

SHAPES  
by  
PAOLA LANGELLA

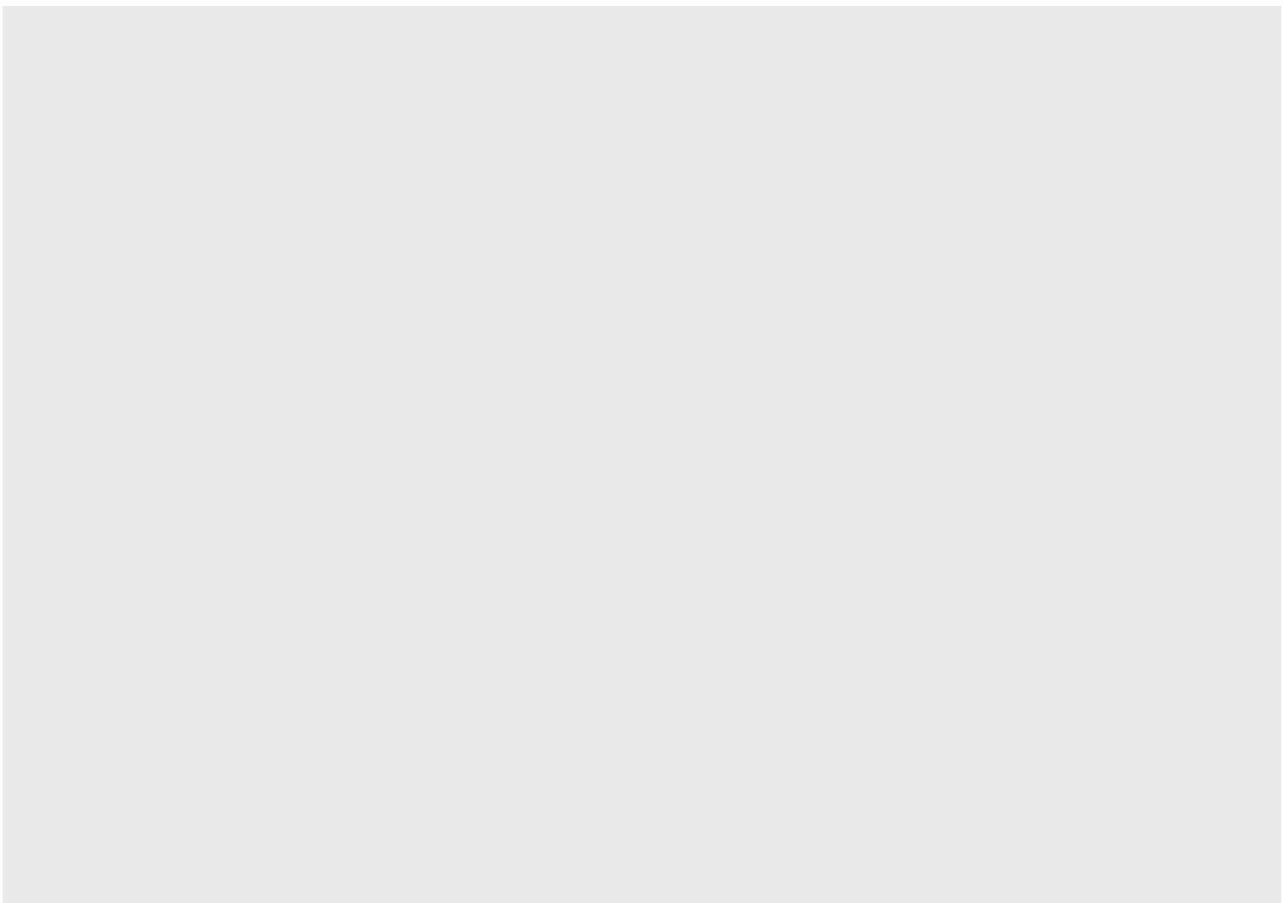


HOW TO ESTABLISH A POSITIVE AND  
POWERFUL MINDSET  
TO REWRITE YOUR STORY THIS YEAR?

