



BELIEVE & ACHIEVE:

*The Mindset Shift Needed
to Achieve Creative Goals*

WORKBOOK

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II. ACHIEVE

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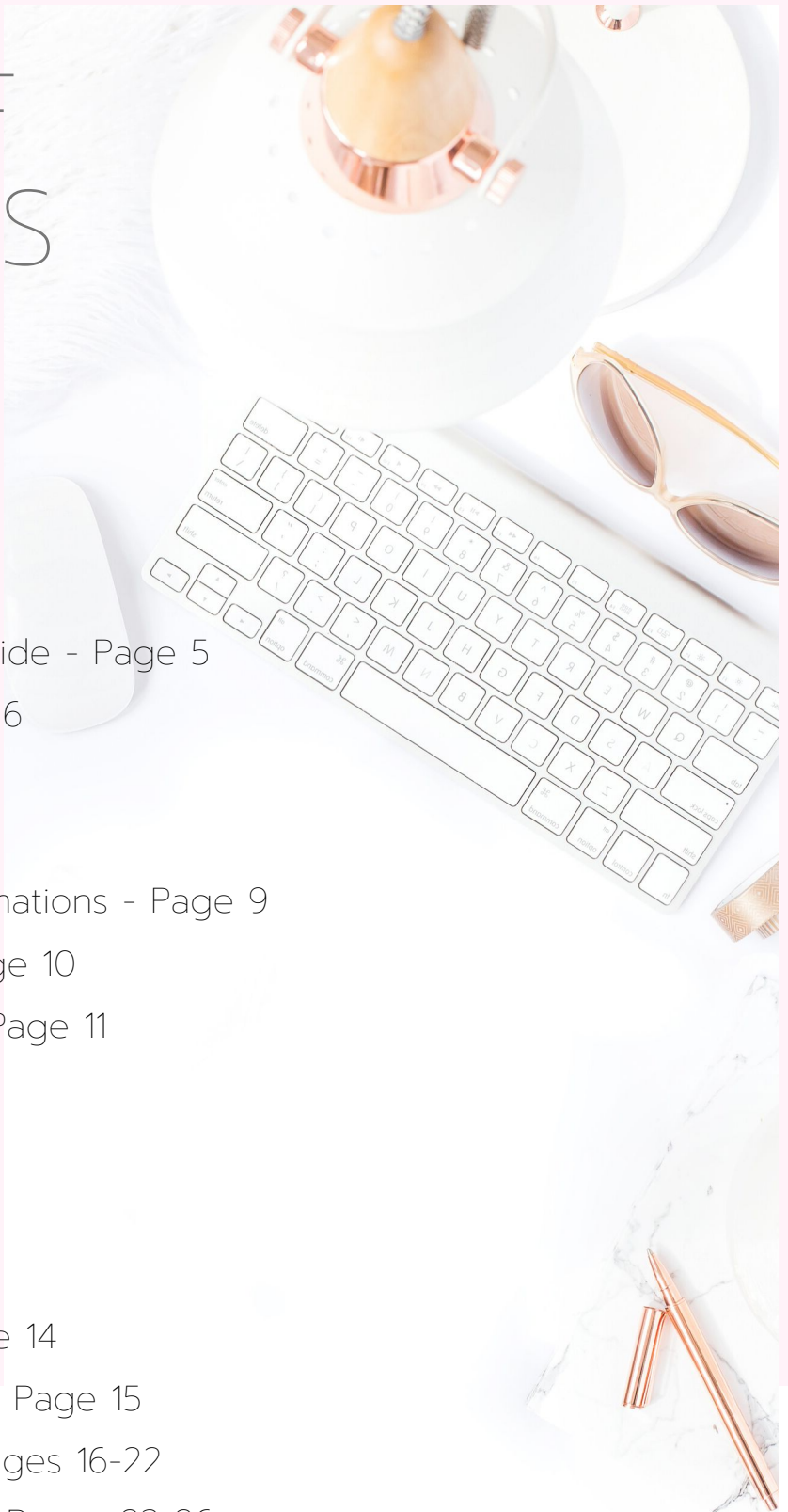
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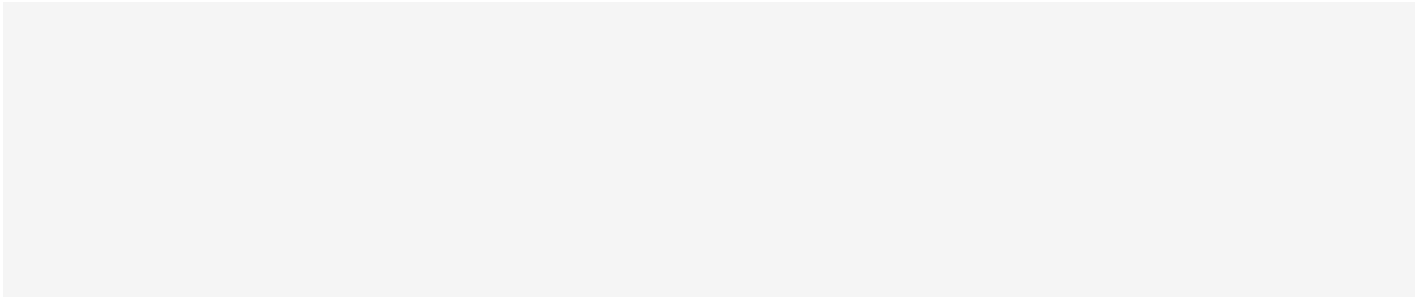


