

Full GlassLiving



**28 Days to Dump
Limiting Beliefs**

Your Story Worksheet



Welcome to the Course!

This worksheet is to be used along with the **Full Glass Living Companion Course**. The online course will guide you through the self-discovering lessons based on the book, *Full Glass Living: 28 Days to Dump Limiting Beliefs*. We are going to focus on the old stories that you have been telling yourself about your life.

In this worksheet, we will focus on what your “story” is. The accomplishments, challenges, and tribulations that has shaped your perspective about your life. We’ll get C.L.E.A.R. on what you want to create in your life. Indeed, why you decided to go on this Full Glass Living journey in the first place. Some of the questions may seem repetitive and that is intentional. Sometimes we need to reflect on our life from a slightly different angle.

It will be helpful to have read Part I of the book to set the stage for your own self-discovery. However, you can certainly begin this worksheet before having done so. The course is designed so that you can read the book along with reviewing the concepts & bonus material at the same time. Or, you may want to read the book for the first time, then come back to the online material. The choice is yours and there is no right way to do it!

If you have not purchased the book, it can be found through major book retailers:

- [Balboa Press](#)
- [Amazon](#)
- [Barnes and Noble](#)



The Big Questions

Why did you decide to start this Full Glass Living Journey?

What in your life is causing you the most pain and frustration?

What do you truly want in your life? Your dreams, goals, hobbies?

What major beliefs do you feel are holding you back? Why?



Your Story

In the next pages you will have the opportunity to reflect on your life. As you write, consider these questions:

- What were your fondest memories as a child?
- What were the most frustrating memories of your childhood?
- Do you think your upbringing has shaped how you see the world?
- What goals have you accomplished? How did you reach them?
- What things or circumstances are you most proud of?
- Have you made major changes in your life journey that you are most proud of?
- How have you handled disappointment?
- Who in your life are part of your “inner circle” – those relationships that are most important to you?
- How have you shown up to support those in your inner circle?
- What strategies have you used to manage stress, worry, and disbelief?
- What has been the major theme of your life?
- What else would you want to share with others?
- What questions are missing here?



Getting C.L.E.A.R.

As explained in the book, getting C.L.E.A.R. allows us to challenge our limiting beliefs and prepare to exchange them for empowering beliefs. Answer the following questions for a deeper dive so that we can prepare for a “New Story” for the remainder of your life:

Clarity – Is your thinking about your life transparent or cloudy? What is it that you want most in your life?



Liquidity – Are you frozen in your thoughts on how to obtain your goals? Or, are you open to inspiration?



Energy – What shift in energy do you need in your thoughts? Do you need to calm down or open the flood gates to let new thoughts roll in?



Adaptability – How can you allow your thoughts to adapt to the various circumstances in your life?



Refreshed – You can refresh your thinking by focusing on your new thoughts or life affirmations. What empowering thoughts and affirmations would you like to believe, even if you don't believe them right now?

Now that you've completed this worksheet, let's get to further work by going through the rest of the course material!