



BONUS MASTERCLASS WORKBOOK

Dr. Neeta Bhushan

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Success doesn't come to you, you go towards it.

- T. Scott McLeod

Your Agenda

- ◆ Understand the patterns that are running your life.
- ◆ Discover the 6 powerful areas of your life for long-term growth.
- ◆ The Key Secret that most people take for granted and how to build it.
- ◆ Create a solid foundation to overcome any challenge and help conquer your negative thoughts for good!

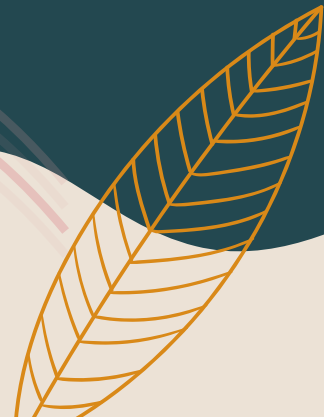
JOURNAL IT OUT...

Exercise: Check Yourself

- Spend a few minutes to self-evaluate your current situation in your life.
- How are your relationships?
- How is your overall well being?
- How connected do you feel with your purpose, with what you are creating?
- How do you feel about the direction of your business and growth?



This is your time to write out your intention.

A large rectangular area defined by a dashed brown border, intended for writing an intention. The background within this box features decorative elements: a light grey circle, a cluster of white dots of varying sizes, and a large, semi-transparent grey circle with a pink inner ring on the right side.



“If you really want to do something, you’ll find a way.
If you don’t, you’ll find an excuse.

- Jim Rohn

Exercise: My Intention

Now that you know where you are, let’s look at where you want to be. Answer these questions to set your goals for this week. You may write down your answer in the space provided or use your own journal or diary.



Is there one context, situation, or challenge that has prevented you from conquering your goals this year?



What has kept you stuck, or unmotivated?



How would you thrive if you had these resources?



Being unapologetic in what you
stand for leads to absolute clarity
in what you are chasing."

- *Dr. Neeta Bhushan Rawalkhara*



+ If you want something you never had,
you must be willing to do something you have never done.

- Thomas Jefferson

GETTING CLEAR ON YOU

Identify your assets.



Define your strengths.





Define your own shortcomings.

A large rectangular area defined by a dashed black border, intended for writing a response to the prompt above.



Identify what you enjoy spending time on.

A large rectangular area defined by a dashed black border, intended for writing a response to the prompt above.



Owning the stories of your past unlocks
the message of your future."

- Dr. Neeta Bhushan Nawalkha



Uncover your patterns:

1


2

3


Your Connection


 How do you describe your connection to yourself?


