



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.

THE PREP-WORK

Using the contents of this workbook, fill in the following information. You will use this page when you setup and use your 90-day journal.

Top 3 Positive - People

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Top 3 Positive - Media

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Top 3 Goals You Want to Achieve

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3 Affirmative Statements

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5 Things You Love About Yourself

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3 Favorite Things to Do

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