

16 PRINCIPLES

FOR A BRILLIANT LIFE

A WORKBOOK TO HELP YOU
Live Your Magnificence & Change Your World Now

BY TERRI O'BRIEN



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PRINCIPLE #1 - SPEAK YOUR TRUTH

REFLECTION QUESTIONS

- What are some times that you've spoken out on behalf of others? How often do you advocate for yourself?
- What times do you feel that you don't stand for yourself? Why these times? What times do you stand up for yourself? What's the difference between the two situations?
- What are some things you would gain if you let others know what you are thinking?

ASSIGNMENT

Pick a situation that makes you uncomfortable confronting, Check in with how you're feeling, why, and is the situation as you're seeing it correct? What might you be interpreting incorrectly? What would you stand to gain by addressing the situation? What would you say to the other person to advocate for yourself without being confrontative? What is their viewpoint?

PRINCIPLE #2 - PUT YOURSELF FIRST

REFLECTION QUESTIONS

- Who do you put ahead of you and why? What would it look like to put yourself first?
- What areas of your life would you like to be able to more energy and support yourself first?
- What are some support roles that you'd like to give up as they're draining on you?

ASSIGNMENT

Think of one area of your life that you give more than you can and feel drained and overwhelmed and it doesn't benefit you any longer. Think about how you would feel if you no longer had that responsibility, and what would you do with the time you now have?

PRINCIPLE #3 – GET MOVING

REFLECTION QUESTIONS

- What would you like most of all to accomplish in the next year? What do you feel is holding you back?
- What areas of your life tend to hold back going for what you want? Why?
- What thoughts about taking action make you feel uncomfortable?

ASSIGNMENT

Pick a small project or something that you'd really like to happen - a vacation, taking a class, forming a group to do something. Think about some first steps you might take, what does that feel like, what emotions or feelings come up for you? What feelings are holding you back?

PRINCIPLE #4 – BELIEVE IN YOURSELF

REFLECTION QUESTIONS

- What would you be doing if you believed completely in yourself?
- What career would you be absorbed in if you knew you would be able to do it?
- What secret dream do you have that you feel is so unavailable or unrealistic or frivolous to consider?

ASSIGNMENT

For this week, let your mind take in the answers to the questions. Feel your vision coming to fruition and just feel how wonderful the sensation is. Disregard any thoughts for now as to making it happen, just be in the moment of feeling greatness and empowered as to the possibility of making it happen..

PRINCIPLE #5 – GO WITH THE FLOW

REFLECTION QUESTIONS

- What things do you do that sabotage your efforts because you need to be in control?
- What activities do you feel a negative energy around doing? What do you tell yourself while you're doing these activities? Why do you continue doing them?
- What activities bring you the most joy and you're able to let go? What emotions and feelings do you feel when doing?

ASSIGNMENT

During this week, pick a situation where you feel you need to be fully in control. Think about some of the reasons why you feel you must be in control. Set aside thoughts of doing anything, but see if you'd be willing to lose a bit of control and what would that look like?

PRINCIPLE #6 – DEVELOP YOUR INNER GUIDE

REFLECTION QUESTIONS

- When was the last time that you intuitively knew something would or would not work out? Describe how you felt and where in your body you felt the feeling.
- If you developed your intuition and trusted your inner guide, what would you be able to do better?
- How would you feel if you could trust your inner guidance system to steer you in the right direction? What powerful things would your life hold?

ASSIGNMENT

Intuition is about listening and following your heart. Try this – Think of something that has been bothering you and that you're not able to figure out a solution. Know and believe that deep within you lies the answer, ask for guidance, and then just let it go. When we focus too much on the issue, the answer can't be caught. By asking and forgetting, our subconscious goes to work and hands us a solution when we least expect it.

PRINCIPLE #7 – GRATITUDE

REFLECTION QUESTIONS

- How often do you think your loved ones for being in your life or for supporting you or just being there and having your back?
- What are some things you can do to show your gratitude to your significant other, or your children, or your parents?
- What are some practices that you could bring into your life to help you feel more gracious and appreciate of what you have? Some ideas might be a walk in the woods, meditation, a gratitude journal, telling someone something each day of why they're a joy for you.