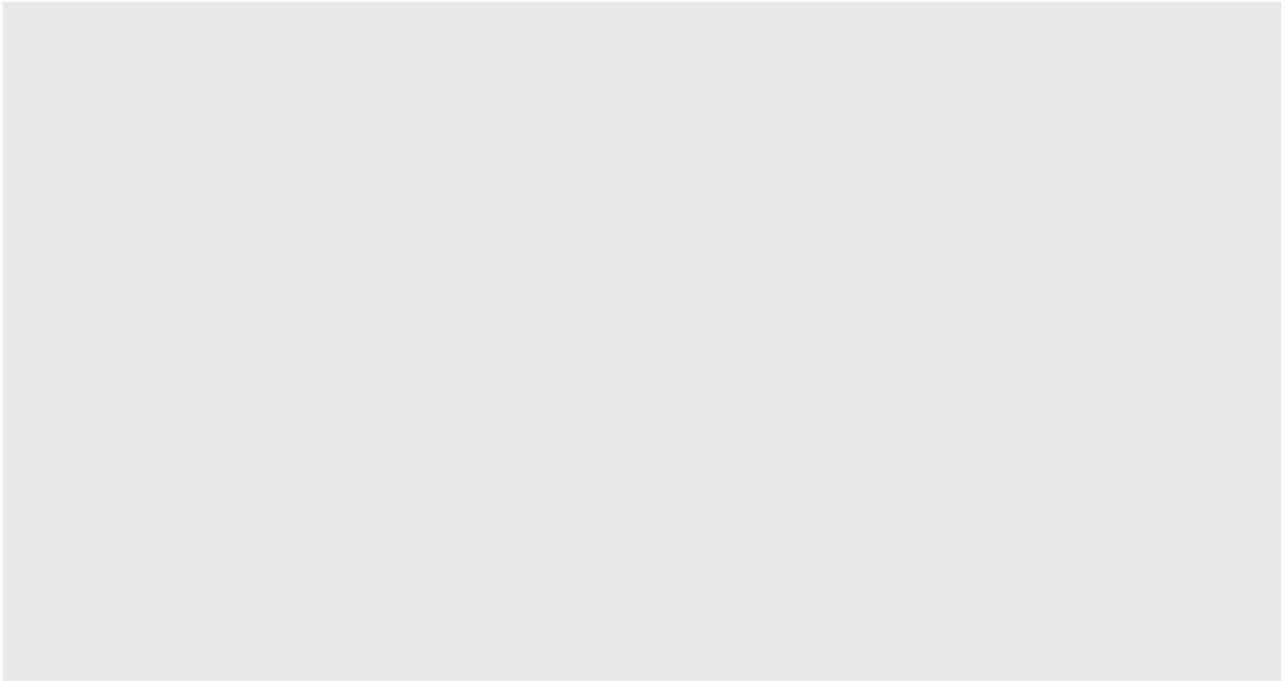
# **THE KEY TO SUCCEED AND SHIFTING OUR MINDSET TOWARDS IT, IS TO DECONSTRUCT OUR STORY.**

If you are ready to deconstruct your story, this exercise is a great place to start. Grab a pen and your journal and reply to each point below.

