

Worksheet 4 Eliminate the Lies & Live the Truths

Think about the last worksheet. Did you find evidence to believe each truth? Examples of when you were **Free, Compassionate, Grateful, Trusting, Passionate, Guided, Accomplished, Confident, Attractive, Loved & Loving?**

How did you feel when you were recalling those examples? In that moment you were living the truths. What's right in our life is always available to us, whenever we recall a time that we live a truth. We are an example of what's possible.

While it is optimistic, it is not realistic to believe that the truths will always appear. The lies will show up from time to time. They show up in the form of a negative thought you don't create or a painful feeling in your heart. When a negative thought appears or a painful feeling strikes, use the **THREE STEPS** below. Do it routinely, it becomes a habit.

1. When your mind starts talking and begins to serve up a lie in the form of a negative thought, IMMEDIATELY, the moment it happens, say to yourself aloud or in your mind,

'That's just my mind talking, driven by one of the lies and I'm not going to pay attention.'

Then, let it pass. Remind yourself, this is just a thought you didn't create. Do this consistently and there will be fewer negative thoughts, and you will notice. It is essential to do this immediately, so it doesn't snowball into something more.

2. When you feel a negative emotion, in your heart, your stomach, wherever it may be, when you feel it, IMMEDIATELY, ask yourself, 'Which lie is that? Which lie just triggered that emotion?' Then select a lie, answer the question. It doesn't have to be perfect. Whichever one comes to mind is the right one.
3. Now that you've identified the lie, sit with the emotion, don't run from it. Feel it. Relax your body. Imagine sandbags are tied to your feet, shoulders, face, heart, pulling them all down to relax. While you do this, focus on your breathing, breathing in a count of 4, holding for a count of 4 and exhaling for a count of 8. This simple breathing exercise changes your physiology and focus. Used consistently, you will be amazed at its effectiveness.

Now, let's take the final step. Let's make it so that you can fully feel the truths each day!

How can we create a habit so you can feel the truths throughout the day? The exercise below is inspired by Ben Franklin. You can print this out each week or create your own method to capture in a notebook or phone. The exercise is a simple one.

Each evening ask yourself this question, **"What truths did I live today?"** You can also do this in the morning, as you review the evening of the prior day.

When you think of an example, recall it, and place a small dot next to the corresponding truth. Do this each day and focus on your progress. Do you need to have a dot next to each truth for each day? Of course not. That is the outcome. Something to strive for. But not something to feel bad about if you come up short. The goal of this exercise is to celebrate living the truths!

What truths did I live today?

Feeling	MON	TUE	WED	THU	FRI	SAT	SUN
Free	•						•
Compassionate		•		•	•		
Grateful	•			•		•	•
Trusting		•	•	•	•		
Passionate							
Guided		•		•			
Accomplished	•	•			•	•	
Confident	•			•		•	
Attractive				•			
Loved & Loving		•					•

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Example of "What truths did I live today?" filled out with dots.