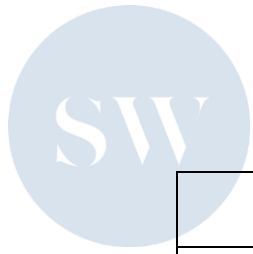


STEP SIX: TAKE SMALL ACTIONS TO MAKE MAJOR MOVES TOWARD YOUR PURPOSE

WORKSHEET: TAKE ACTION STEPS EVERY SINGLE DAY

Taking action will make you feel accomplished, and you'll work toward your goal every day. Even if it's a baby step, it's a step in the right direction. Map out some action steps you can take every day, especially if there are tasks that you avoid.

"Eat the Frog" Daily Actions	Action Steps Toward Your 1 st Goal
<i>List the things you procrastinate doing here. Complete the hardest one first.</i>	



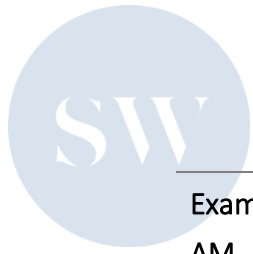
2- Minute Exercise

List those tasks you constantly dread. Take one and perform it for 2 minutes, then take a break. Go back to the task or delegate (if possible). This could be calling prospects and customers, writing a few pages in your new book, doing 10 push-ups, shooting a video etc.



Week 1

Monday



Examples....

AM

1. Examine how you feel about your life.
2. Think about if you feel unsettled, like you haven't reached your full potential, or if you're perfectly happy.
3. Write a journal entry about your emotions and life right now.

PM

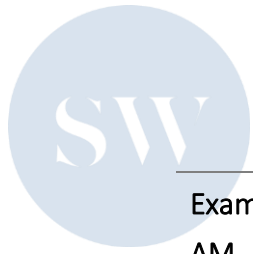
Coach, Consult, Call new potential Customers.



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Tuesday



Examples...

AM

1. Visualize your dream life.
2. Visualize your ideal day.
3. Write journal entries about both, getting as detailed as possible.
 - Or create a vision board if that's your preference.
4. Include how your dream life is different from your current life and how that makes you feel.

PM

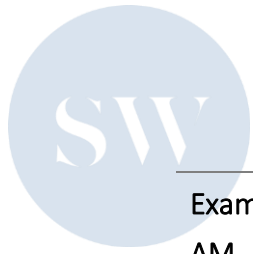
Make Sales or Prospecting calls. Coach.



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Wednesday



Examples...

AM

1. Examine any and all limiting beliefs you think are holding you back from your dream life.
2. Write down these beliefs.
3. Explore where they came from.
 - Childhood, old job, former relationship, etc.?

PM

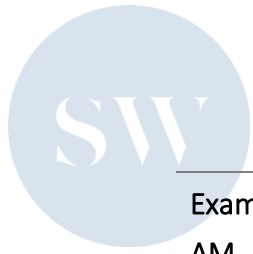
Consult, Coach, Call Customers.



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Thursday



Examples...

AM

1. Rewrite these limiting beliefs into positive affirmations.
2. Review these positive affirmations frequently.
3. Analyze if there's a pattern to your limiting beliefs, such as fear of:
 - Success and/or Failure
 - Visibility/Being Seen/Being Rejected
 - Money
 - Relationships

PM

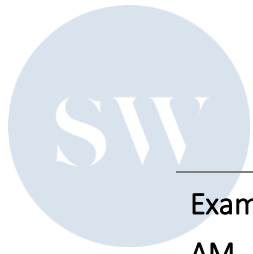
Coach Clients, Prospect, Consult.



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Friday



Examples...

AM

1. Read your positive affirmations daily or as many times as needed.
2. Review your week.
3. Catch up on finishing all tasks.
4. Schedule next week.

PM

Coach Clients, Record a Video, Write a Blog

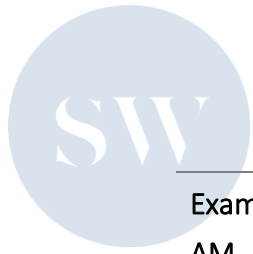


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Week 2

Monday



Example...

AM

1. Grab a notebook and write down any time a limiting belief appears this week.
 - Write about what triggered the negative thoughts.
 - What was your first reaction?
 - How did you get rid of those negative thoughts?
2. Re-read your positive affirmations.

PM

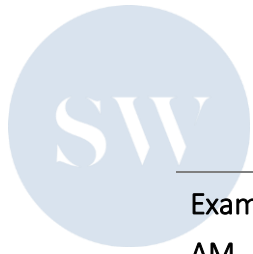
Coach, Consult, Mentor, Create.



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Tuesday



Example...

AM

1. Think of one limiting belief at a time.
2. Fill in the blanks of this sentence:

"I can't _____ because

_____".

PM

Coach, Consult, Mentor, Prospect.

