



**HACK YOUR
DISEMPOWERING BELIEFS**

Workbook

CÉLINEKIRK



Hey there,

First and foremost, I would like to acknowledge you for taking on your negative thoughts. Sounds like you're the type of person who does not settle for being ordinary. Sending you a virtual high five.

This worksheet will offer you the opportunity to look at your negative thoughts differently so you can choose your thoughts more effectively. It'll surprise you just how much you can achieve if you choose to trust empowering beliefs over negative ones.

Just by being here, you're already on the right path to results.

With love, Céline.

CÉLINEKIRK



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CÉLINEKIRK

HOW TO USE THE WORKBOOK

A generic example is filled out below.
For optimal results, be as specific as you can.



NEGATIVE & DISEMPOWERING THOUGHT

This is too hard



HOW WILL THIS THOUGHT HINDER MY RESULTS?

It will paralyze me from taking actions. It drains my motivation to achieve my goal.



WHAT DO I MISS OUT ON WITH THIS THOUGHT?

Enjoyment of the journey, getting results, hope, feeling confident and empowered.



COUNTER-ACTING EMPOWERING THOUGHT

I can ask for help



HOW WILL THIS THOUGHT IMPROVE MY SITUATION?

It won't seem as scary for me to take on the task. I'll have reduced stress and support.



WHAT BECOMES POSSIBLE WITH THIS THOUGHT?

I can focus on succeeding. I can achieve a greater result. I can be proud of my accomplishment.

WHICH THOUGHT WOULD I RATHER CHOOSE?

(circle choice in first row)



Now...

It's Your Turn.

Get into a focused state of mind.
Be present and open-minded.
Give it your all.

Try to take on 5 negative thoughts about your situation (there are 5 worksheets in this workbook).



**NEGATIVE & DISEMPOWERING
THOUGHT**

Blank grey rectangular area for writing.



**COUNTER-ACTING
EMPOWERING THOUGHT**

Blank pink rectangular area for writing.



**HOW WILL THIS THOUGHT
HINDER MY RESULTS?**

Blank grey rectangular area for writing.



**HOW WILL THIS THOUGHT
IMPROVE MY SITUATION?**

Blank pink rectangular area for writing.



**WHAT DO I MISS OUT ON
WITH THIS THOUGHT?**

Blank grey rectangular area for writing.



**WHAT BECOMES POSSIBLE WITH
THIS THOUGHT?**

Blank pink rectangular area for writing.

WHICH THOUGHT WOULD I RATHER CHOOSE?
(circle choice in first row)



**NEGATIVE & DISEMPOWERING
THOUGHT**

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**COUNTER-ACTING
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**HOW WILL THIS THOUGHT
HINDER MY RESULTS?**

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**HOW WILL THIS THOUGHT
IMPROVE MY SITUATION?**

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**WHAT DO I MISS OUT ON
WITH THIS THOUGHT?**

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**WHAT BECOMES POSSIBLE WITH
THIS THOUGHT?**

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WHICH THOUGHT WOULD I RATHER CHOOSE?
(circle choice in first row)



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**COUNTER-ACTING
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**HOW WILL THIS THOUGHT
HINDER MY RESULTS?**

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**HOW WILL THIS THOUGHT
IMPROVE MY SITUATION?**

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**WHAT DO I MISS OUT ON
WITH THIS THOUGHT?**

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**WHAT BECOMES POSSIBLE WITH
THIS THOUGHT?**

Blank pink rectangular area for writing.

WHICH THOUGHT WOULD I RATHER CHOOSE?
(circle choice in first row)



**NEGATIVE & DISEMPOWERING
THOUGHT**

Blank grey box for writing negative thoughts.



**COUNTER-ACTING
EMPOWERING THOUGHT**

Blank pink box for writing counter-acting empowering thoughts.



**HOW WILL THIS THOUGHT
HINDER MY RESULTS?**

Blank grey box for writing how the thought might hinder results.



**HOW WILL THIS THOUGHT
IMPROVE MY SITUATION?**

Blank pink box for writing how the thought might improve the situation.



**WHAT DO I MISS OUT ON
WITH THIS THOUGHT?**

Blank grey box for writing what is missed out on with the thought.



**WHAT BECOMES POSSIBLE WITH
THIS THOUGHT?**

Blank pink box for writing what becomes possible with the thought.

WHICH THOUGHT WOULD I RATHER CHOOSE?
(circle choice in first row)

GREAT JOB!

We cover self-hacking tools like this on a much deeper level in the Alfemale Academy program to help level up key areas in your life.

Book a complimentary 30 minute discovery call to see if this program is right for you. And just in case you're wondering babe, it's not a sales call- zero obligations to enroll.

Psst.. If you are male, there are awesome programs available for you too.

I KNOW YOU'RE MEANT FOR MORE

(and I know you know it too)

LEARN MORE AT WWW.CELINEKIRK.COM

