**Fulfillment and Confidence Worksheet**

**FEAR:**

1. Write down – using pen and paper – all of your fears. List everything that frightens you. Start by writing   
   “I am frightened by the/of the \_\_\_\_\_\_\_\_\_\_\_\_” or “My biggest fears are \_\_\_\_\_\_\_\_\_\_\_\_\_” and keep writing till you feel sure you have listed every fear.

Then, begin reading the list out loud to yourself slowly, one by one. NOTICE how you feel when you speak out and name the fear that you feel.

Do you notice an increase in your heart rate? Are you shaking? Is your breath catching in your chest? Are you feeling sweaty palms? Are some or all of these feelings more distinct when you speak about one of the fears over another?

If yes, write down your BIGGEST fear. If you only have one or two fears, great. Still, observe how you feel when you speak your fears out loud.

1. Now, when noticing how speaking about your fear makes you feel, begin taking very calm, long, slow, deep breaths. Breathe in to the count of 4, 5, 6, 7… which ever number you can comfortably reach.

HOLD your breath for the count of 4… then slowly and consciously, blow the air out through your mouth, to the count of 6, 7, 8, 9, or 10… forcing every last drop of air out of your lungs – with only gentle force, using your tummy/diaphragm to fully exhale.

Then, let your body inhale as it needs to.

Do this once more, in a controlled way. Focus ONLY ON YOUR BREATH.

1. Now, look at one of your least worrying fears, and speak it out loud. Then breathe in, a natural breath… and HOLD for the count of 4, then exhale a natural breath, focusing on the sensations you felt when your spoke your fear out loud.

Work your way up through the list of fears from least worrisome, to the top three that cause you most concern, using this breathing technique, focusing on all the physical sensations you feel when you speak the words that identify your fear.

Practice this breath-work daily for 10 minutes, being mindful not to overdo the breath hold or the gentle forceful exhale.

Take your time to breathe naturally at the end to allow your body to adjust.

**FULFILLMENT:**

1. Write down – using pen and paper – all the desires, wants, joys, satisfying moments, and pleasures you feel or want to feel and enjoy.

List every one of them, using the similar technique as used for the FEAR exercise: “I am most fulfilled by/when \_\_\_\_\_\_\_\_\_\_\_\_\_” and don’t stop until you have listed everything, whether it be the food you eat, the animals you pet, the people you hug, the books you read, the poetry you write, the dress you make, the car you work on, the environmental cause you volunteer for.

Whatever brings you joy and fulfillment, write it down. Every single thing you can think of. Then, similarly to your activity for FEAR, speak out loud all those actions and activities.

One by one, notice how you feel.

Then write down the top three JOYS and moments of fulfilment.

1. Now, when noticing how speaking about your desires makes you feel, begin taking very calm, long, slow, deep breaths. Breathe in, to the count of 4, 5, 6, 7… which ever number you can comfortably reach.

HOLD your breath for the count of 4… then slowly and consciously, blow the air out through your mouth, to the count of 6, 7, 8, 9, or 10… forcing every last drop of air out of your lungs – with only gentle force, using your tummy/diaphragm to fully exhale.

Then, let your body inhale as it needs to.

Do this once more, in a controlled way. Focus ONLY ON YOUR BREATH

1. And repeat exercise #3 as for FEAR, this time working through your list of joyous fulfilling desires.   
   Look at one of your least desired want and speak it out loud. Then breathe in, a natural breath… and HOLD for the count of 4, then exhale a natural breath, focusing on the sensations you feel when you speak your wants out loud.

Work your way through the list from least joyful to that which gives you MOST deep satisfaction and fulfillment.

Notice how you feel when you say these words, for each item listed. Observe how calming and soothing it feels to breathe through and be aware of your feelings.

**CRISIS:**

1. Write down – using pen and paper – all the crises you’ve endured. List every crisis.

Start by writing “My biggest crises have been \_\_\_\_\_” and keep writing till you feel sure you have listed every crisis.

Then, begin reading the list out loud to yourself slowly, one by one. NOTICE how you feel when you speak out and identify every crisis you have experienced.

Do you notice an increase in your heart rate? Are you shaking? Is your breath catching in your chest? Are you feeling sweaty palms? Are some or all of these feelings more distinct when you speak about one of the fears over another?

If yes, write down the BIGGEST crisis of them all. If you only have faced one or two crises that’s okay.

Simply notice how you feel when you label your crises out loud.

1. Now, when noticing how speaking about these crises makes you feel, begin taking very calm, long, slow, deep breaths – breathe in, to the count of 4, 5, 6, 7… which ever number you can comfortably reach.

HOLD your breath for the count of 4… then slowly and in a controlled way, blow the air out through your mouth, to the count of 6, 7, 8, 9, or 10… forcing every last drop of air out of your lungs – with only gentle force, using your tummy/diaphragm to force the air out.

And then, let your body inhale and suck in air as it needs to.

Do this one more time, in a controlled manner, and focus ONLY ON YOUR BREATH.

1. Now, look at one of your least stressful crises and speak it out loud. Then breathe in, a natural breath in… and HOLD for the count of 4, then exhale a natural breath, focusing on the sensations you felt when your spoke your crisis out loud.   
     
   Work your way up through the list of crises from least challenging to the top three that cause you most concern, using this breathing technique, focusing on all the physical sensations you feel when you speak the words that identify and label the crisis.   
     
   Practice this breath-work daily for 10 minutes, being mindful not to overdo the breath hold or the gentle forceful exhale.

\*Discuss your health with your treating medical professional and follow the best advice.

Take your time to breathe naturally at the end to allow your body to adjust.

**CONFIDENCE:**

1. Write down – using pen and paper – all the competencies, abilities, capabilities, and positive mental states that you feel or want to feel and enjoy.

List every one of them, using the similar technique above: “I am most confident when \_\_\_\_\_\_\_\_\_\_\_\_” and don’t stop until you have listed everything, whether it be the work you do, the sport you play, the crafts you complete, the books or poetry you write, the food you make, the projects you work on, the environmental cause you support.

Whatever brings you a sense of achievement or competence, write it down. Every single thing you can think of.

Similar to your activity for FEAR, speak out loud all those activities and actions. One by one, notice how you feel.

Then write the top three COMPETENCIES and achievements.

1. Now, when noticing how speaking about how your confidence makes you feel, begin taking very calm, long, slow, deep breaths – breathe in, to the count of 4, 5, 6, 7… which ever number you can comfortably reach.

HOLD your breath for the count of 4… then slowly and in a controlled way, blow the air out through your mouth, to the count of 6, 7, 8, 9, or 10… forcing every last drop of air out of your lungs – with only gentle force, using your tummy/diaphragm to force the air out.

And then, let your body inhale and suck in air as it needs to.   
Do this one more time, in a controlled manner, and focus ONLY ON YOUR BREATH.

1. And repeat exercise #3 as for FEAR, this time working through your list of most desired competencies and abilities. Work your way through the list from least competence to that which you believe is your strongest competency and ability.

Notice how you feel when you say these words, for each item listed. Observe how calming and soothing it feels to breathe through and be aware of your feelings.

The best way to secure change in your life is to practice change-making behaviour. Undertake these tasks daily, rehearsing, breathing and practicing, for the next 30 days, consistently.

By doing so, you begin rewiring your brain, changing your neurons, and helping your brain, mind, and body to adapt to the new patterns and habits.