

9 Little Words™ Worksheet

1. Fill in the blank with at least 3 things in your life TODAY that you wish you could create:

It would be great if _____.

It would be great if _____.

It would be great if _____.

2. Write a sentence about why you haven't created one of those already. Your sentence might start something like one of these two fill in the blanks:

I haven't done that because _____.

or

I worry about that because _____.

Here's an example from my life last year:

It would be great if I could know I can send my daughter to the college of her choice without incurring ridiculous debt.

I worry about that because I don't understand the system and money is limited.

3. What old thought patterns can you identify in your answers to number 3? Journal a little about what you think the thoughts behind what's stopping you from creating what you want.

4. Read each one aloud. Can you feel the constricted energy - maybe a tightness in your gut or chest, when you say each one?

Now write "Up until now" in front of each statement and read it again.

Can you feel how relaxed the energy has become? What else do you notice?

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5. Now think about one of those thoughts or situations. Ask yourself what qualities you would like to exhibit in that situation or area.

In my example, I wanted to show up for my daughter as a responsible, helpful parent.

Write a list below in answer to this:

I am here to be...

6. Based on who you want to show up to this situation as - that is, who you have said you want to be - how are you willing to act to get your desired result? If you need to make a Creative Brainstorming List on the next page for ideas of what you COULD do, then transfer the ones you are willing to do here.

I am willing...

7. 4. No Matter What. Period. Write a few sentences about what you will expect (affirm with faith) and how it feels to firmly decide no matter what.

***For a complimentary coaching session to help you look at how to apply Lin's Thinking Technology to your life or business, or to have Lin speak to your group, please contact Lin at
lin@IndieSalesCoach.com or 502-408-3065***