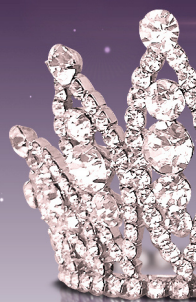


# Miss CONCEPTION

*5 Steps To Overcome Our Misconceptions  
And Achieve Our Own Crowning Moments*

# WORKBOOK



“Don't let the noise of  
others opinion's  
drown out your own  
inner voice.”

-Steve Jobs



# MISCONCEPTION #1

What are 5 things that you love about yourself even on your worst days?

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

4) \_\_\_\_\_

\_\_\_\_\_

5) \_\_\_\_\_

\_\_\_\_\_

# MISCONCEPTION #1

List all the things that bring joy to your life—  
watching a sunrise, spending time with your  
friends, spring flowers, etc.

---

---

---

\_\_\_\_\_ List  
the things that you do every day—laundry,  
make coffee, read the paper, make dinner etc.

---

---

---

\_\_\_\_\_ List  
all of the things that you do daily/weekly based  
on other people's approval—saying yes to  
things you don't have time for, posting on  
Facebook, etc.

---

---

---

---

---

---

---











“You cannot live peacefully in your body if your mind is constantly at war with yourself.”

-Lisa Moser











“Making a big change is scary, but regret is even scarier.”

-Unknown







“Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘move from here to there,’ and it will move.

Nothing will be impossible for you.”

-Matthew 17:20



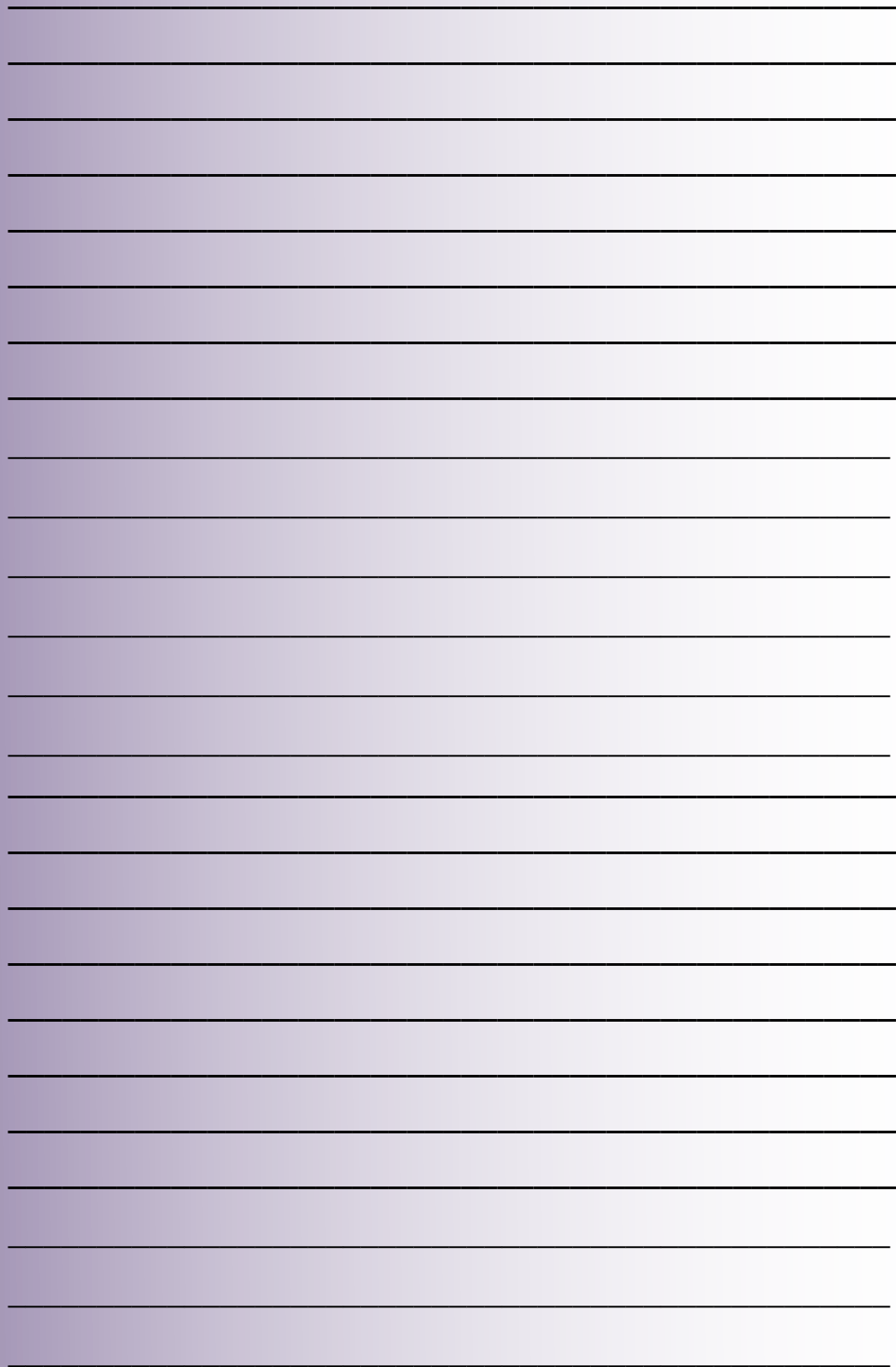


# Journal Entry

You have all you need to start your dream. Look within yourself to decide how you will get started.