CORE VALUES

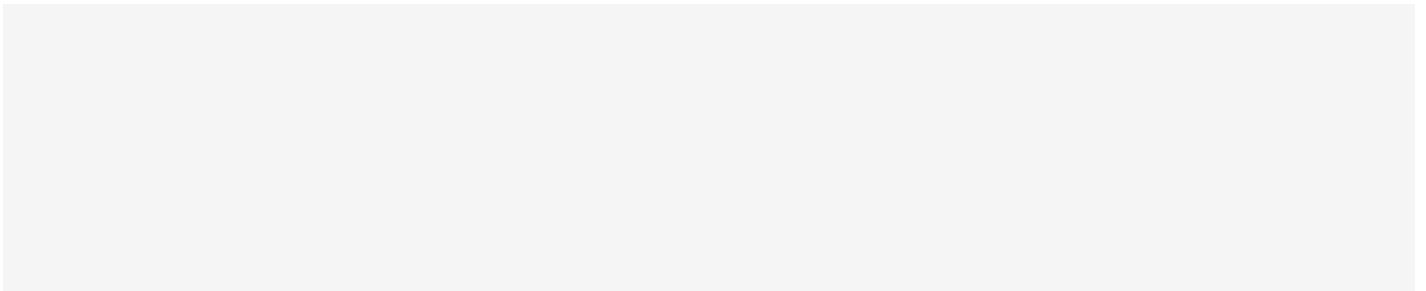
- Adventure
- Advocacy
- Acceptance
- Achievement
- Ambition
- Attractiveness
- Balance
- Beauty
- Commitment
- Community
- Compassion
- Contribution
- Creativity
- Curiosity
- Dependability
- Efficiency
- Empathy
- Faith
- Flexibility
- Friendship
- Generosity
- Grace
- Gratitude
- Hard Work
- Honesty
- Humility
- Integrity
- Intentionality
- Kindness
- Lifelong learning
- Loyalty
- Optimism
- Passion
- Peace
- Perfection
- Power
- Recognition
- Reliability
- Resilience
- Risk Taking
- Security
- Selflessness
- Sense of Humor
- Service
- Simplicity
- Spirituality
- Team Work
- Thankfulness
- Trust
- Uniqueness
- Vision
- Wisdom

CORE VALUES: QUESTIONS TO ASK

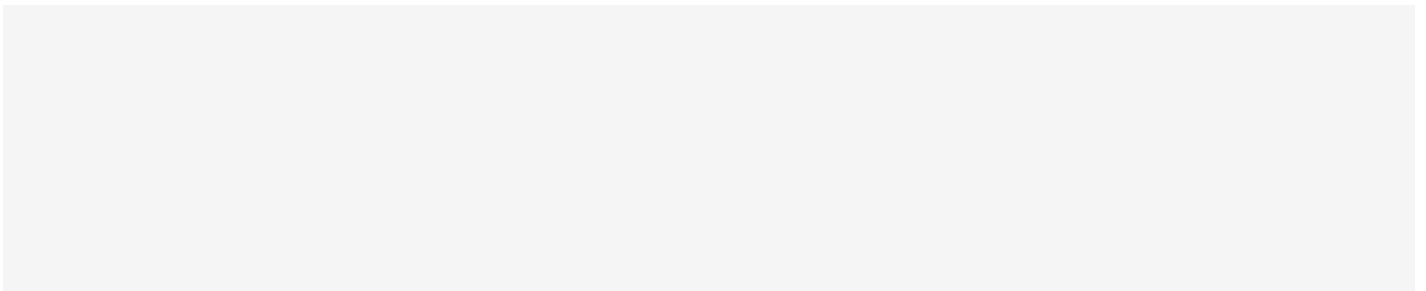
PICK YOUR TOP 10 CORE VALUES, WHAT DO THEY HAVE IN COMMON?



