

## Step 1. Observe

Take an outsider's look at yourself – observe and witness yourself in your natural habitat.

Think about your **default, average** energy in the last 7 days (or longer if you can remember).

- What is your relationship like with yourself?
  - o Examples: "I'm so happy to be me," "I'm not all that great," "I hate myself," or something else?
- How do you speak to and about yourself?
  - o Examples: "I am in the best shape of my life; I prioritize my life well," "I am overweight; I am losing my mind," "I keep my head down; I don't really need much," or something else?
- What is the story you tell about your life?
  - o Examples: "It's an incredible journey!" "I am just too busy!" "Things never work out the way I plan," or something else?
- How likely do you think it is that your dreams will come true?
  - o Examples: "I'm closer to my dreams every day!" "Let's be realistic, here," "I gave up on those a long time ago," or something else?
- What attitude and energy level do you default to behind closed doors?
  - o Examples: "I am peaceful, clear, and happy," "I just need to put my feet up – I'm done for the day," "Don't talk to me, I had a bad day," or something else?
- How do you treat others on your best and worst days?
  - o Examples: "Each interaction is a chance to start anew," "I hope they don't say something I don't want to hear," "If I'm having a bad day, you'd better steer clear," or something else?

Reflect on what you've written:

- What does this tell me about how I view my life and my place in the world?
- Is this ultimately true? Would others say the same about me?

## HOMEWORK

Continue to observe your default habits and tendencies. Spend **at least** 7 days observing yourself and then write about what you notice, reflecting on how these habits affect your reality.

## Step 2. Align

Let's play pretend – let yourself dream. This is about what **you** want and desire. If you made a movie about your dream life, this is your chance to write the script.

- As the most amazing/ideal/perfect version of yourself, how would you talk/act/live?
  - o Examples: Consider your absolute favorite TV/movie/book characters. Consider someone in history that you are in awe of. Channel the specific daydreams your favorite song makes you have.
- What would you aspire to be? What would your life be like?
  - o Consider your dreams when you were a child. Do you hold jealousy for someone you know because you want what they have?
- If you were your own fairy godmother, what would you change about your life?
  - o It's okay to be brutal here – you owe it to yourself to be honest! Would you change your job, location, significant other, body type, hair color, car, wardrobe?? What would make you feel more like yourself than anything else?
- What sort of activities make you feel reset, recharged, and energized?
  - o Do you find it in movement or nature: long walks, taking a run, yoga, a workout?
  - o Do you find it in practicing self-care and loving on yourself: bubble baths, massages, skincare routine?
  - o Do you find it in creating or playing: painting, cooking, drawing?
- **Why** do you choose to do these things you love to do?
  - o What specifically does it provide for you, what do you feel during or afterwards?
- What would you choose to do no matter what, anytime you're faced with the opportunity?
  - o Think: hobbies, passions, mission; what brings you bliss/joy/peace/excitement.

You've just written the script for your dream life. It's up to you how much of this you actually bring into fruition. If you want, you can 100% make this entire script your future reality...and earlier than you'd expect.

### HOMEWORK

Continue to align within yourself and uncover what you truly want, what your dreams are, and why you want them. Spend some time (**at least 30 minutes**) writing these goals and visions out. Thoroughly articulate each answer and **get specific**.

## Step 3. Rewrite

This is how we bridge the gap between where we are and where we want to be. It's time to take action!

Choose to rewrite your narrative all day, every day. Edit your thoughts. Change the story you tell yourself and others. Begin to evolve and morph into the vision of who you want to be.

### Prerequisites

1. Be truly present in the moment
2. Treat yourself with gracious love, compassion, and patience.

Every time you *observe* yourself thinking or saying a misaligned belief, a negative pattern, or you use language that is restrictive and pessimistic, **change it**. In that exact moment, cut yourself off. Interrupt your thoughts. Don't even let yourself finish this *lie*.

Then, say something more *aligned* with your vision. Carefully select the words you say next and the energy you deliver them with. Speak from your heart. Speak your truth – your true desires, thoughts, and feelings in a genuine way. Release any idea of what you “should” or are “supposed to” do, and get vulnerable.

- As you continue to observe yourself on a daily basis: What is on your mind? Are you truly focused and present in the moment, or are you worried about making your next meeting on time, what you have to do later, or are you maybe even upset about something totally unrelated to the present moment?  
When you find yourself thinking about past or future events, tell yourself, “**I release that which I cannot control. I choose to remain present and control the now.**”
- Study the list we made for *Step 1 Observe*. Anything on that list that does not help you get closer the list from *Step 2 Align* list is a *lie*.  
When you observe yourself thinking these thoughts, tell yourself: “**this LIE is not ultimately true. I release it and make space to align.**”

### Examples:

- o You're not worth it, **I am worthy of my dreams**
- o You don't know what you're doing, **I trust myself to figure it out along the way**
- o You don't have the resources, **I have all the resources I need**
- o You're never going to be able to figure it out, **I trust that I can learn anything I need to know**

Put yourself first --



you are important!

- You should just give up, I deserve my dreams and am committed to the journey
- Who are you to want that, Wanting better for myself does not make me a bad person
- It's just not going to work out, I hold the power to shape my reality however I wish
- That doesn't happen for people like you, I decide what is available to me
- You are not \_\_\_\_\_ enough (strong, smart, experienced, dedicated, etc.) I am \_\_\_\_\_ enough, I am perfect, I am right where I am meant to be.

Throughout this process, be open to learning about yourself, who you are, and who you want to be.

Be compassionate with yourself as you grow, as if you were a toddler. How would you treat the toddler?

### HOMEWORK

Continue this practice for as long as you wish. Rewrite your thoughts and speech until your default language, attitude, and state of being fully align with your vision.

Make it a goal to identify one small area of change that is possible for you each week. Every day during that week, hold yourself accountable to making the change. Whatever it is, do/think/say something that brings you more into alignment with your vision. Write about it in a journal.

This is tough work, but it is NOT impossible. **You've got this.** If you stumble, it is OKAY. If you slack, it is OKAY. This exercise builds new neuropathways in your brain – it can take time to get good at this!

I spend weeks working with my clients to master these steps. If you are interested in one-on-one coaching assistance, visit [kerstieblue.com/coaching](https://kerstieblue.com/coaching) for more information.

You can also visit [kerstieblue.com/course](https://kerstieblue.com/course) to sign up for Be the CEO of Your Life, an 8-week course where I guide you through exactly how to become a force for change in your life.

*all the love.*

Kerstie Blue

