

**LISA CORDUFF**

# **FEEL GOOD NOW WORKBOOK**



# Welcome TO THE CHALLENGE!

Congratulations on giving yourself this gift - it shows that you're ready for life to feel better and I promise that practical ideas and mindset shifts (along with a stack of inspiration) are coming your way.

We want you feeling good - quickly - but that's going to require you committing to the process. Saying yes is one thing, getting the result requires doing the work!

I'll do my part by making it fun and easy to consume all the goodness coming your way. You follow the process and we'll make magic. Promise.

Your first task is to take a snapshot of where you are right now. Don't overthink your responses - they don't have to be perfect. The rest of the Workbook is to be completed as we move through the Challenge, after you watch each video.

I don't take your participation for granted and am super glad you're here.

Let's go!



# PRE-CHALLENGE HOMEWORK

**The last time I felt good was when I:**

**The reason I felt great was because:**

**What I think needs to change in my life in order for me to feel good is:**

**The % of time I spend making others happy and fulfilling obligations throughout my day is:**

0-25%                      25-50%                      50-75%                      75-100%

**The % of time I spend making myself happy is:**

0-25%                      25-50%                      50-75%                      75-100%

**My #1 barrier to more happiness is:**

# VIDEO ONE

**What I have accepted unconsciously:**

**Three reasons I deserve to feel good more often:**

- 1.
- 2.
- 3.

**Life is a constant series of  
and change is only possible**

**What I learnt most in this training that surprised me:**

**MY BIG WHY**



# VIDEO TWO

## MY POT OF GOLD IDEAS

**If I found this hard to do it could be because:**

**My Top Ten Feel Good choices:**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**

**What I will try tomorrow:**

- 1.
- 2.
- 3.

**The brain-based reason I need to start small:**

**WHEN I THINK ABOUT FOCUSING ON FEELING GOOD  
THE FIRST THOUGHTS ABOUT WHY I CAN'T ARE:  
(don't hold back and don't attempt to be reasonable here!)**

**Extra notes:**

# VIDEO THREE

>> Let's embed your Feel Good habits!

**Why New Year's Resolutions fail:**

**What has my mum got to do with the homework from Video Two?**

**The best way to not freak my brain out is:**

**My FEEL GOOD PLAN on a practical level**

**HOMEWORK: Action at least two of the steps in your plan!**

In the next video we look at turbo charging your level of Feel Good and you'll learn what it will take!

# VIDEO FOUR

**How I'm feeling today:**

**Where has my attention been this week and why does it matter?**

**What story am I now telling myself about feeling good?**

**To create change at an identity level requires understanding my:**

**When I do that it's possible to:**

**The most fascinating thing I learnt about the subconscious:**



**I AM READY...**

**Extra notes:**

# ABOUT LISA CORDUFF



Lisa Corduff helps women upgrade their mindset, get unstuck, and change the stuff that's not working in their life.

A solo mum of 3, she's all about skipping straight to the hacks and techniques that actually work, while avoiding the perfectionism and overwhelm that can so easily keep us trapped.

Check out her [website](#) and [podcast](#), or come say hello on [Instagram](#) and [Facebook](#) for more.