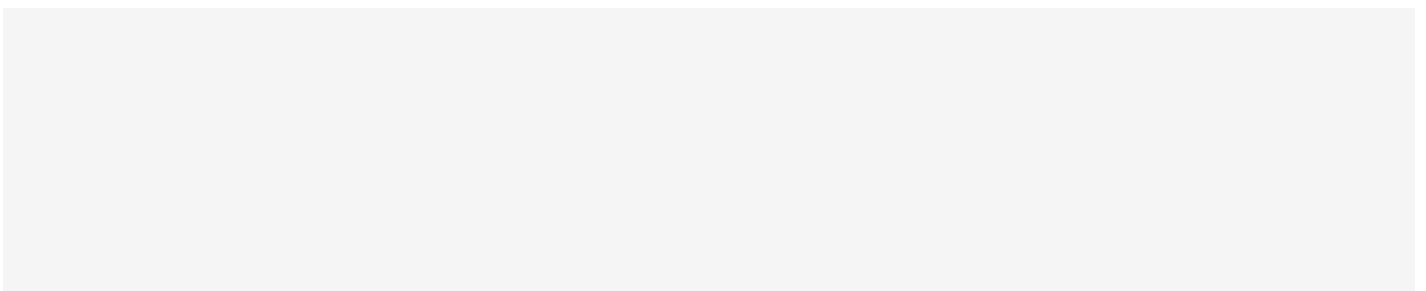
WHERE HAVE THEY SHOWN UP IN YOUR LIFE?



WHAT DO EACH OF THE VALUES SAY ABOUT YOU?



WHICH LIFE EXPERIENCES DO THEY STEM FROM?



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"/>

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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

MISTAKEN BELIEFS/FEARS

- 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?

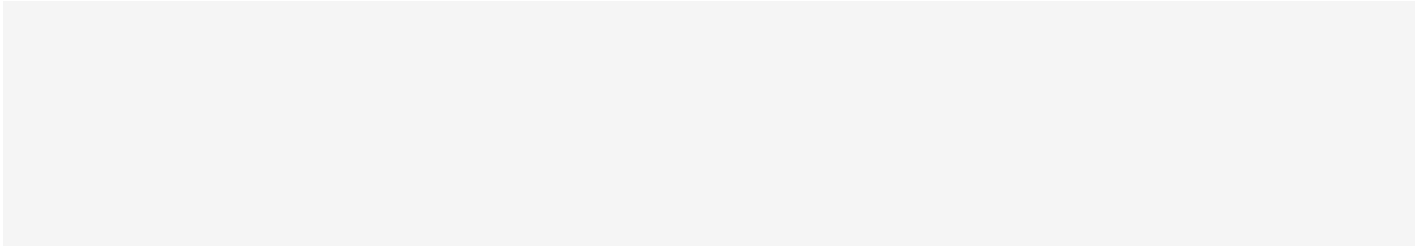
4. WAS THE FEAR CONNECTED TO SUCCESS OR FAILURE?

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

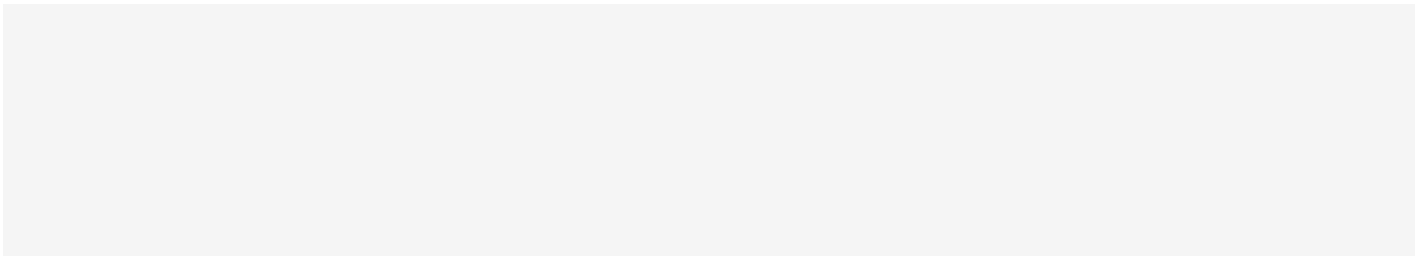
6. IS THE BELIEF ABOUT YOURSELF TRUTH OR A LIE? WHY OR WHY NOT?