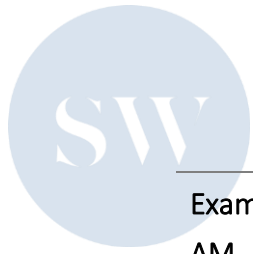
3. Journal about your responses.
4. Re-read your positive affirmations.



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Wednesday



Example...

AM

1. Re-read your positive affirmations.
2. Believe that your limiting beliefs CAN change.
3. Reflect on how your limiting beliefs are impacting your life.
4. Write journal entries about these impacts and how you feel emotionally.

PM

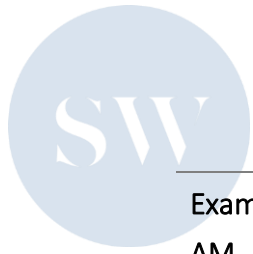
Coach, Consult, Paint, Write, Prospect.



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Thursday



Example...

AM

1. Re-read your positive affirmations.
2. Reflect on how feeling overwhelmed, anxious, and unhappy is having an impact on your life.
3. Write journal entries and dig deep to examine your emotions.

PM

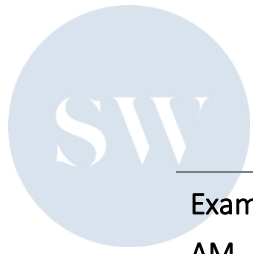
Coach, Consult, Call Customers



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Friday



Example...

AM

1. Re-read your positive affirmations.
2. Re-read your journal entries and believe that your beliefs CAN change.
3. Review your week.
4. Catch up on finishing all tasks.
5. Schedule next week.

PM

Create, Coach, Prospect

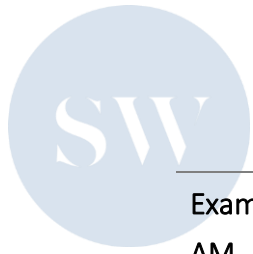


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Week 3

Monday



Example...

AM

1. Examine how your limiting beliefs may impact your future.
2. Write journal entries for 1 year, 5 years, and 10 years down the road.
3. Reflect on whether this is the future you desire or if you want to make changes to these beliefs.
4. Re-read your positive affirmations.

PM

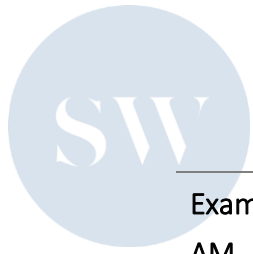
Coach, Consult, Shoot a video



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Tuesday



Example...

AM

1. Take another look at these journal entries.
2. If this is not the direction you want your life to go, make a promise to yourself to take daily action toward change.
3. Accept this willingness to change and believe that change is possible.
4. Write another journal entry about your plans and emotions.

PM

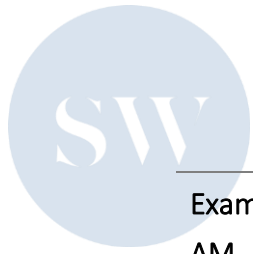
Prospect & Call Customers



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Wednesday



Examples...

AM

1. Examine each limiting belief by asking yourself, "What if I'm wrong?"
2. Reflect on your answers or write journal entries.
3. Think of new opportunities that might arise if you change these beliefs.
4. Examine how these new opportunities can change your life for the better.

PM

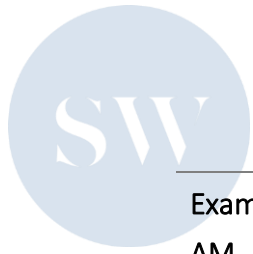
Service Customers and Write a Blog



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Thursday



Example...

AM

1. Think about each limiting belief by asking, "Am I willing to see this differently?"
2. Change each negative belief into a positive, empowered affirmation.
3. Review each empowered affirmation as often as necessary until you start to believe them.
4. Embrace the feeling of someone who believes these affirmations.
 - How does that someone feel, act, behave?
 - Start feelings, acting and behaving in the same manner.

PM

Coach, Consult and Create



Friday

Example ...

AM

1. Re-read your empowered affirmations.
2. Review your week.
3. Catch up on finishing all tasks.
4. Schedule next week.

PM

Prospect, Paint and Write a Blog

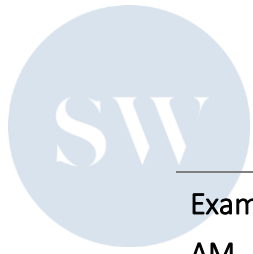


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Week 4

Monday



Example...

AM

1. Recite your empowered affirmations daily.
2. Add visualization into your daily routine.
 - Visualize how the person who believes your empowered affirmations behaves.
3. Think about how this empowered person takes daily action to reach their goals.
4. Reflect on the action steps you need to take and embrace that excitement and motivation.

PM

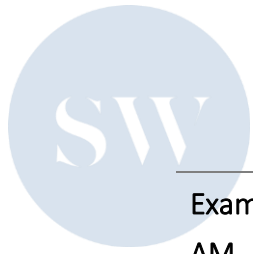
Consult, Coach and service Customers



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Tuesday



Example...

