

BETTER BELIEFS WORKBOOK

A GIFT FROM
ADHD LIFE COACH

Mande John



LEARN TO THRIVE WITH ADHD

Welcome Friends!

I just wanted to introduce myself as well as give you some tips on how you can use this booklet to your best advantage.

I am Mande John a certified Life Coach that specializes in helping people with ADHD and traits of ADHD.

This may look like problems with:

- Attention & Focus
- Planning & Organization
- Time Management & Cognitive Flexibility
- Emotional Regulation & Impulse Control

I help you get control of your life and feel good again.

As a person diagnosed with ADHD Hyperactive, I understand the joy of constant fantastic ideas and the sorrow of letting yourself down repeatedly.

Pro Tips:

- This is a fillable booklet you can type in your responses
- This booklet is made simple to save on ink.
- Another way to save is to print using grayscale
- Save paper by not printing or printing on both sides.
- Print only the pages you need.

If you have questions feel free to email me at learntothrivewithadhd@gmail.com

Let's hang out!

<https://linktr.ee/learntothrivewithadhd>

UNCOVERING BELIEFS

DATE:

1. What do you believe about your life?

2. What do you believe about yourself?

UNCOVERING BELIEFS

3. What are the lessons your parents taught you?

4. What do you believe about your dreams coming true?

UNCOVERING BELIEFS

5. What do you believe about your ability to create what you want?

6. Why do you have your current results in your life?

WHAT DO YOU WANT TO BELIEVE?

1. What are the results you most want in your life?

2. What are the beliefs that have kept you from getting these results so far?

THOUGHTS TO THINK

- You are guided
- Everything is as it should be.
- Everything happens for you.
- It was meant to happen the way it did.
- You are exactly as you should be.
- Everything happens right on time.
- The Universe doesn't make mistakes.
- You are not your mind-you are the Watcher of your mind.
- Love is always an option.
- Unconditional love is something I do for myself.
- I'm responsible for everything I think and feel.
- No one can cause an emotion inside me.
- People are allowed to behave the way they want, and we are allowed to react the way we want.
- It's not what we do-it's who we are
- There's nothing you can do that wouldn't be worthy of forgiveness.
- There is nothing wrong with you.
- You are enough.
- Nothing has gone wrong here.
- We're here to get to the work of ourselves.
- Your purpose is the life you are living now.
- You are deeply loved.
- The world longs for what you have to offer.
- There's nothing you truly want that you can't have.
- Hard work feels amazing.

THOUGHTS TO THINK

- We can do hard things.
- Familiarity is not the same as comfort.
- Suffering is sometimes familiar, but not necessary.
- Worry serves no purpose.
- Money is easy.
- There's plenty of time.
- You could do twice as much.
- Everything you do is a choice.
- Your past is perfect.
- There's nothing they can do to make you happy- that's your job.
- What you do doesn't make you happy - what you think does.
- You don't have fun, you are fun.
- What you look for, you will find.
- What others think of me is about them, not me (good and bad).
- Trying to set someone to love you to feel love is like trying to get someone to eat for you to feel full.

Would You Like More Info On Beliefs?

I Made a Free Video: <https://youtu.be/UkJVo5rRmpl>