



## WORKBOOK\_LESSON 5

### Part 1: RESPONSIBLE FOR IDENTITY

What % of your life are you being responsible for right now?

What would it look like if you were 100% responsible?

What are your top 3 projected-onto-external-world issues?

1:

2:

3:

What is the sequence of Creation of Reality? (from the broadcast perspective)

Look how your self-responsibility is reflected in these areas:

- How much health/vitality do you have?



- How connected are you to your core-self, your heart, your spirit guides?
- How much money you have?
- What kind of relationships are you having?
- What do you believe you can and cannot do?
- What do you believe you have to do, be, or have in order to get to something you desire?

Why is it a “good news” that you are 100% responsible for everything in your life?

Are you responsible for your emotions?

Which negative emotions do you allow yourself to sit in?



Which negative thoughts do you allow yourself to believe?

Are you consistent in your Abundance broadcast or is it intermediate?

What behaviors, beliefs, thoughts, emotions interrupt your Abundance broadcast?

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What do you do when negative emotions show up?

Why is “being stuck” an illusion and how it relates to us not being willing?

How is “I can’t” linked to a “false truth”?

What do you need to know about limitations?



Why “going to penthouse of yourself” (your Higher Self) is essential for transcending limitations?

## Part 2: RESPONSIBLE FOR EMOTIONS

What are the two sides of changing the negative emotion?

How emotions relate to your body?

WHAT programs us to experience negative emotions (bad habits in the brain)?

How are negative brain habits formed through traumatic triggers?

What are your top three negative brain habits based on post-traumatic triggers?

1:

2:

3:



How you can utilize positively stimulating environment to overlay the post-traumatic environment?

How is your body involved in this overlay process?

What is the real reason we need to work on ourselves?

Pick top 3 negative emotional habits you want to change.

1:

2:

3:

For each one find an opposite state that you felt and embodied?

1:

2:

3:



Consciously encode this positive state onto your body/brain (“This is where I am \_\_\_”). What do you feel as you do this?

What is the 3 step process to “switch the track” in your brain?

1:

2:

3:

### Part 3: RESPONSIBLE FOR YOUR THOUGHTS

Who generates your thoughts?

Are thoughts real?

Are stories real?

What is the most common way we get stuck in illusion?

Why is it important to question our habitual limiting stories?



What are your “most favorite” negative habitual thoughts about your capabilities?

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What are your “most favorite” negative habitual thoughts about your body/health?

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What are your “most favorite” negative thoughts about your money?

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- 
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What are your “most favorite” habitual judgmental thoughts about your relationships?

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What are your “most favorite” habitual thoughts about the other people?

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- 
- 

What are your “most favorite” habitual thoughts about the state of the world?

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- 

What are your “most favorite” negative habitual thoughts about your business/career?

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- 
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Why thinking positive thoughts with the negative ones remaining on the background does not resolve the broadcast?

How your 3 Abundance Personality Types play a role in this? What positive qualities can you amplify and what shadow qualities you need to watch out for?

Types	Positives to Amplify	Shadows to watch for
1:		
2:		
3:		



What positive story (a “tune”) can you replace each of the negative ones with?

About...	Negative Story	Positive Story
Your capabilities		
Your body & health		
Your money		
Your relationships		

Other people		
The world		
Your business/career		

Now pull all that is directly relevant to your life into one short paragraph of a new positive story.

## Part 4: BUSINESS

What % of your business success are you being responsible for right now?

What would it look like if you were 100% responsible?

What specific top 5 excuses do you use habitually in your business to keep yourself “in a box”?  
 (“If \_\_\_\_\_, then \_\_\_\_\_”)

1:

2:

3:

4:

5:

What makes something “real” to us?

**Reverse-engineer 3 habitual “negative outcomes” in your business** (like “never enough time”, or “not attracting enough leads”, or “money objections in sales calls”, etc.):

**What happened in your consciousness that created this belief? >> Why I decided that it is “real”? >> What did it lead to in my external environment (circumstances).**

Example #1 : *“Parents had no money, told me repeatedly that money is hard to come by” > “I decided that I have to work hard to get paid” > “I am always struggling in my business”.*



Example #2: *“My religious upbringing told me that I am only a “good person” if I am helpful and humble” > “I decided that it is not safe to be visible for fear of being selfish” > “I am always resentful that I help so much and can’t seem to get paid for it”.*

1:

2:

3:

What are you currently willing to tolerate in your business?

What is your new Abundance Identity NOT willing to tolerate any more in your business?

What limitation am I deciding is true for me in my business?

What if it is not true?

Who do I have to be in order for this to be different?



What do you stand for? (your top 5 values) (like “integrity”, “independence”, “connection”, “wealth”, “freedom”, “learning”, “service”, “family”, “creative expression”, “exploration”, “order”, etc.)

1:

2:

3:

4:

5:

How are these values supporting or sabotaging your business?

1:

2:

3:

4:

5:

To uncover your negative subconscious values, reverse-engineer them from what your business is reflecting to you (i.e. “What value must I have to create this circumstance/difficulty?”

How your values can help you create Soul Freedom Business?