ASSIGNMENT

Consider creating a gratitude journal. Nothing major, just a beautiful journal to keep by your bedside. Each night, take a moment and think about and then write down three things you are truly grateful for at the end of each day. This simple exercise can yield profound results and focuses your mind on what joy you have rather than what you don't have. As an added bonus, you'll fall asleep with gratitude on your mind giving you peaceful, worry-free sleep.

PRINCIPLE #8 – BE AND STAY COMMITTED

REFLECTION QUESTIONS

- In what areas of your life do you feel not so committed with little action taken to complete? What areas are you very committed and keep at it until it's done? Note some feelings on both.
- When was the last time you committed yourself and finished a project? What was that feeling like?
- When was the last time you gave up, lost interest or approached a project with a lackluster attitude? What happened and what could you do differently next time?

ASSIGNMENT

Take a moment to think of something that you're not giving your all on. Write down some reasons why you're not and also if you do want it to happen, write down some first steps to take so that you can gain momentum to move things forward.

PRINCIPLE #9 – HONOR YOUR UNIQUENESS

REFLECTION QUESTIONS

- When have you felt that you were different in a not so good way? What was that like and why did it bother you?
- In what ways does your uniqueness help you in your everyday life? How does these differences support you and what can you see that others can't?
- What might be some roles you could take to accentuate or take advantage of your unique talents or skills?

ASSIGNMENT

When we were young, often the worst thing was to not be a part of the crowd, and to be different. Now that you're an adult, you can be both a part of your tribe and honor your uniqueness. Take some time this week and think about what talents, skills and characteristics make you unique. What combination of things do you have that no one else does? What do you enjoy most and can get easily lost in while doing?

PRINCIPLE #10 – THE BUCK STOPS HERE

REFLECTION QUESTIONS

- What areas of life do you find that you may blame others for circumstances that have happened to you? Facing up to our mistakes helps us grow, blaming others only make it worse. How could you handle things differently next time?

- What areas of your life do you find you blame yourself or feel guilty or ashamed because of what happened? Blaming yourself is sabotaging the best of you. Take a moment and dig deep, is it really true that you were to blame? And if so, how can you repair the damage and take responsibility for the mistake?

ASSIGNMENT

Being responsible is a trait that is most admirable. Accepting responsibility for mistakes, errors signifies ownership and diffuses a situation. Think how being responsible will change the outcome. Think about a past experience that you didn't like how you handle, and found you hadn't accepted responsibility. What did you do, and what can you do moving forward to better a tough situation?

PRINCIPLE #11 – CELEBRATE ACCOMPLISHMENT

REFLECTION QUESTIONS

- What have you recently accomplished that you celebrated? If you didn't celebrate, why not? Perhaps it is out of habit or you didn't celebrate growing up or you don't like the attention. It's important to discover why.
- What role does celebration play for you in your life? What are some of your best moments that you wish you celebrated but didn't? What are some of your celebrated accomplishments?
- How does celebrating accomplishments and special events fit in with being present and living in the moment?

ASSIGNMENT

Create a jar of celebration rewards. Write on small pieces of paper, fold each up and place inside a jar or box. When you've done something worthy of a reward, and can it can small or big, take a dip into the jar or box and pull out the reward. It doesn't have to be expensive, it's the idea of spending time relishing the accomplishment, It takes our brain that we get rewarded when we accomplish something. What will your rewards be?

PRINCIPLE #12 – CULTIVATE IMAGINATION

REFLECTION QUESTIONS

- What sort of things did you enjoy as a child when you were inhibited and imagination was all you had? Describe the best experience and what made you feel so fantastic about it.

- Why do you think we don't use our imagination as much as we could? What is standing in your way from pulling out your imagined world and putting it into your living world?

- What experience or dream is in your mind that you feel is so far-fetched that it hasn't been voiced yet?

ASSIGNMENT

Take some time along and imagine that you were living the life you envision in your imagination. What is it like? What are you feeling, experiencing? What is a typical day like for you? Just sit with this feeling for a while and feel what is deep inside of you just waiting to get out. Would you consider bringing out a piece of it?

