



BE-DO-HAVE WORKBOOK PART 1

**“If you don’t like who you are
then change who you are.”**

1. What were my biggest stories when I was 10 years old? What did I hear in my household?

2. Where do you keep failing in life?

3. Name three things that you want in life that are really hard for you, then look for the stories and beliefs behind that.

1.

2.

3.

4. Who am I and what is my identity?



5. How does who I am contribute or take from my business growth and life?

6. What are the five most challenging things in my life now?

- 1.
- 2.
- 3.
- 4.
- 5.

7. Name 3 ways that you think that you are in life.

- 1.
- 2.
- 3.

8. What identity would I need to create a successful business/life? Get this on paper and start operating from this identity.

9. Who would I BE, how would I FEEL and what would I DO if I ALREADY had (whatever it is that you want in life.)



10. What would you stop, start, do more of and less of if you were ALREADY this identity?

11. What sort of a person would you try/want to become?

12. What sort of personal qualities would you develop?

13. What attitude would you cultivate toward what you are working most on in life?



14. How would you talk to yourself if you were already this identity?

15. What are the patterns of my life?

16. Name three thoughts that you wish you didn't have that drag you down

1.

2.

3.



MASTER THOUGHT FORMULA

**My thoughts are an illusion. What's
real is my ability to think thoughts**

I am the thinker of my thoughts.

I move my attention to _____.

This workbook is part of the BE-DO-HAVE Training Series with Jim Fortin. A FREE video series to help you transform your life from the inside out. Click [here](#) to get access to the entire training series.

