

Dr. Paula Fellingham's

BELIEVE IT!

BECOME IT!

GUIDEBOOK COMPANION



Part of the **TOTAL LIFE EXCELLENCE** program

MODULE 1

1. What are 3 negative beliefs that you need to overcome?

2. What is one thing you want to improve about yourself?

3. What pillar principle are you most excited about so far and why?

MODULE 2

1. What is one daily choice that you can improve to create a positive change in your life right now?

2. Are you currently feeling anger or resentment towards someone else? What is one thing you can do to start overcoming those feelings?

3. What negative belief about yourself would you consider the most damaging to your self-worth, and what is one positive belief that you can replace it with?

MODULE 3

1. "Folks are about as _____ as they make up their _____ to be."

~Abraham Lincoln

2. What are 3 things you can be grateful for today?

1. _____
2. _____
3. _____

3. What is ONE thing you can do for someone else today to be more others-centered?

MODULE 4

1. What does “IDR” stand for?

I

D

R

2. “Nothing good or great can be done in the absence of _____” ~ Tom Peters

3. What is one goal that you are going to set for yourself to accomplish in the coming month?
Make sure it’s HIGH and ACHIEVABLE! 😊

MODULE 5

1. You can improve your _____ by creating new, positive _____ to replace the old ones.
2. What is one skill that you want to improve in your life?
3. Describe how you could mentally “practice” that skill.

MODULE 6

1. Your _____ mind always agrees with images your _____ mind creates.
2. Who is one person you want to be like and why?
3. How can you personally become more like that person?

MODULE 7

1. Recall a time where someone offended you. How did you react? What did you do when you felt like that?
2. Think back to that same experience. How could you have been more in control of your own thoughts, words, and actions?
3. How will you change your reaction the next time someone says or does something that might offend you?

MODULE 8

1. RELIEF stands for:

R

E

L

I

E

F

2. What does **I ACT** stand for?

I

A

C

T

3. Name one area of your life where you can implement the “positive crisis” principle immediately.

MODULE 9

1. If you can identify your partner (to whom you will report on your daily action plan, progress, etc.), name them here. If you cannot name them yet, write down the qualities you would like in this type of partner.
2. Who would you consider your mentor, or, if you haven't chosen one yet, what are the qualities of your ideal mentor?
3. "We are not primarily put on this earth to see _____ one another, but to see _____ through." ~ Peter DeVries

MODULE 10

1. "In all things, success depends upon _____, and without such preparation there is failure." ~Confucius

2. Find one concept in your life to apply the Label, Replace, and Focus Forward method:
 - **Label**

 - **Replace**

 - **Focus Forward**

3. Think of the concept you mentioned above. What are the consequences of procrastinating in that situation?

MODULE 11

1. PERFORMANCE FORMULA: _____ + _____ +
_____ + _____ + _____ =
Practically Perfect Performance

2. Write 3 positive affirmations about how you are a WINNER below!

1. _____

2. _____

3. _____

3. What is one way that you can improve your personal prayers?

MODULE 12

Think of one goal that you worked on during the “Believe It! Become It!” program, then answer these three questions:

1. Briefly describe your accomplishment.
2. What techniques or specific thoughts helped you through the tough moments?
3. What advice would you give a person wanting to accomplish the same goal?