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# Activity Workbook

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Part 1:

Reveal

# Step 1:

## Take Inventory of Yourself

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**Think of times in your life when you felt happy, inspired, motivated, passionate, and/or confident:**

What were you doing?

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Where were you and who were you with?

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Can you recall any other specific details of the memory?

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Any thoughts about why this/these experience(s) made you feel happy, inspired, motivated, or confident?

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If you're stumped, choose one or more of these words that best represents the personality traits, core values, or purpose you feel strongly about (or used to feel strongly about) in life: Creativity, Humour, Connectedness, Family, Friendship, Positivity, Adventure, Perse-verance, Courage, Charity, Environmentalism, Animal Rights, Spirituality, Social Justice.

# Step 2:

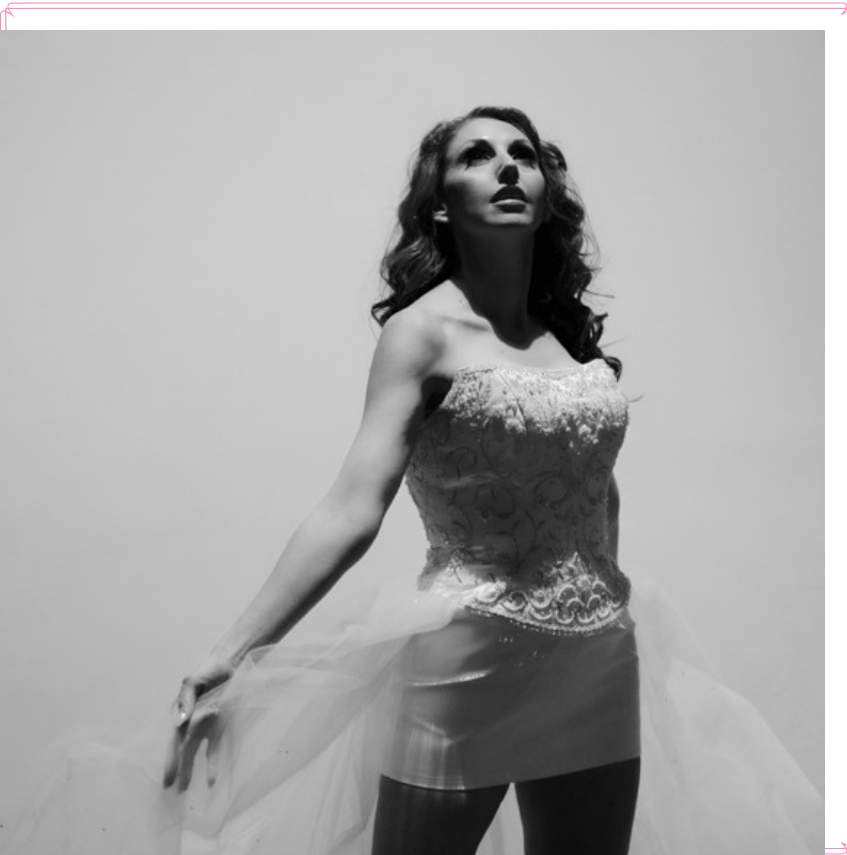
## Get Out Your Wedding Dress



**Now sit with your wedding dress and decide which elements of your dress you still love and would want to keep as part of your new reinvented dress.**

Look at those parts while you say the following . . .

“This \_\_\_(state the name of the dress part, i.e. skirt, veil, bodice, etc.)\_\_\_ represents my \_\_\_(state one of the core value/purpose/personality words you identified in Step 1)\_\_\_ and I love it and I love how it makes me my unique self.”



For example, it may sound something like this . . .

This sparkly, intricate bodice represents my creativity and I love it and I love how it makes me my unique self.

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# Step 3:

## Identify Your Limiting Beliefs

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**Think of a time in your marriage when you felt miserable or discouraged:**

Who was with you and what was going on? What was the situation?

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What did you believe to be true about the situation?

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What did you believe about YOURSELF (not your ex-partner) in this moment?

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What do you believe are thoughts or bad habits of yours that are holding you back from living a happy and fulfilled life?

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If you are feeling stumped, here are some common limiting beliefs that you might be holding on to: I am unworthy, I am unlovable, I can't do it, No one understands me, I'm a failure, I'm too old, It's too hard, I don't have enough time, Procrastination, Doubt, Fear.

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Part 2:

*Release*

# Step 4:

## Cut Out Your Limiting Beliefs

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**Now look at your wedding dress and decide which elements you no longer like and no longer want as part of you. Take out some strong scissors and start cutting off this part from the dress and as you do so, say the following phrase out loud . . .**

" This \_\_\_(the dress part you no longer want)\_\_\_ represents the belief that \_\_\_(the limiting belief you identified in Step 3)\_\_\_ and *I release this disempowering belief now and forever.*"

For example, your phrase(s) may sound like . . .

"This long, heavy skirt represents the belief that I am not good enough and I releases this disempowering belief now and forever."

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Part 3:

Reinvent



# Step 5:

## Dream, Girl

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**Think about the type of person you want to be and the type of life you want to have.**

Close your eyes and listen to some inspiring music. Visualize everything about you and this ideal life. What do you do every day? What is your time spent on? Career? Hobbies? Where do you live and what does it look like? What do your relationships look like? What do your finances look like? How do you feel about yourself and your life. Dream big. The bigger you dream, the better.

With that visualization top of mind, brainstorm on all the qualities, beliefs, and habits you would have to have to attain and maintain that life you visualized. If you are stumped, start off with the opposites of the words/beliefs/habits you identified in Step 3.

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Once you have one or more of those positive, goal-oriented beliefs and habits solidified in the section above, use each of them in their own affirmation statement and begin a regular practice of saying them aloud every day (i.e. every morning or every night before bed).

# Step 5:

## Dream, Girl .. Cont.

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**Think about the type of person you want to be and the type of life you want to have.**

According to self-development researcher and author Jack Canfield, to create an effective affirmation, it must:

1. Start with the words "I am"
2. Use the present tense
3. Be stated in the positive. It should affirm what you want, not what you don't want.
- 4) Be brief and easy to remember
4. Be specific
5. Include an action word ending with -ing
6. Include at least one emotion or feeling word

For example . . .

Wrong: I am not going to spend more money than I earn.

Right: I feel so grateful and excited that I am earning \$5000 or more every month.

Now, using Jack Canfield's 7 steps for creating effective affirmations above along with the list of beliefs and habits you listed in the previous section, come up with your own affirmations below.

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# Step 6:

## Reinvent The Dress

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**Now it's time to get creative and design your new dress.**

What do you want to keep? What do you want to get rid of? What are some new elements you want to add?

If you know how to sew, you can put this altogether yourself. If you're like me, recruit a family member, friend, or professional to help you put this dress together.



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# Step 7:

## Reinvent YOU

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**With your dress now reinvented, put it on and smile for the camera. What better way to close the book on your marriage while celebrating the good things your journey has brought you?**

Film a quick video showing off your new dress. Share how you are feeling and what emotions are coming through while you are wearing your reinvented dress.



