

## GTFO WORKSHEET



### Step 1: GET REAL

Let's get real about the stories we tell ourselves about ourselves that hold us back. What do you REALLY say about yourself? What labels do you wear, and accept from others? We've got to shine a light on it in order to examine it. Is it actually true?

### Step 2: TRIUMPHS

You've done some pretty cool things! Have you graduated, gotten a job, a raise, a promotion? Won an award? Been there for a friend? Invested in yourself and accomplished a goal? Now, get some perspective: imagine another person with these accomplishments – how would you describe them?

### Step 3 - FREEDOM

Imagine you have the freedom to choose any label, any title, any goal you want! Dream big, and allow yourself to believe it can easily be yours.

### Step 4 - OWN IT

If you were all those things you wrote down in step 3, how would THAT person show up? How would they dress, what would they ask for? Now, show up as that. Every. Day.