CHALLENGE THE FEAR

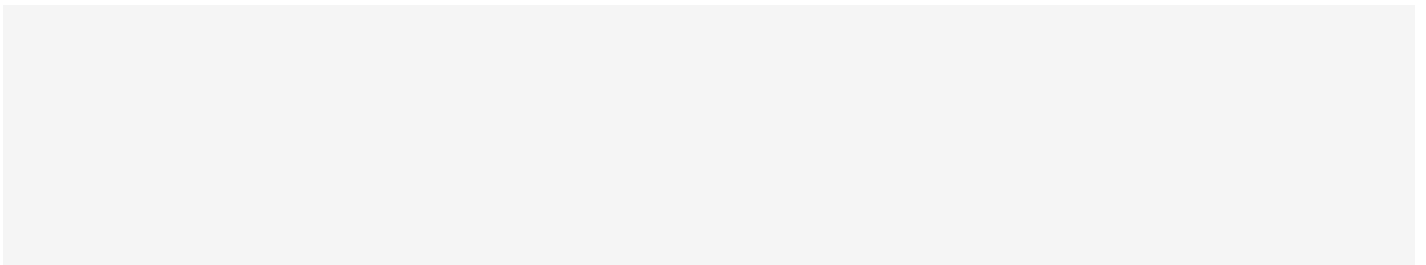
1. GIVE EVIDENCE; WHY IS THIS TRUE?



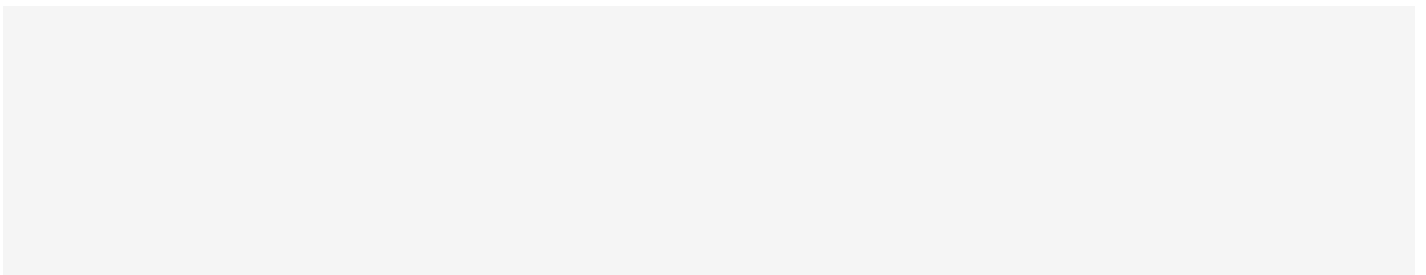
2. HAS THE FEAR COME TRUE IN THE PAST?



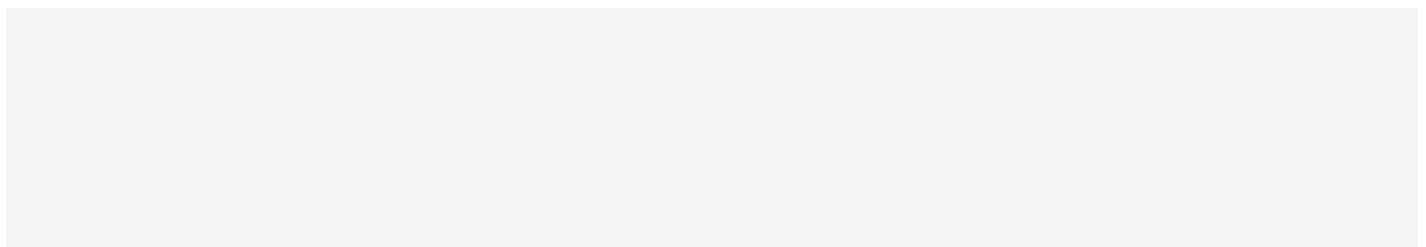
3. WHAT IS THE WORST THAT COULD HAPPEN IF THIS FEAR CAME TRUE?