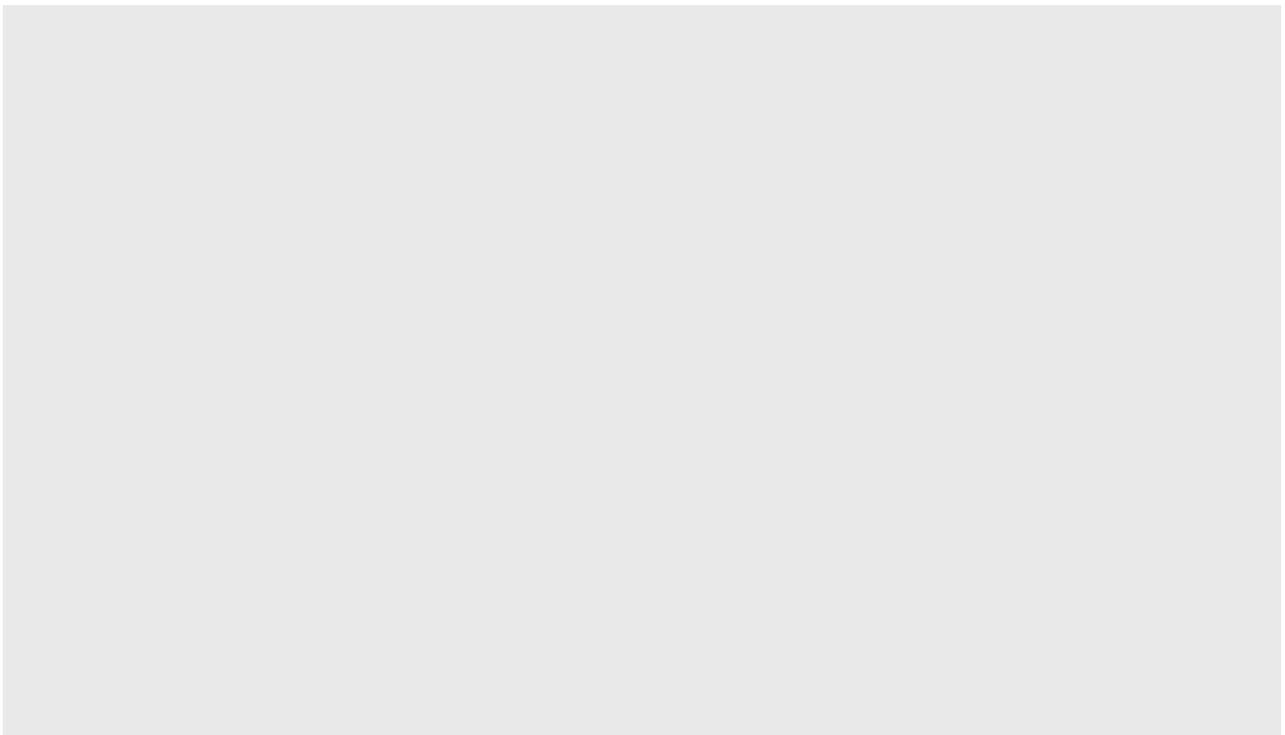
## **1) LIST THREE NEGATIVE OPINIONS YOU HOLD ABOUT YOURSELF.**



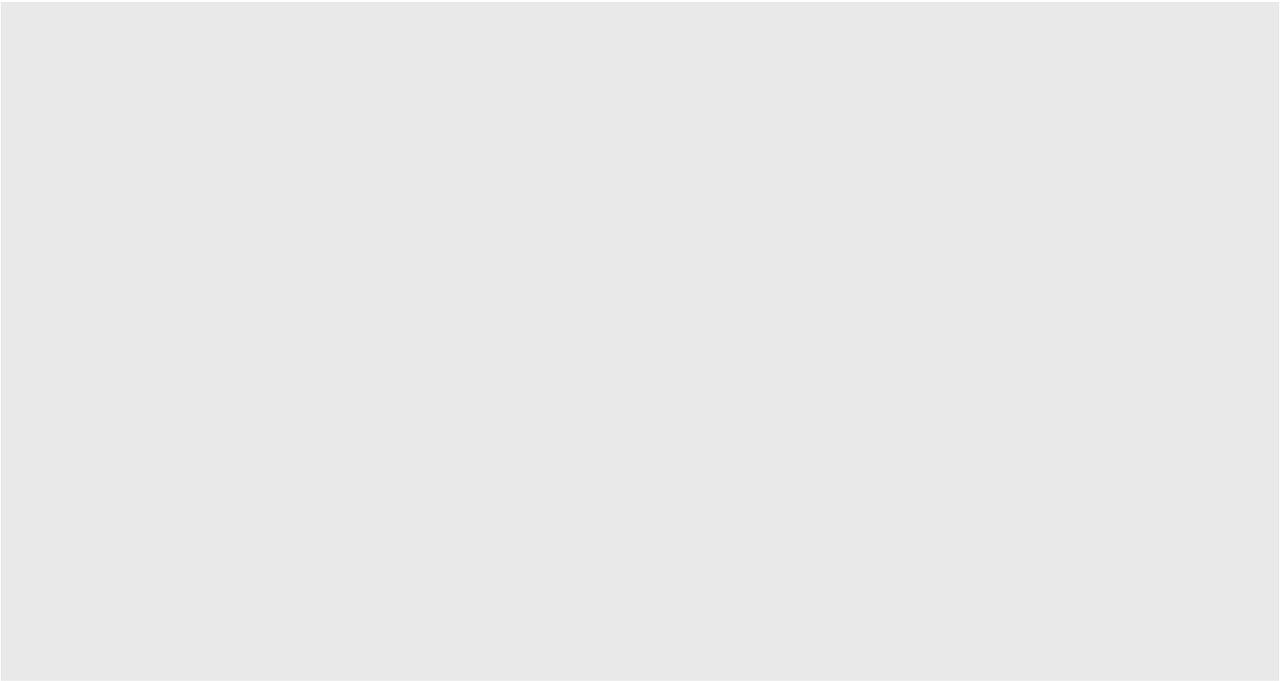
**2) WHY DO YOU HAVE THESE OPINIONS?**



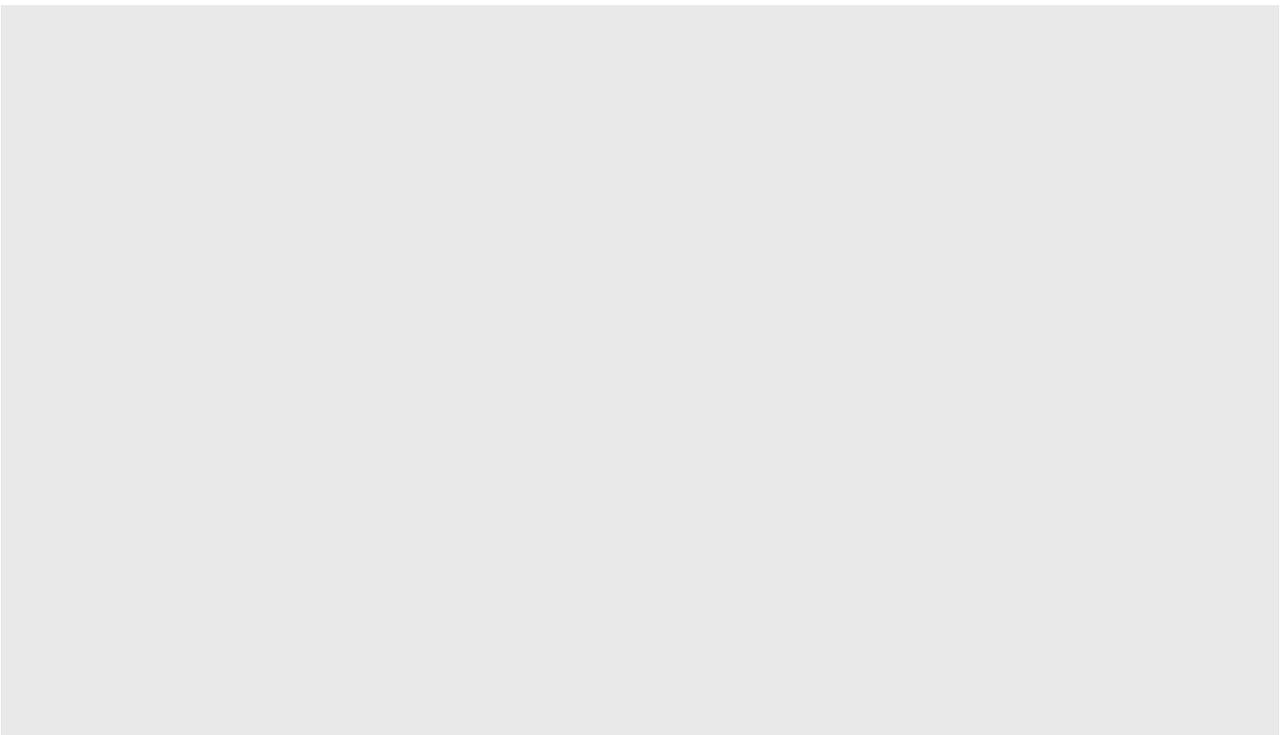
**3) IS THERE ANYONE THAT INFLUENCED THESE OPINIONS YOU HAVE ABOUT YOURSELF?**



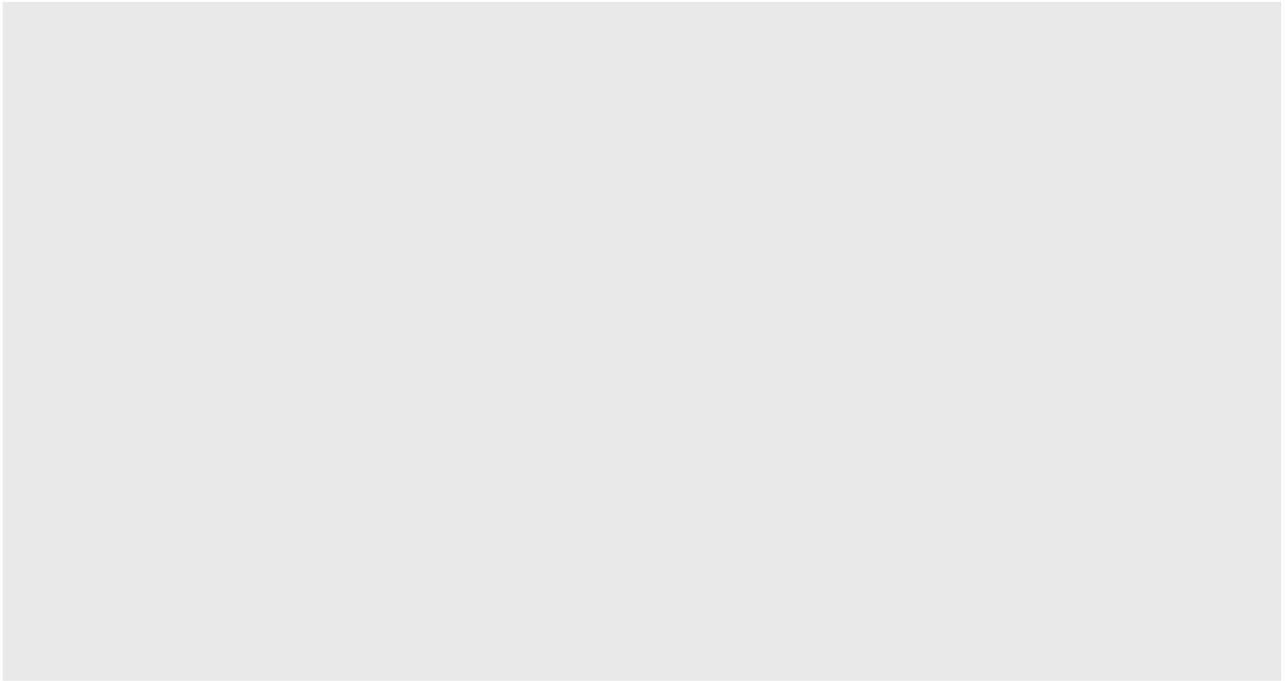
**4) WHAT'S ONE ACTION YOU CAN DO TODAY TO CHALLENGE ONE OF THESE BELIEFS?**



**5) WRITE DOWN THREE THINGS YOU MIGHT DO IF YOU DIDN'T BELIEVE THIS**



**6) WHAT CAN YOU STUDY OR LEARN TO IMPROVE IN THIS AREA?**



AFTER YOU REPLIED TO THESE QUESTIONS,  
USE A FRESH PAGE TO RE-WRITE YOUR STORY STRAIGHT AWAY.

A series of 20 horizontal dotted lines for writing, spaced evenly down the page.

