

BREAK FREE:

*Change Your Negative Beliefs
& Unlock Your Creative Potential*

WORKBOOK



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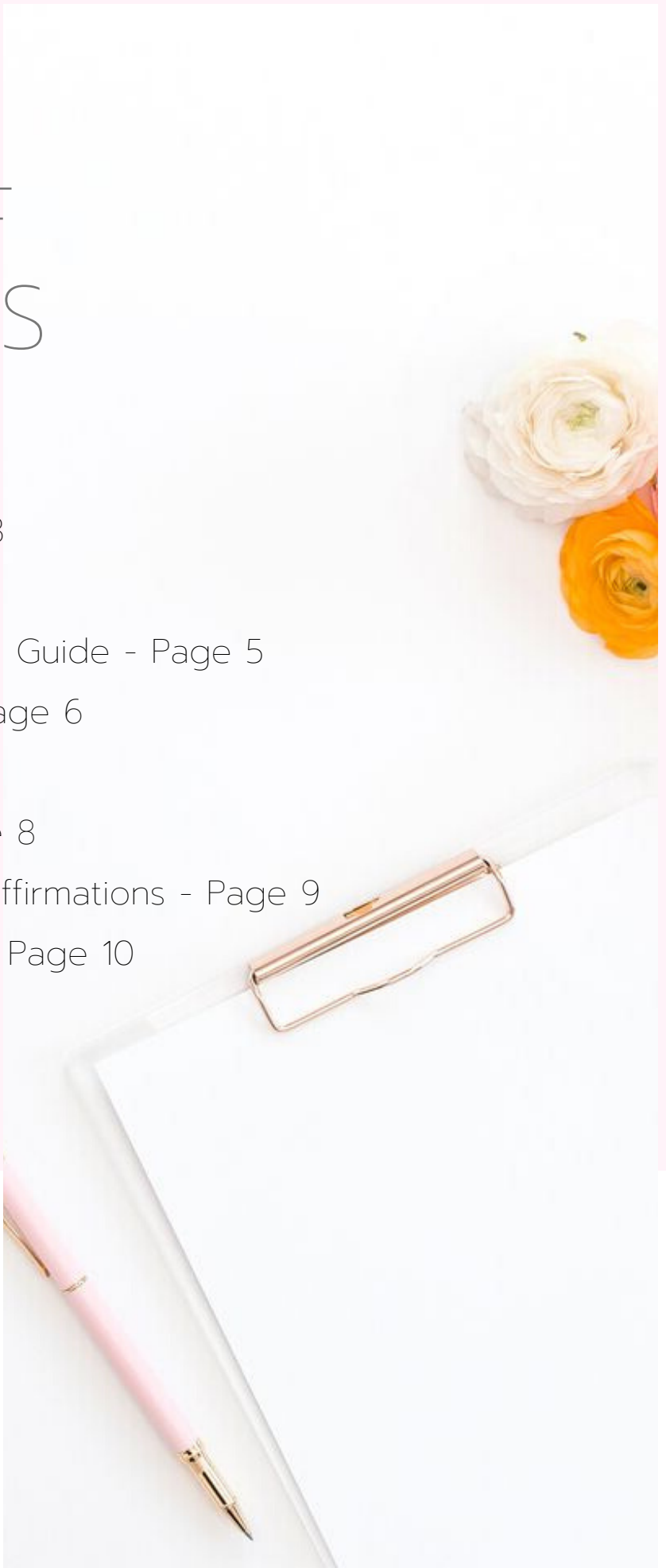
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NEGATIVE PHRASES CHECKLIST

- This is a waste of time
- This is a stupid idea
- I have a lack of skill
- I have a lack of time
- I have a lack of resources
- I have a lack of perseverance
- I am unskilled
- I am scared of starting
- I am afraid of failure
- I am afraid of success
- I fear what others think
- I fear rejection
- I am too slow
- I am too unproductive
- I am too lazy
- I can't ever make money at this
- My dream is ridiculous
- I am unorganized

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

THOUGHT RECORD

WRITE YOUR NEGATIVE THOUGHT OUT AND CHECK OFF WHEN YOU HAVE THIS THOUGHT THROUGHOUT THE DAY

THOUGHT:

DAY	MORNING	MIDDAY	EVENING	BEDTIME
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THOUGHT:

DAY	MORNING	MIDDAY	EVENING	BEDTIME
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NEGATIVE STATEMENT RATING GUIDE

INSTRUCTIONS: WRITE OUT THE NEGATIVE STATEMENTS YOU CHECKED OFF FROM THE NEGATIVE PHRASES & RATE YOUR CURRENT BELIEF, THEN RATE EACH WEEK AFTER

1.

Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

2.

Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

3.

Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

NEGATIVE OR MISTAKEN BELIEFS

- I am powerless
- I don't have the money to do what I want
- I don't have enough time to do what I want
- I do not deserve to have dreams
- I cannot take risks
- I am afraid of failing
- I am afraid of success
- I fear others will criticize my dreams
- I have to be perfect
- Someone else is already doing what I am doing
- Creatives cannot make money at their art
- I am not organized enough to follow through
-
-
-
-

HISTORY OF MISTAKEN BELIEFS/FEARS

1. WHAT IS THE FEAR? NAME IT AND WRITE IT OUT

2. WHEN DID THE FEAR START?

3. WHAT WERE THE SURROUNDING CIRCUMSTANCES?

4. WAS THE FEAR CONNECTED TO SUCCESS OR FAILURE?

5. WHAT IS THE BELIEF ABOUT YOURSELF IN REGARDS TO THIS FEAR?

6. IS THE BELIEF ABOUT YOURSELF TRUTH OR A LIE? WHY OR WHY NOT?

CHALLENGE THE NEGATIVE OR MISTAKEN BELIEF

1. GIVE EVIDENCE; WHY IS THIS TRUE?

2. HAS THE FEAR COME TRUE IN THE PAST?

3. WHAT IS THE WORST THAT COULD HAPPEN IF THIS FEAR CAME TRUE?

4. WHAT IS SO BAD ABOUT THIS HAPPENING?

5. ARE YOU BEING OBJECTIVE?

TRANSFORM YOUR MIND WITH AFFIRMATIONS

- I have the ability to take control of my dream and put in the work needed to accomplish anything I set my mind to.
- I am able to find the means to get the resources I need
- I am able to restructure my time to make my dream a priority
- My dreams have value and worth and are therefore deserving to act upon
 I cannot take risks
- Failure does not define my success
- Success does not define my worth
- Those who truly support me will not criticize my dream
- I do not have to be perfect, I just have to do my best
- No one is me and therefore what I bring to the world is unique and one of a kind
- Creatives can and do make money at their art
- I can learn the skills necessary to become more organized
-
-
-
-

AFFIRMATION RATING GUIDE

INSTRUCTIONS: WRITE OUT YOUR AFFIRMATIONS THAT YOU CHECKED OFF FROM THE LIST ABOVE THEN RATE YOUR CURRENT BELIEF OF EACH STATEMENT & EACH WEEK AFTER

1.

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

2.

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

3.

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

Date: Rate your belief in affirmation:
Never 0 Rare 1 Sometimes 2 Often 3 All the time 4