AM

1. Read the book Atomic Habits by James Clear (or download the audio book)
2. Decide how you can add short changes (habits) into your day so you can make progress toward your goals.

PM

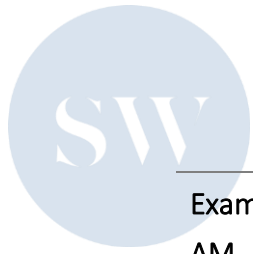
Coach, Prospect and Write



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Wednesday



Example...

AM

1. Track your new habits on your calendar or planner.
2. "Eat the frog" by getting your toughest task finished first.
3. Or practice the "2 Minute Exercise" by doing your least favorite task for 2 minutes.

PM

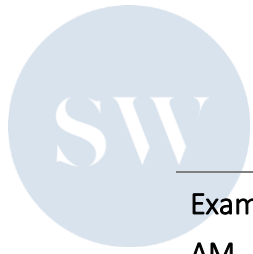
Coach, Consult, Mentor, Create.



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Thursday



Example...

AM

1. Use a journal to track your progress of shifting your limiting beliefs.
2. Or use a mind map program if you're a visual learner.
3. Make lists of action steps so you can keep focused on your goals.
4. Commit to taking some type of action every day, even if it's small.
5. Re-read your empowered affirmations daily.

PM

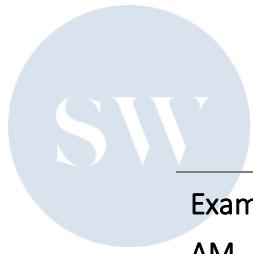
Coach, Shoot a video, Prospect



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Friday



Example...

AM

1. Make a list of healthy lifestyle changes you can adopt so you can stay focused and motivated.
2. Re-read your empowered affirmations daily.
3. Schedule next week.
4. Declutter and update your office, hardware, equipment, etc.
5. UNPLUG FOR THE WEEKEND!

PM

Rest up and reflect...



CHECKLIST:

- I understand the difference between a limiting or fixed mindset and a growth mindset.
- I understand the necessity of assessing my own life and my goals regularly.
- I understand that even if I have never thought about life goals before, it's not too late to start.
- I understand that limiting beliefs are holding me back from my full potential.
- I understand that limiting beliefs can be shifted at any time...it just takes some time and conscious effort to form new habits.
- I understand that some limiting beliefs might have been learned in childhood from what we observed other people doing or saying to me.
- I understand that many limiting beliefs start with "I can't..." so avoiding that phrase can help reshape my mindset.
- I understand that for entrepreneurs, limiting beliefs can appear as:
 - Fear of Success and/or Failure
 - Fear of Visibility/Being Seen/Being Rejected
 - Money
 - Relationships
- I understand the importance of identifying my limiting beliefs before I can shift them.
- I understand that limiting beliefs limit my action to achieving my dreams and fulfilling my purpose.
- I understand that beliefs are malleable and can be changed so I can:



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- Release any negativity.
- Feel more confidence asking for what I want.
- Love myself deeply.
- Feel 'safe' (and excited) about showing up and being seen.

- I understand that changing my belief will have a domino effect on my thoughts, behaviors, actions, and results.
- I have identified my limiting beliefs and have a list to work through.
- I have reflected on where my limiting beliefs came from and am ready to shift them.
- I have a list of how these limiting beliefs are affecting my life.
- I have journaled about how my constant stress and feeling of overwhelm is affecting my life and relationships.
- I have examined how these limiting beliefs will affect my future and have journaled about these results.
- I am willing to shift these beliefs so I can live my best life.
- I have explored the idea of "What if I'm wrong?" about each of my limiting beliefs.
- I have written positive, empowered affirmations that are the opposite of my limiting beliefs.
- I understand that by reciting my empowered affirmations, my subconscious will start to believe them, which can help me take focused action.
- I understand the need to feel and believe each affirmation instead of just reciting it.
- I understand the importance of visualizing what my affirmation looks like and to put myself into that vision.



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- I understand that stepping out of my comfort zone is not the same as trying to change my personality.
- I have read or listened to the book Atomic Habits by James Clear.
- I understand how adding small habits to my daily life will propel me to bigger action over time.
- I understand that taking daily actions will propel me to reach my divine purpose.
- I understand that there is no race to reach my goals; small daily actions are fine if that's what I can handle right now.
- I understand the purpose of the 2-Minute Exercise or Eat the Frog and will use one or both to be more active in my business.
- I have a journal, mind mapping software OR planner to track my actions and journal about my emotions during this journey.
- I understand the need to adopt some healthy lifestyle changes so I can feel good and focused about shifting my limiting beliefs.
- I understand that personal development is a lifelong endeavor.

To find out more, connect with me on my private [Facebook](#) group and we can set up a free info call.

Sean Willard

Speaker, Coach, Author

<https://www.facebook.com/groups/lifeattackguy/>