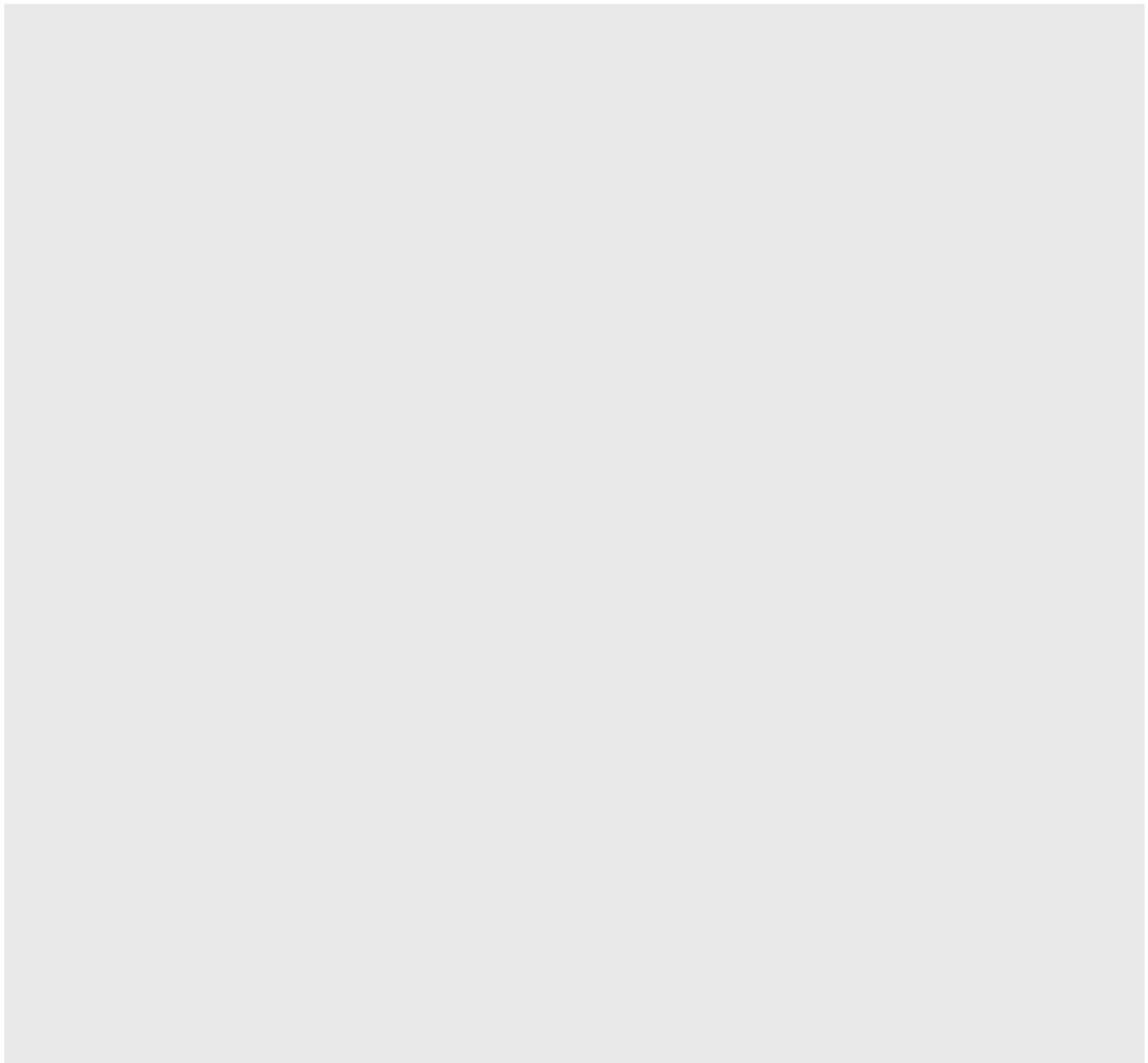
A series of 20 horizontal dotted lines for writing, spanning the width of the page.