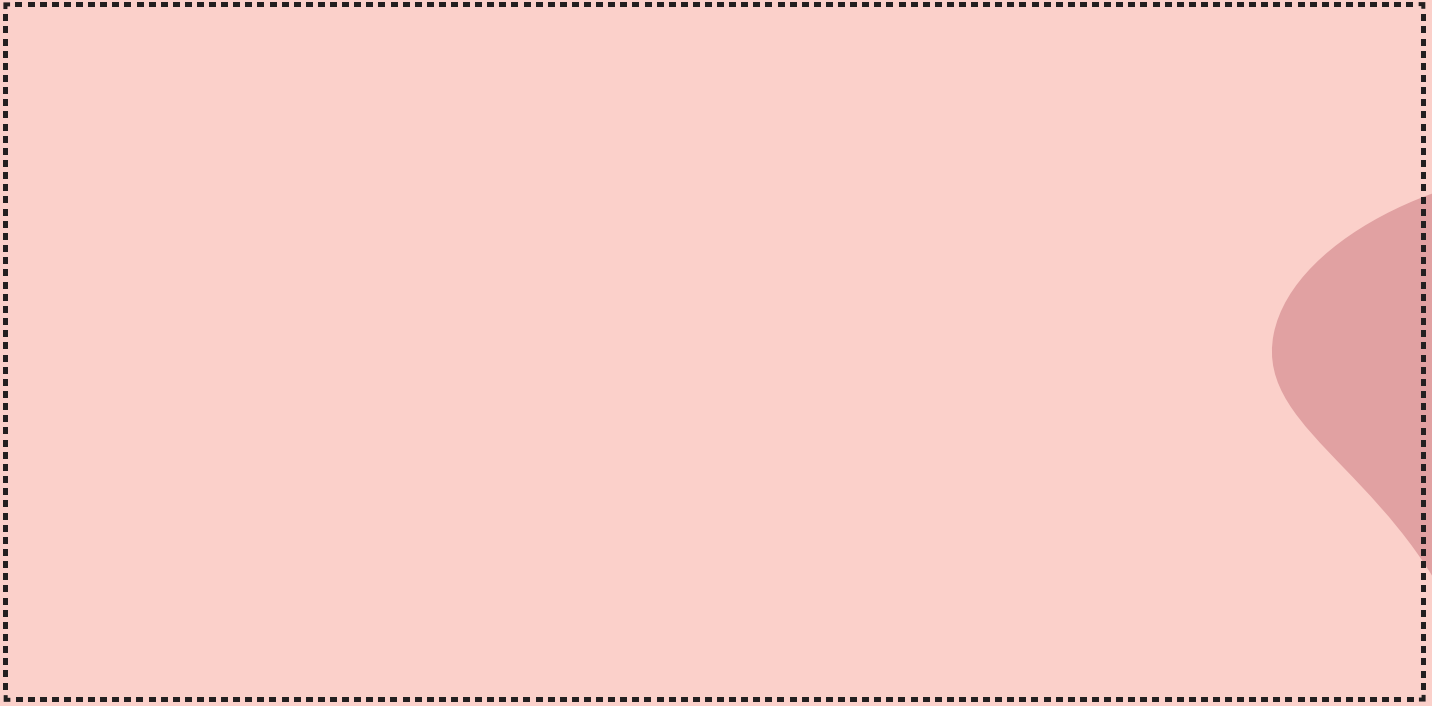


 In what ways does your inner critic come up to prevent you from taking action? (note down 2-3 instances).

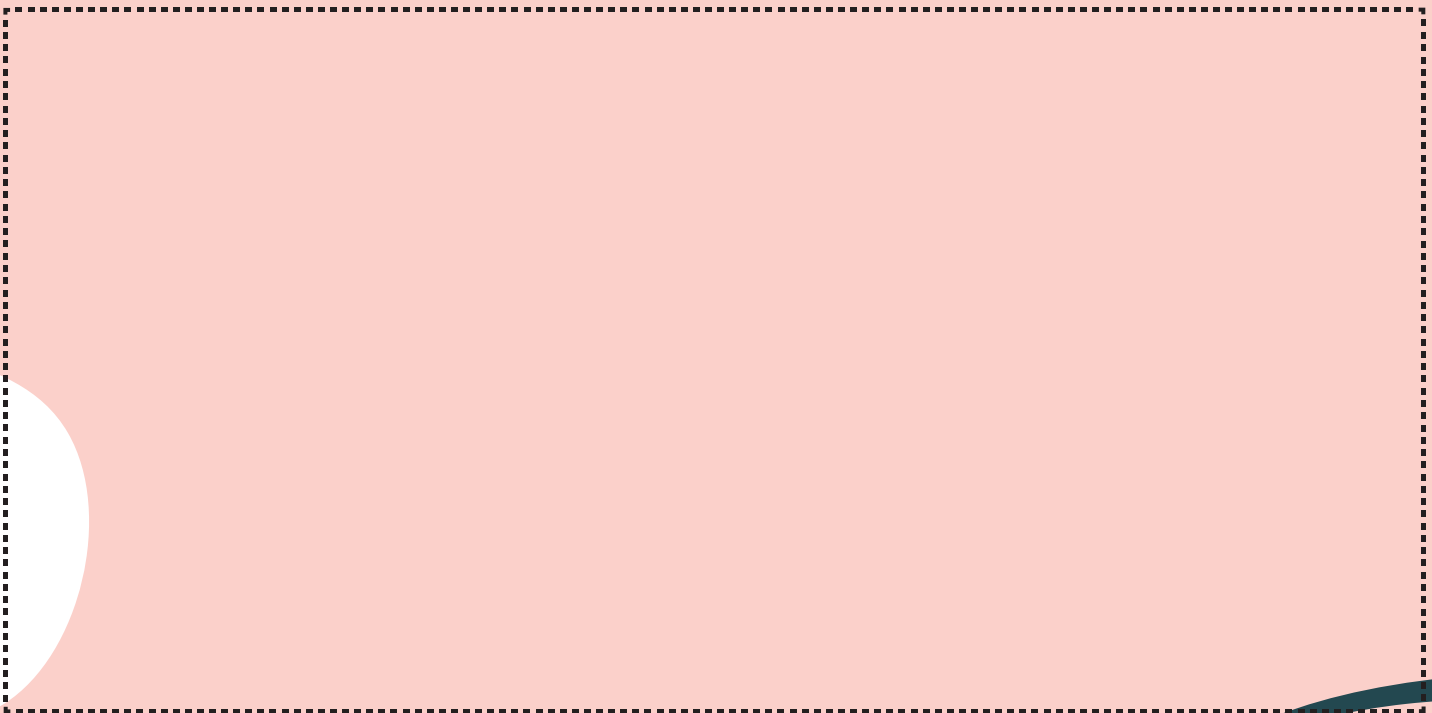




 Describe 2 situations where you have judged yourself in the past 6 months.



 What was the trigger, and how did it impact your thoughts?





It's not the load that breaks you down,
it's the way you carry it.

- Lou Holtz



List the 6 Powerful Areas of your life

1

Dashed rectangular box for writing the first powerful area of life.

