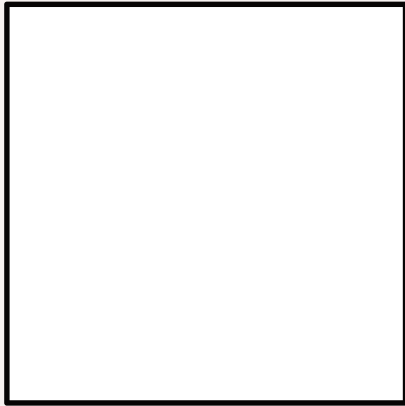
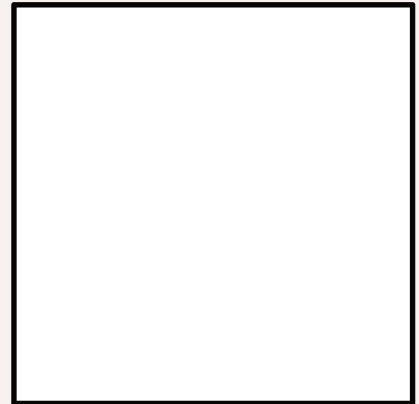


# Closing the Gap

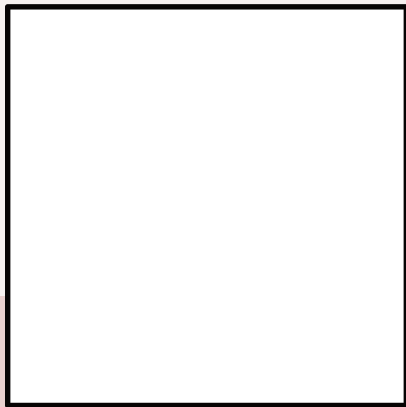
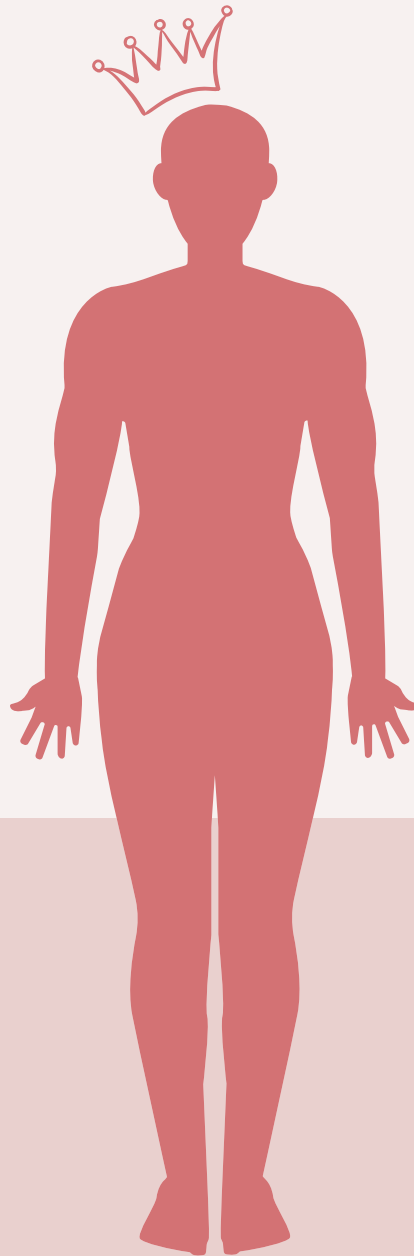
between who you are and who you want to be



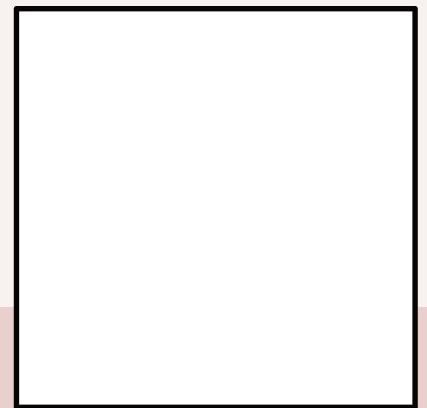
WHAT ARE HER  
HABITS?