TO HELP YOU STAY ON TRACK, FOLLOW THESE POINTS

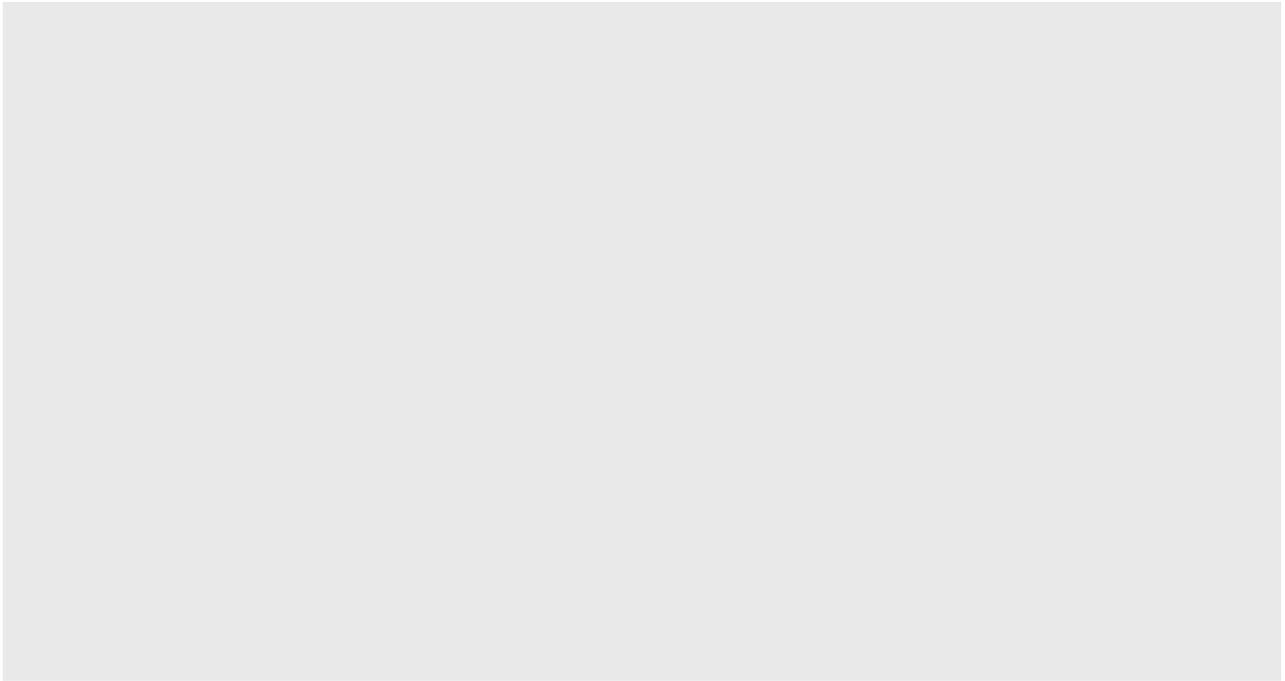
**AND WRITE AS MUCH AS YOU WANT.**

BE HONEST - NO ONE IS GOING TO READ THIS, ONLY YOU.

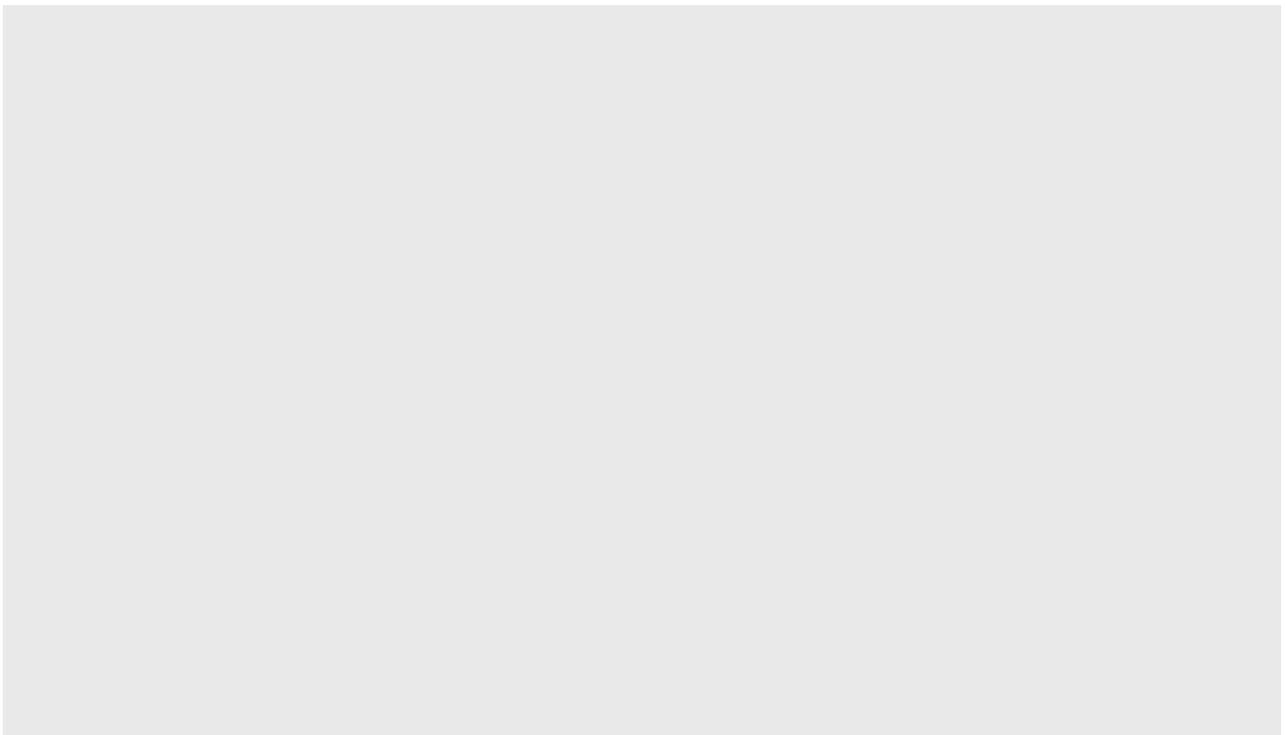
**1) HOW DO YOU WANT TO FEEL THIS YEAR? MORE CONFIDENT,  
MORE IN SHAPE, MORE ENERGETIC...?**