4. WHAT IS SO BAD ABOUT THIS HAPPENING?



5. ARE YOU BEING OBJECTIVE?



REWRITE YOUR STORY 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

QUESTIONS FOR DEALING WITH DISCOURAGEMENT

1. HOW MUCH IS MY CURRENT MOOD CONTRIBUTING TO MY DISCOURAGEMENT?
2. HOW MUCH IS MY CURRENT LIFE SITUATION CONTRIBUTING TO MY DISCOURAGEMENT?
3. ARE MY EXPECTATIONS APPROPRIATE OR UNREASONABLE?
4. HOW DID THIS GIVE ME A STRONGER, MORE RESOLVED OUTLOOK?
5. COULD IT BE THAT I AM NOT WHERE I NEED TO BE YET TO APPRECIATE A SUCCESS?
6. DO YOU NEED TO PUT A TASK ON THE BACK BURNER BECAUSE IT IS LEADING TO MORE DISCOURAGEMENT?
7. DO YOU NEED TO RE-EVALUATE WHAT IS CRITICAL TO DO NOW VERSUS WHAT TO DO LATER?
8. IS YOUR DISCOURAGEMENT LEADING TO RESENTMENT OF YOUR WORK OR WORSE YET, BURNOUT?

REST FILLED ACTIVITIES

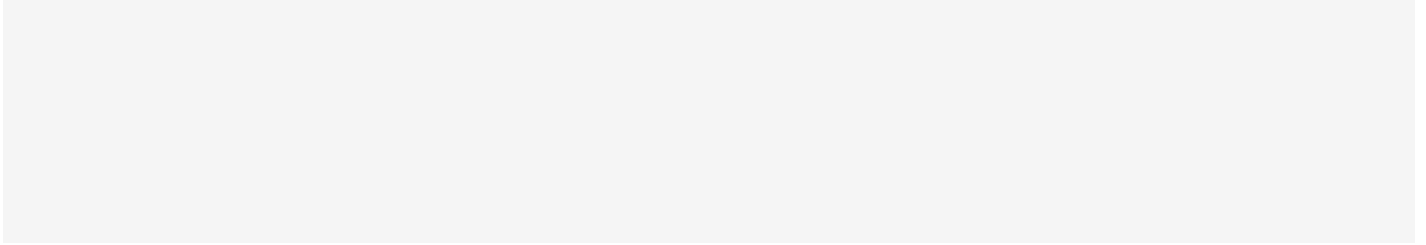
CHECK OFF OR LIST ALL OF THE REST FILLED ACTIVITIES THAT YOU CAN INCORPORATE INTO YOUR SCHEDULE AT LEAST ONCE A WEEK. HERE ARE SOME EXAMPLES:

- reading
- journaling
- praying
- spending time in nature
- spending time with my pet
- going for a walk/hike
- writing
- painting (no plan, just playing with paint)
- baking
- exercising
- listening to a podcast
- reading a creative magazine
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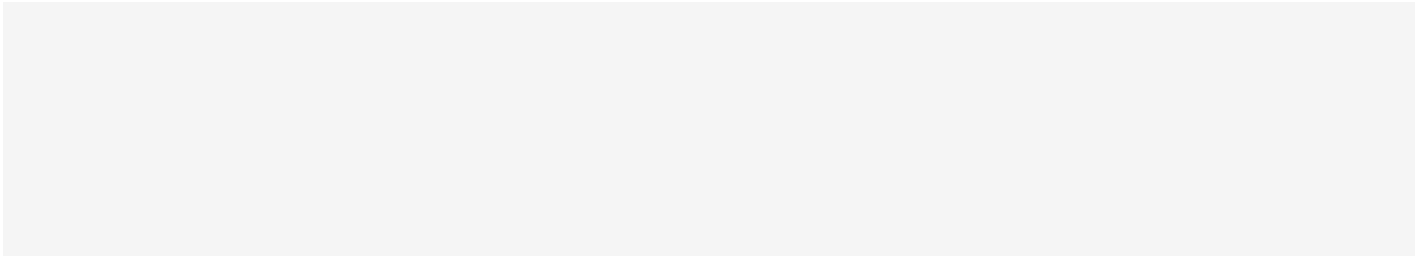
BRAIN DUMP