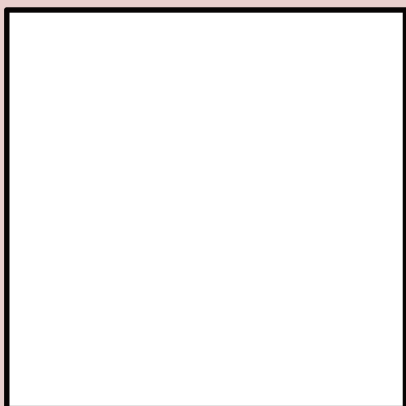
WHAT ARE HER  
STRENGTHS?



WHAT DID SHE  
STOP DOING?



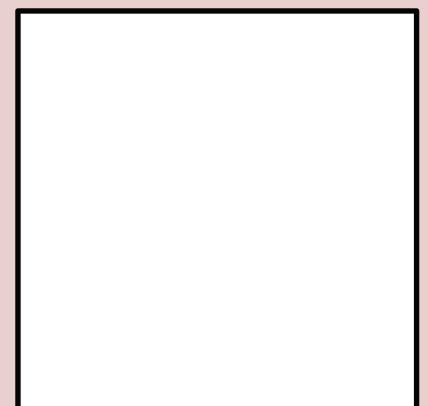
WHAT IS HER  
DAILY ROUTINE?



DESCRIBE HER  
SELF IMAGE &  
SELF WORTH

Think about who you  
want to be. The type of  
woman you admire.

Describe her.



WHO DOES SHE  
SURROUND  
HERSELF WITH?

# Mentor Me This

Think about the women who inspire, uplift, encourage, motivate and challenge you. They can be in your circle or someone online. This isn't about being envious of what they have. Rather it's about being inspired by what they do. In each area below, write down who they are and why they inspire you.

Spiritual

Relationships/Motherhood

Career/Business

Health/Fitness

Financial

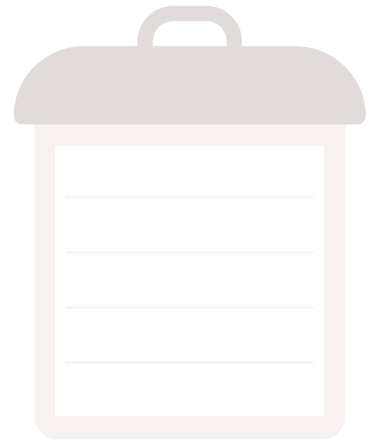
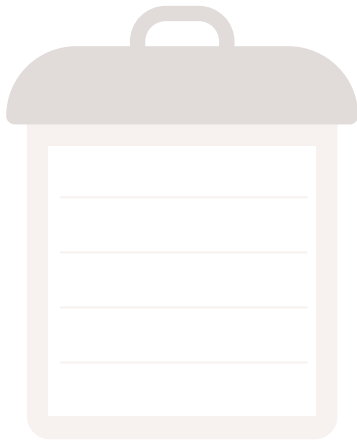
Personality/Mindset

Fun/Other



# Replacing our *Limiting* Beliefs

Think about your life as it is now. What negative thought patterns have you noticed the most? What negative thoughts have been the loudest? Write them down in the bins below.



Now for each bin think about how you can rephrase and change the wording into something more positive. A statement or phrase that will serve you.



Why do you think it's important to rephrase your wording to focus on what you do want rather than what you don't want?

# Think Differently

**This tool will help you replace negative thoughts with more accurate thoughts that reflect the reality of a situation.**

Write any negative thoughts are causing you distress in the box below.

What led to these thoughts?

How do these thoughts make you feel?

What evidence shows these thoughts are true?

What evidence shows these thoughts are **not** true?

To what extent are your thoughts based on facts? Mark the scale 1 (my thoughts are based only on emotion) to 10 (my thoughts are based completely on facts).

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Considering the evidence, what would be a more accurate thought?

How does this new thought make you feel?