- What is your end goal?
- What are the steps you will need to take to get there?
- Will you need to take classes?
- Will it require travel, money and research?
- What are some challenges you can expect to face during this journey and how can you be ready for them?

Be as proactive as you can and it will be easier to overcome those obstacles. What will be your first step? Keep reminding yourself of your dream. Take time to tell your positive squad about your dream and ask them to help hold you accountable. Be thorough in your ideas and plans.



# Creating Your Dream Board!

A dream or vision board is so important when you are planning your dreams. It is something completely specific to you.

Get a poster board, some magazines, pictures, decorating material and begin laying your goals out in front of you.

Go google Dream Board for examples. I encourage you to get a group of friends together for a fun night full of dreaming, designing, and decorating. Be sure to hang it up where you can see it everyday!



“We are what we  
repeatedly do.

Excellence, then, is not  
an act but a habit.”

-Aristotle



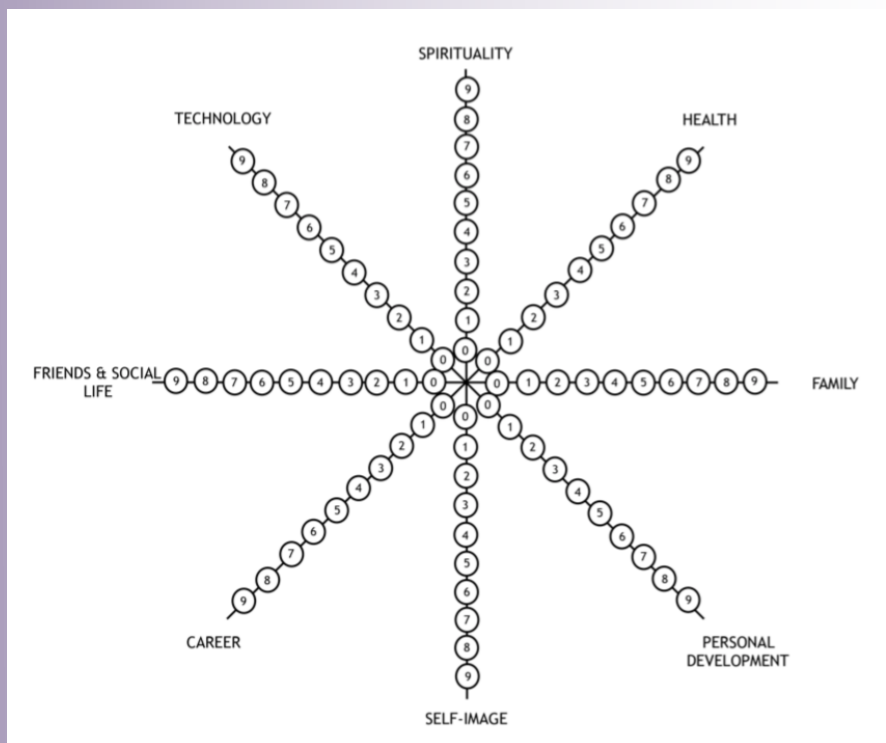
# MISCONCEPTION #5

## CHALLENGE

For the next week, practice being honest with others and with yourself. If someone asks you to do something that you cannot devote time to (or if it is simply something you do not WANT to do), do not make an excuse. Instead of saying, "I can't go to the movie tonight because (insert excuse here)," try saying "I really appreciate the offer but I would prefer to stay in tonight." Instead of saying "I don't have time," try saying "I can't make that a priority this week."

# MISCONCEPTION #5

## CHALLENGE



Take time to reflect on each area of your life. Are you completely invested in your career (9) but your physical health is taking a toll (3)? Do you spend quality time with your family but are not taking time for personal development? After reflecting on each area, look back at your wheel. Is it a circle or does it look lop-sided? Is your circle full-size or are you not investing in yourself? (complete activity instruction in the book)

# Journal Entry

After looking at your wheel, what areas are below a 6? List two ways you can improve each of those areas.

---

---

---

---

---

---

---

---

Look at your wheel and reflect and write down why certain areas are a priority.

---

---

---

---

---

---

---

---

How will you stay consistent with your health and wellbeing?

---

---

---

---

---

“Personal development is the conscious choice to improve one’s life to become a better person and grown as an individual.”

Lisa Moser