VISION BOARD QUESTIONS

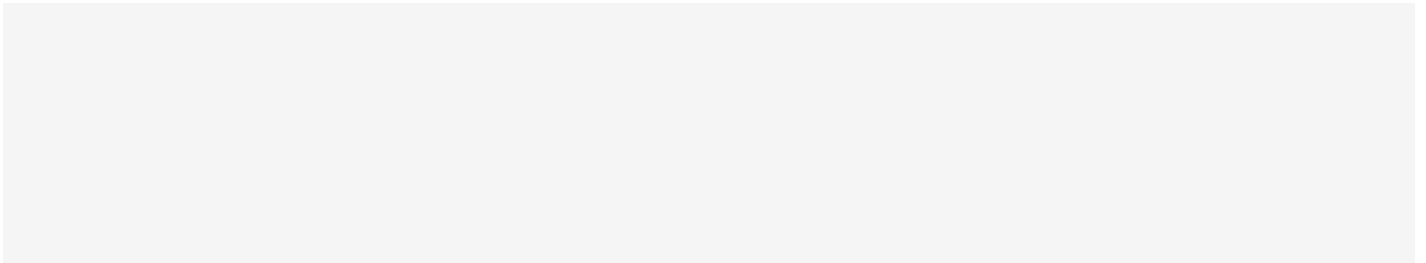
1. WHAT ARE THE WORDS THAT COME TO MIND WHEN YOU LOOK AT YOUR VISION BOARD?



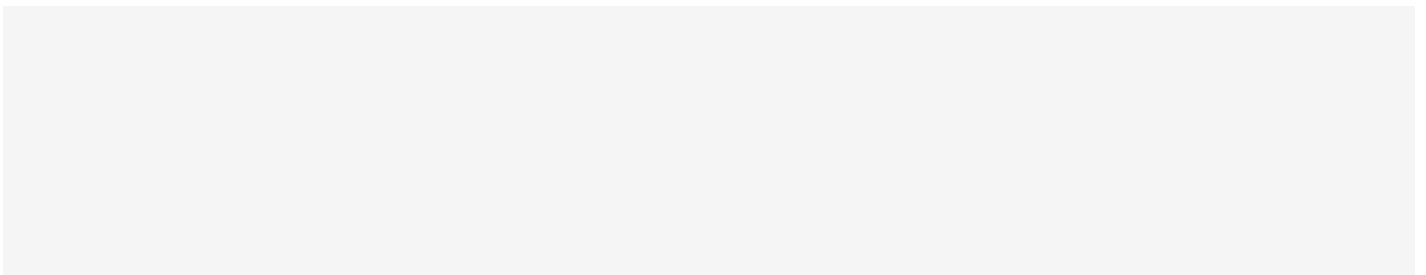
2. DO THESE WORDS (FROM ABOVE) REPRESENT YOU AND YOUR CREATIVE GOAL?



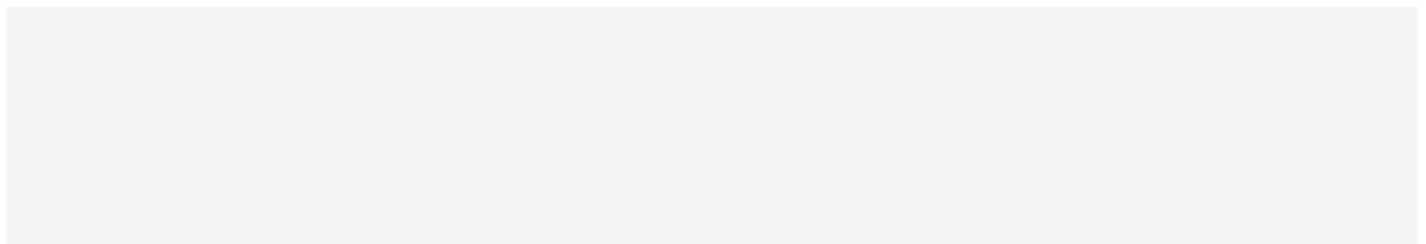
3. WHAT IS THE MOOD OF YOUR VISION BOARD? EG. FRESH, WARM, SIMPLICITY



4. WHAT DOES YOUR MOOD BOARD SAY ABOUT YOU? CAN YOU SEE A BRAND BEGINNING TO TAKE SHAPE?



5. DID YOU LIST SOME AFFIRMATIONS IN YOUR VISION BOARD? DO THEY ALIGN WITH YOUR AFFIRMATION WORK THAT YOU DID IN LESSON 4?



WEEKLY REFLECTION QUESTIONS

1. WHAT DID I SUCCEED AT?

2. WHAT CAN I IMPROVE ON?

3. WHAT WERE MY CHALLENGES?

4. WHAT AM I PROUD OF?

5. WHAT AM I LOOKING FORWARD TO FOR THE NEXT WEEK?

6. WHAT FRUSTRATED ME ABOUT THE PROCESS?

7. HOW DID I SURPRISE MYSELF?

8. HOW WELL DID I DO WITH TIME MANAGEMENT?

9. WHAT DO I NEED HELP WITH?

DAILY TASK RECORD

DATE:

TODAY, I WILL COMMIT TO...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

AFFIRMATIONS

1.

