



THRIVE-STREAM

w/ Shandra Redwine

WORKBOOK

*The Building Blocks of
Body Confidence for Life*

BUILDING BLOCKS



LIFE AUDIT



CONQUER LIMITING BELIEFS



KEEP PROMISES TO YOURSELF



GRATITUDE PERSPECTIVE

LIFE AUDIT

Negative Influences

PEOPLE

Make a list of all of the people in your life that bring you more stress than good, that hurt you, hinder you or don't support you.

MEDIA

Make a list of all of the media in your life that causes you stress or negatively impacts the way you feel about yourself or the world, ex: news programs or murder podcasts

BELIEFS

Make a list of all of the negative beliefs you hold about yourself, the world, and your abilities

LIFE AUDIT

Positive Influences

PEOPLE

Make a list of all of the people in your life that build you up, support you, and speak positively to/about you

MEDIA

Make a list of all of the media in your life that build you up, support you, and make you feel good, ex: social media, books, podcasts, tv, radio

BELIEFS

Make a list of all of the positive beliefs you hold about yourself, the world, and your abilities

CONFIDENCE PROCESS

Use this process anytime you're feeling stuck in a rut or frozen into inaction. Ex: your goal feels too hard, too far away, too big OR you're tired, don't know where to start, or you're overwhelmed.

STEP ONE

Make a list of the thing or things you want to achieve. Don't worry about the details, just get it on paper.

Make a list of all of the hard things you've been through and the achievements you've made.

STEP TWO

STEP THREE

Get into character and then break your top goal(s) into manageable action steps, one 90-day chunk at a time.

STEP ONE

GOALS

Make a list of the things you would most like to achieve in your life right now - big or small. Ex: feel good about my body, quit drinking diet coke, go back to school, try kickboxing, learn a language

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

STEP TWO

REFLECT

Close your eyes for a few minutes and reflect on all of the difficult and challenging things you've faced and overcome throughout your life. Remember how hard it was, how much it hurt, and what was required to get through it. Write them here:

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STEP THREE

ACTION

Close your eyes again. Imagine your "self" is actually your best friend/husband/child. Remind them of all the hard things they have gotten through and the incredible things they have achieved. Tell them how much they are loved, supported, and capable of. Explain to them that they don't have to do it all at once and they don't have to do it alone.

Write affirmative statements of those truths, in present tense, here:

I am capable of hard things.

I am supported in all that I do.

My goals are within reach.