PRINCIPLE #13 – NOTICE AND WONDER

REFLECTION QUESTIONS

- What are some things you did during childhood that peaked your curiosity? How do you think you could apply that same curiosity to your life today?
- What does being curious mean to you? On a scale 1-10, where would you put yourself as being open to discovery of new things, open to learning new ideas and to understand others perspectives and views?
- If you were more open to discovery of how others live and the world works, how could you increase that openness?

ASSIGNMENT

Being curious is the gateway to discovery and the unlimited diversity of everything on this planet. Setting aside the need to feel that your way is the only way is a strong step in the direction of openness and discovery. During the week, think about some ideas that you currently hold that may be limiting your thought and see how you could become more curious and explore different opinions or avenues on the subject.

PRINCIPLE #14 – LOVE

REFLECTION QUESTIONS

- The most important person to love is ourself. How do you feel about the statement, “I love me just as I am.” What feelings come up?
- What are ways that we withhold our love from another and what effect does that create on the other person?
- What is one way you show your love to each of the special people in your life?

ASSIGNMENT

Without the capacity to love deeply, we would soon wither and die as a species. The desire to love and be loved is deeply embedded in our psyche and is the most important need among of all of us. We need love for ourselves foremost to return that love to others. For one day, when you pass anyone on the street, in the store while shopping or at work, look them in the eye and smile. It’s a magnetic gesture and a person’s face lights up to smile back. How do you feel at the end of the day?

PRINCIPLE #15 – BE PRESENT

REFLECTION QUESTIONS

- What portion of your day and thoughts are focused on the past or the future? How many times does the same thought cycle in your mind?

- What would be some benefits to being and staying present during each experience rather than texting, looking at social media or simply being somewhere else in your mind?

- What does being present mean to you? What do you think could happen if you no longer worried or carried regret?

ASSIGNMENT

A huge portion of our day is often spent thinking about the past and what could have been and the future and what could be of what we fear will happen. Take some time each day and be aware of what you thinking about, what is driving you, and what you're making as priorities. Note how many times worry or regret is what is being thought about. Neither can change the outcome, yet often consume much of our daily thought.

PRINCIPLE #16 – BEWARE OF THOUGHTS

REFLECTION QUESTIONS

- What thoughts are you thinking about when you wake up? Are they excitement or apprehension? What thoughts follow you during the day, negative or positive?
- When you think a thought, do you respond in a kneejerk manner or immediately? What if you paid attention to your thoughts and took a moment to think before responding? How might that change the outcome of the conversation?

ASSIGNMENT

The following exercise is an example of how our mind works. Pick a color, and during your commute, count the number of cars of that color. Your mind will soon be entirely focused on finding cars that color. Our mind wants to make us happy and searches for information to validate what we are thinking and want. If we're thinking positive, our mind show to us happy and pleasant information, if we're thinking negative, our mind us us unhappy and painful information.

I sincerely hope this workbook has begun to help you discover you can have it all. Understanding how we think, releasing those beliefs that no longer work for us ultimately lets us break free of the limiting thoughts that hold us down.

I've studied the concepts of personal growth for over 16 years and come from a place of personal struggle and immense growth. Over the past couple of years, I've been certified as an Aromatherapist and Educator, a licensed practitioner of the Feel the Fear and Do It Anyway® coaching program, and is a certified hypnotherapist in RTT® (Rapid Transformation Therapy) that combines the best of CBT (cognitive behavior therapy), hypnotherapy, NPL and psychotherapy.

Offering clients a variety of options that work with the conscious and the subconscious means that personal transformation is available to all. I love to connect with others and hear their stories and life journeys knowing that deep within each of us lies the keys to be everything we want – we sometimes just need a nudge and a clear path to get there.

Visit my website www.MasterJoyandSuccess.com to find a change path that resonates with you – whether it be a journaling course, listening to meditative declarations, taking a course to confront and lean into your fears, or perhaps an RTT® session to rapidly and permanently bring about change. These programs are in development or already created. Read more about each of these programs at www.MasterJoyandSuccess.com for information as each product and course is available.

Thank you for letting me be a small part of your life. May today and your future days bring you deep reflection, great awakening, and the power to step into the shoes that you were meant to fill.