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

2.

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

TODAY, I AM THANKFUL FOR

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DAILY SUCCESS

- | | | |
|----|-----|------------------|
| 1. | Yes | Work in Progress |
| 2. | Yes | Work in Progress |
| 3. | Yes | Work in Progress |
| 4. | Yes | Work in Progress |
| 5. | Yes | Work in Progress |
| 6. | Yes | Work in Progress |

DAILY TASK RECORD

DATE:

TODAY, I WILL COMMIT TO...

- 1.
- 2.
- 3.
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AFFIRMATIONS

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DAILY SUCCESS

- | | | |
|----|-----|------------------|
| 1. | Yes | Work in Progress |
| 2. | Yes | Work in Progress |
| 3. | Yes | Work in Progress |
| 4. | Yes | Work in Progress |
| 5. | Yes | Work in Progress |
| 6. | Yes | Work in Progress |

DAILY TASK RECORD

DATE:

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DAILY SUCCESS

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|----|-----|------------------|
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| 2. | Yes | Work in Progress |
| 3. | Yes | Work in Progress |
| 4. | Yes | Work in Progress |
| 5. | Yes | Work in Progress |
| 6. | Yes | Work in Progress |

DAILY TASK RECORD

DATE:

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DAILY SUCCESS

1.	Yes	Work in Progress
2.	Yes	Work in Progress
3.	Yes	Work in Progress
4.	Yes	Work in Progress
5.	Yes	Work in Progress
6.	Yes	Work in Progress

DAILY TASK RECORD

DATE:

TODAY, I WILL COMMIT TO...

- 1.
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- 3.
- 4.
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- 6.

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DAILY SUCCESS

1.	Yes	Work in Progress
2.	Yes	Work in Progress
3.	Yes	Work in Progress
4.	Yes	Work in Progress
5.	Yes	Work in Progress
6.	Yes	Work in Progress

DAILY TASK RECORD

DATE:

TODAY, I WILL COMMIT TO...

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- 2.
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AFFIRMATIONS

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DAILY SUCCESS

- | | | |
|----|-----|------------------|
| 1. | Yes | Work in Progress |
| 2. | Yes | Work in Progress |
| 3. | Yes | Work in Progress |
| 4. | Yes | Work in Progress |
| 5. | Yes | Work in Progress |
| 6. | Yes | Work in Progress |

DAILY TASK RECORD

DATE:

TODAY, I WILL COMMIT TO...

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AFFIRMATIONS

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TODAY, I AM THANKFUL FOR

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DAILY SUCCESS

1.	Yes	Work in Progress
2.	Yes	Work in Progress
3.	Yes	Work in Progress
4.	Yes	Work in Progress
5.	Yes	Work in Progress
6.	Yes	Work in Progress

WEEKLY TASK RECORD

WEEK:

THIS WEEK, I WILL COMMIT TO...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

MISTAKEN BELIEFS

1.

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

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

THIS WEEK, I AM THANKFUL FOR

.....

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WEEKLY SUCCESS

1.	Yes	Work in Progress
2.	Yes	Work in Progress
3.	Yes	Work in Progress
4.	Yes	Work in Progress
5.	Yes	Work in Progress
6.	Yes	Work in Progress
7.	Yes	Work in Progress

WEEKLY TASK RECORD

WEEK:

THIS WEEK, I WILL COMMIT TO...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

MISTAKEN BELIEFS

1.

Rate your belief in mistaken belief:
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THIS WEEK, I AM THANKFUL FOR

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WEEKLY SUCCESS

1.	Yes	Work in Progress
2.	Yes	Work in Progress
3.	Yes	Work in Progress
4.	Yes	Work in Progress
5.	Yes	Work in Progress
6.	Yes	Work in Progress
7.	Yes	Work in Progress

WEEKLY TASK RECORD

WEEK:

THIS WEEK, I WILL COMMIT TO...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

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WEEKLY SUCCESS

- | | | |
|----|-----|------------------|
| 1. | Yes | Work in Progress |
| 2. | Yes | Work in Progress |
| 3. | Yes | Work in Progress |
| 4. | Yes | Work in Progress |
| 5. | Yes | Work in Progress |
| 6. | Yes | Work in Progress |
| 7. | Yes | Work in Progress |

WEEKLY TASK RECORD

WEEK:

THIS WEEK, I WILL COMMIT TO...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

MISTAKEN BELIEFS

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THIS WEEK, I AM THANKFUL FOR

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WEEKLY SUCCESS

1.	Yes	Work in Progress
2.	Yes	Work in Progress
3.	Yes	Work in Progress
4.	Yes	Work in Progress
5.	Yes	Work in Progress
6.	Yes	Work in Progress
7.	Yes	Work in Progress

MONTHLY TASK RECORD

MONTH:

AFFIRMATIONS

1.

