

**DAY 2**  
**CHAPTER 1**  
**SEASONS WORKSHEET**

**Section 1**

1. What season of Business are you in, and what are your feelings and thoughts about these stages
  - a. What word would you use to describe your season in Business? \_\_\_\_\_
2. What feelings do you contribute to your current season?
3. What season are you in regarding your relationships?
  - a. Consider the people you surround yourself with; how would you label them, and what season they fall under?
  - b. You may have Significant Others, Family, Friends, Acquaintances, Mentors, Coaches, Consultants, Doctors, Clients, Neighbors, etc.
  - c. Write them down in the corresponding season :
4. What season are you in with your kids? Whatever your season(s), choose statements for each of the following emotions that pertain to where you are now (Circle all that applies )
  - a. Not a Parent,
  - b. Empty Nesters,
  - c. Adult Children, College-Bound,
  - d. Teenagers, Pre-teens, Adolescents,
  - e. Toddlers, Infants, Caring For Elderly Parents,
  - f. Other \_\_\_\_\_
5. During your current season, write down your feelings.
6. What season are you in with yourself?
7. What do you tell yourself when you are feeling this emotion?
8. Next, ask yourself what you need right now in your seasons to grow (use your own-one word), For Example in Business: Breakthrough / Help / Customers / Patience / Education.

**DAY 2**  
**CHAPTER 1**  
**SEASONS WORKSHEET**

Your Areas are:

1. Business:
2. Relationships:
  - a. Marriage/love life
  - b. Parenting /aging adults
  - c. Friends
  - d. Co-Workers
  - e. Mentors
  - f. Coaches
3. Health:
4. Finances:
5. Personal Development/Growth:
6. Spirituality:

**DAY 2**  
**CHAPTER 1**  
**SEASONS WORKSHEET**

**NEGATIVE SELF-TALK WORKSHEET**

**Section 2**

List all the negative things you say about yourself in your head.

BrainDump:  
Yourself

1.

2.

3.

Your Environment

1.

2.

3.

How The World Works

1.

2.

3.

**DAY 2**  
**CHAPTER 1**  
**SEASONS WORKSHEET**

**POSITIVE SELF-TALK STATEMENTS WORKSHEET**

**Section 3**

Yourself

1.

2.

3.

Your Environment

1.

2.

3.

How The World Works

1.

2.

3.