2

Dashed rectangular box for writing the second powerful area of life.

3

Dashed rectangular box for writing the third powerful area of life.

4



Dashed rectangular box for writing the fourth powerful area of life.


5


Dashed rectangular box for writing the fifth powerful area of life.

6

Dashed rectangular box for writing the sixth powerful area of life.



 What is the key secret that most people take for granted?



 What areas of your life lack Boundaries?





 List as many types of boundaries as you can below

Eight horizontal dashed-line boxes for writing.



The Secret of Change is to focus all of your energy
not on fighting the old, but on building the new

- *Socrates*



3 Keys that will help take you propel forward in Action

◆ Awareness

◆ Acceptance

◆ Courage



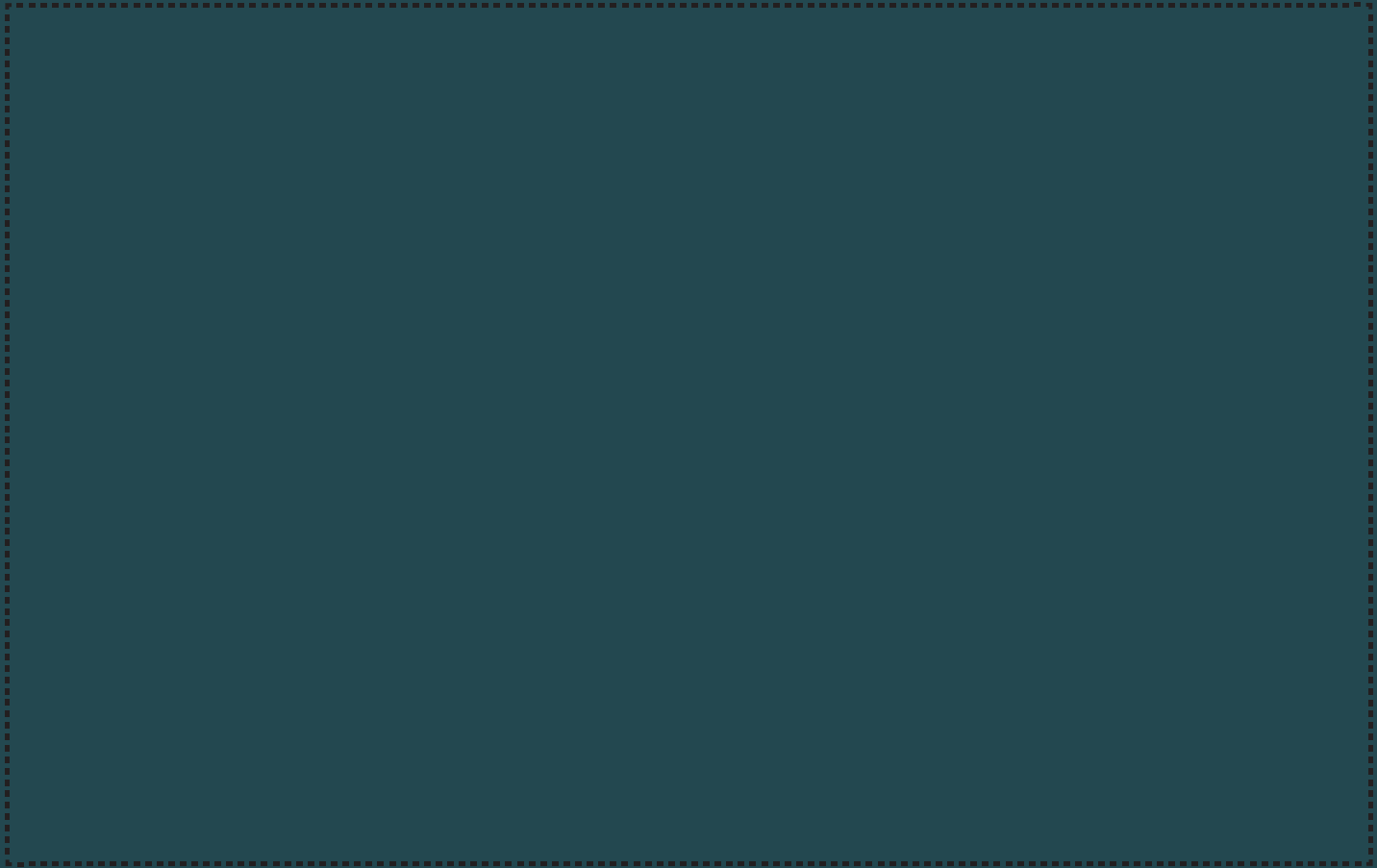
If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader.

- Dolly Parton



What are immediate steps I can take courageously for immediate action?

What are the areas of my life that need attention and healing?



I am meant to Thrive, not just survive...

I am ready to Elevate My Life

Reflections:

A large rectangular area with a dashed border, containing a spiral pattern of dashed lines for writing reflections.

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