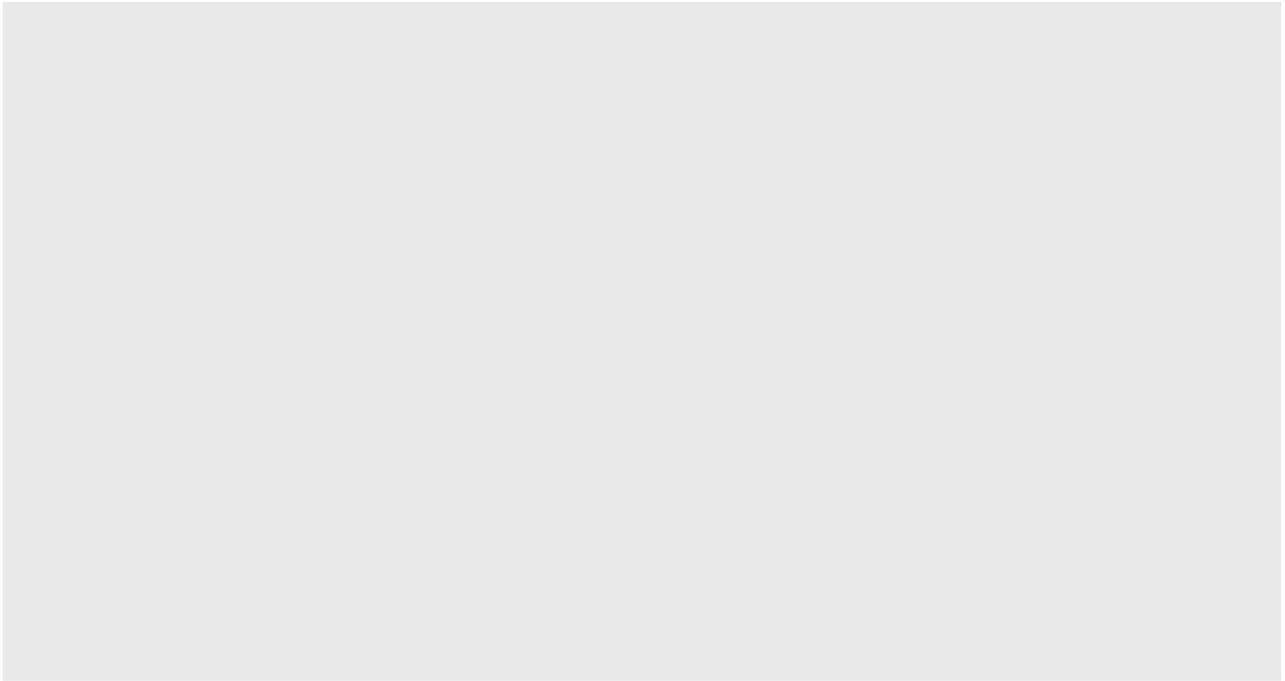
**2) SET THREE REALISTIC GOALS AND WRITE WHY YOU WANT TO ACHIEVE THEM.**



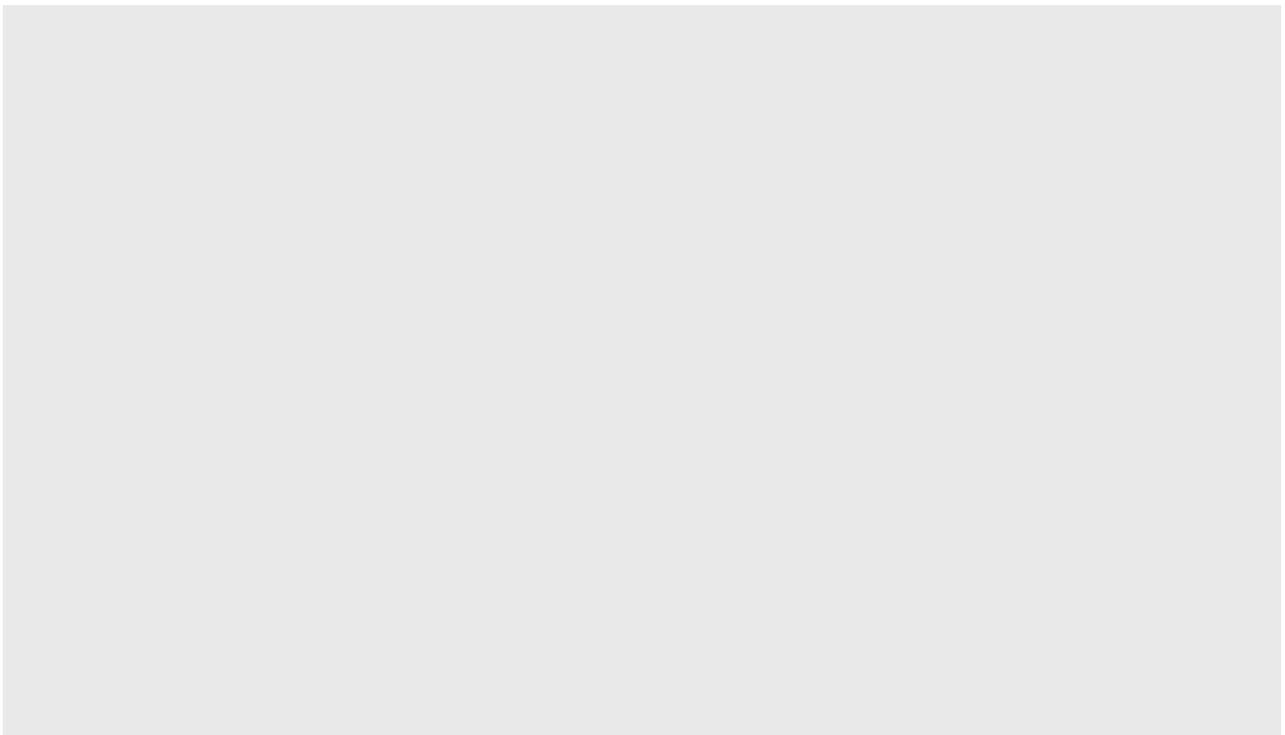
**3) WHAT ARE THE THINGS YOU WOULD LIKE TO DO IN YOUR TIME OFF?**



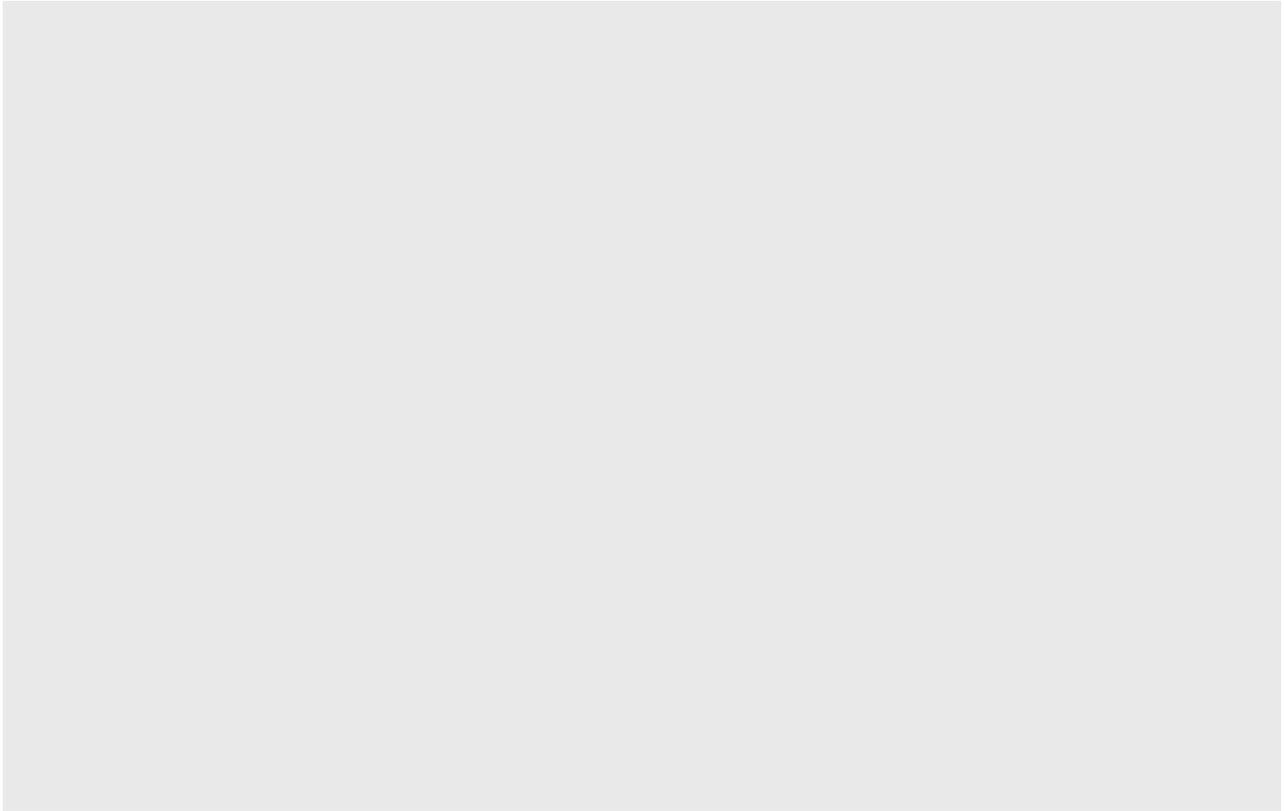
**4) WHICH KIND OF FRIENDS AND PEOPLE DO YOU WANT TO ATTRACT IN YOUR LIFE?**



**5) WRITE DOWN THREE THINGS YOU LOVE ABOUT YOURSELF AND EXPLAIN WHY YOU LOVE THOSE TRAITS.**



**6) CONCLUDE WITH THREE THINGS YOU ARE GRATEFUL FOR FROM THE PAST YEAR.**



Put this letter in a place you can access easily.

Try to read it every morning when you wake up and every evening before you go to sleep.

This will help you to believe to the new story you are telling yourself and stay focus on your goals and the person you want to be.

You will see that your reality will be shaped by your new story, and like magic, the things you want to achieve will become easier and more realistic. You need to be ready before you feel ready.

Wishing you a fantastic year ahead!

Paola xx

**“ONE SMALL POSITIVE  
THOUGHT IN THE  
MORNING CAN CHANGE  
YOUR WHOLE DAY.”**