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

2.

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

THIS MONTH I COMMIT TO...

1.

2.

3.

4.

GOALS REACHED

1.

Yes Work in Progress

2.

Yes Work in Progress

3.

Yes Work in Progress

4.

Yes Work in Progress

SHARED MONTHLY SUCCESS & STRUGGLE WITH SUPPORTS

Date:

Who:

What did you share:

Feedback:

WHAT I AM LOOKING FORWARD TO

.....

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MONTHLY TASK RECORD

MONTH:

AFFIRMATIONS

1.

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

2.

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

THIS MONTH I COMMIT TO...

GOALS REACHED

1.

1. Yes Work in Progress

2.

2. Yes Work in Progress

3.

3. Yes Work in Progress

4.

4. Yes Work in Progress

SHARED MONTHLY SUCCESS & STRUGGLE WITH SUPPORTS

WHAT I AM LOOKING FORWARD TO

Date:

Who:

What did you share:

Feedback:

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MONTHLY TASK RECORD

MONTH:

AFFIRMATIONS

1.

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

2.

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

THIS MONTH I COMMIT TO...

1.

2.

3.

4.

GOALS REACHED

1. Yes Work in Progress

2. Yes Work in Progress

3. Yes Work in Progress

4. Yes Work in Progress

SHARED MONTHLY SUCCESS & STRUGGLE WITH SUPPORTS

Date:

Who:

What did you share:

Feedback:

WHAT I AM LOOKING FORWARD TO

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MONTHLY TASK RECORD

MONTH:

AFFIRMATIONS

1.

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

2.

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

THIS MONTH I COMMIT TO...

1.

2.

3.

4.

GOALS REACHED

1. Yes Work in Progress

2. Yes Work in Progress

3. Yes Work in Progress

4. Yes Work in Progress

SHARED MONTHLY SUCCESS & STRUGGLE WITH SUPPORTS

Date:

Who:

What did you share:

Feedback:

WHAT I AM LOOKING FORWARD TO

.....

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QUARTERLY TASK RECORD

MONTHS:

AFFIRMATIONS

1.

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

2.

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

THIS QUARTER I COMMIT TO...

1.

2.

3.

4.

GOALS REACHED

1. Yes Work in Progress

2. Yes Work in Progress

3. Yes Work in Progress

4. Yes Work in Progress

WHAT I AM LOOKING FORWARD TO

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QUARTERLY TASK RECORD

MONTHS:

AFFIRMATIONS

1.

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

2.

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

THIS QUARTER I COMMIT TO...

1.

2.

3.

4.

GOALS REACHED

1. Yes Work in Progress

2. Yes Work in Progress

3. Yes Work in Progress

4. Yes Work in Progress

WHAT I AM LOOKING FORWARD TO

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JOURNALING

TO BEGIN YOUR JOURNEY WITH JOURNALING, HERE ARE MY FAVORITE PROMPTS TO HELP YOU GET MOTIVATED. START WITH A SMALL AMOUNT OF TIME JOURNALING, SUCH AS 15 MINUTES. AIM FOR JOURNALING 3 TIMES A WEEK OR MORE.

1. I believe I can _____ because _____
2. I see myself accomplishing _____
3. I need _____ today, because _____
4. I am inspired by _____ because _____

5. Describe what fulfilling my goal would look like
6. If I could wave a magic wand and my creative goal was a reality now. what would my life look like?
7. Define success for myself when it comes to my creative goal
8. What do I do and say to myself when something does not work out as I planned?
9. How can I be gentle and forgiving to myself today?
10. Describe my biggest fear when it comes to accomplishing my creative goal
11. What life lessons did I learn last year that helped me to dream big this year?
12. What characteristics do I have within myself that I am proud of?
13. What can I do today to remind myself to focus on the journey and not just the destination?
14. What am I thankful for, right now in this moment?