



Steps to Finding Your Purpose and Direction

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1. Take the free assessment on www.corelivingessentials.com
2. According to the assessment, what is your greatest struggle? For example, the fear of failure can cause you to lose opportunities or progress.

3. How does that struggle manifest in your daily habits? For example, if your company is promoting internally and you fear you can't get it or even perform the duties for the new position, so you don't try. It will result in you remaining in your comfort zone but not progressing.

4. Write down some experiences that lead you to believe that negative thought about yourself. For example, your brother criticized you for not making it on the team, so you became fearful to try because he would just criticize you if you didn't make it.

5. Take a few minutes to flip that thought around and write down a positive, whether it is directly opposite of that comment or a comment that greatly improves yourself. Now what does it say? For example, trying is not failing and I have the ability to keep trying and not be controlled by others comments. Their comments are coming from their fear. It has nothing to do with you.

6. If you practice the negative thoughts enough they become the reality. Stop doing that. Turn the story around and practice the positive thought so that it has a chance to be your new reality. Every one of us has two wolves inside of us. One is a wolf who influences you to make bad choices and one that influences you to make good choices. But which one will win? In truth, it's the one you feed or in this case listen to and obey.

7. If you have any other questions **please reach out**.
You can sign up for a free phone call; take the free assessment, and/or read the free blogs with worksheets. Thanks for being with me today.

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