

REAL LIFE BUT BETTER - ADDRESS ROADMAP

MODULE 1 WORKSHEET: ATTITUDE & MINDSET

#1 ATTITUDE

Adopt an I CAN & I AM attitude. Believing you can do something is the KEY to your success! If you do not believe you can achieve your goals, you cannot. You have to get your attitude in the right place to achieve the life of your dreams.

Create 5 Positive Affirmations for Manifesting your Dream Life

1

2

3

4

5

WHAT DOES YOUR DREAM LIFE LOOK LIKE?

Close your eyes and picture your perfect life. Use the box below to explore your thoughts!

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#2 MINDSET

BE GRATEFUL! Life is a gift! Goals are a GIFT not a chore. You have the privilege to gift yourself your goals and health! "This is what I want, I know its possible for me and I'm so dedicated to it because I AM WORTH IT!"

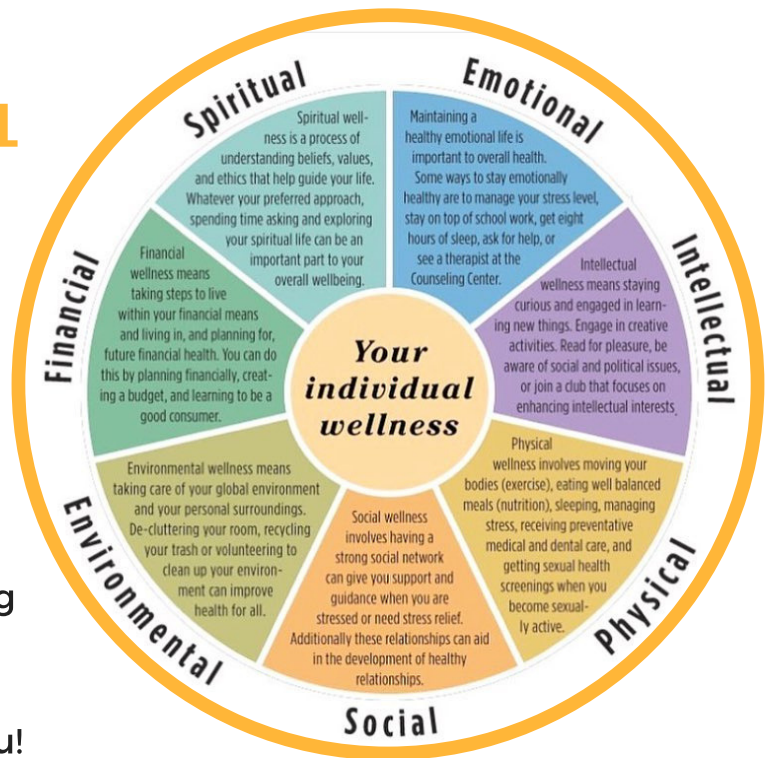
List 3 Things you are grateful for RIGHT NOW.

- 1
- 2
- 3

THIS IS A WELLNESS WHEEL

In order to create an amazing life, we need to take every aspect of our lives into consideration.

Take some time to list out everything that comes to mind when going through the wellness wheel, let your mind and aspirations to speak to you!



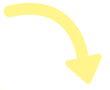
Grab some paper or your journal and get started!

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Weekly Goals

Check when done!



1



2



3



4



5



“ IF YOU DON'T LIKE SOMETHING, CHANGE IT. IF YOU CAN'T CHANGE IT, CHANGE YOUR ATTITUDE. ”

Maya Angelou

Resources

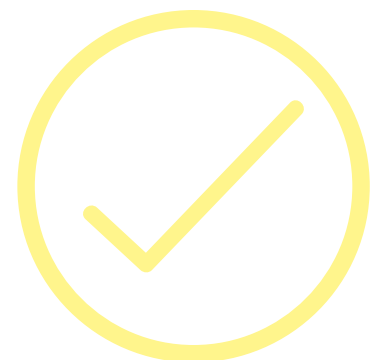
Manifestation Meditations

Bruce Lipton- Biology of Belief

Louse Hay- Affirmations

Florence Shovel Shinn- your word is your wand

Abraham Hicks- Vibrational Alignment



Check out Sam's Affirmations!