

## Say It Like You Mean It Workbook

*This workbook in electronic form is available free at [thetastormpress.com](http://thetastormpress.com)*

You have read the book Say It Like You Mean It, at least I hope you have. If not, head over to [thetastormpress.com](http://thetastormpress.com) and order it, or else go to Amazon and buy it. It is worth your time and energy to learn how to use affirmations and declarations to help you transform your life for the better.

This workbook is designed to help you easily implement the ideas suggested in the book. I have divided this workbook by chapter, based on chapters in the original book. This is why the chapter numbering skips around.

### **Chapter 3**

#### Free Will Exercise

In the space below write statements that affirm that you have free will. The point is for *you* to affirm this reality. Say the statements after you write them. Say them loudly and confidently. Mean them! Examples: "I have free will!" "I am in charge of my life!"

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#### Frames Exercise 1

Our "frames" are our way of seeing and interpreting the world. We all have them and often we may be unaware of them. We will do more frame-related exercises later. For this exercise, list 5 strong and/or influential memories you have from your time as a child or adolescent. Below each memory, list

something this experience may have taught you about some aspect of reality (money, happiness, weight, etc), and how this event may have shaped your frames.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Chapter 4

These exercises will help you determine your goals and aspirations in 7 major categories of life. Each category is an exercise in itself. Your first thought may be "I don't have health goals," or "I am not a spiritual person, so I can skip the spiritual goals." I highly recommend doing every exercise.

Health Goals Exercise:

Big: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Bigger: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Fricking Huge: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What Is My Current View About Health? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What is Preventing Me From being Healthy Now? \_\_\_\_\_

\_\_\_\_\_

What obstacles could stop me from reaching these goals? \_\_\_\_\_  
\_\_\_\_\_

How will I address these concerns? \_\_\_\_\_  
\_\_\_\_\_

Financial Goals Exercise:

Big: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Bigger: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fricking Huge: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What Is My Current View About Health? \_\_\_\_\_  
\_\_\_\_\_

What is Preventing Me From being Healthy Now? \_\_\_\_\_  
\_\_\_\_\_

What obstacles could stop me from reaching these goals? \_\_\_\_\_  
\_\_\_\_\_

How will I address these concerns? \_\_\_\_\_

\_\_\_\_\_

Career Goals Exercise:

Big: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Bigger: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fricking Huge: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What Is My Current View About Health? \_\_\_\_\_

\_\_\_\_\_

What is Preventing Me From being Healthy Now? \_\_\_\_\_

\_\_\_\_\_

What obstacles could stop me from reaching these goals? \_\_\_\_\_

\_\_\_\_\_

How will I address these concerns? \_\_\_\_\_

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Family Goals Exercise:

Big: \_\_\_\_\_

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Bigger: \_\_\_\_\_

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Fricking Huge: \_\_\_\_\_

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What Is My Current View About Health? \_\_\_\_\_

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What is Preventing Me From being Healthy Now? \_\_\_\_\_

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What obstacles could stop me from reaching these goals? \_\_\_\_\_

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How will I address these concerns? \_\_\_\_\_

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Emotional Goals Exercise:

Big: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Bigger: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fricking Huge: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What Is My Current View About Health? \_\_\_\_\_

\_\_\_\_\_

What is Preventing Me From being Healthy Now? \_\_\_\_\_

\_\_\_\_\_

What obstacles could stop me from reaching these goals? \_\_\_\_\_

\_\_\_\_\_

How will I address these concerns? \_\_\_\_\_

\_\_\_\_\_

Spiritual Goals Exercise:

Big: \_\_\_\_\_

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Bigger: \_\_\_\_\_

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Fricking Huge: \_\_\_\_\_

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What Is My Current View About Health? \_\_\_\_\_

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What is Preventing Me From being Healthy Now? \_\_\_\_\_

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What obstacles could stop me from reaching these goals? \_\_\_\_\_

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How will I address these concerns? \_\_\_\_\_

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Social Goals Exercise:

Big: \_\_\_\_\_

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Bigger: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fricking Huge: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What Is My Current View About Health? \_\_\_\_\_

\_\_\_\_\_

What is Preventing Me From being Healthy Now? \_\_\_\_\_

\_\_\_\_\_

What obstacles could stop me from reaching these goals? \_\_\_\_\_

\_\_\_\_\_

How will I address these concerns? \_\_\_\_\_

\_\_\_\_\_

## **Chapter 5**

### Write Your Affirmations Exercise

Below is space for 7 affirmations. Write them using the tips suggested in chapter 5 of the book.

I suggest typing them into a Word Processing document, but you may write some basic affirmations here.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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6. \_\_\_\_\_

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7. \_\_\_\_\_

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## **Chapter 6**

### Declarations Exercise

Write out basic declarations in the space below. You will want to place these in a Word Processing file, but this is a good place for basic, initial declarations.

1. \_\_\_\_\_

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2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

## **Chapter 7**

### Gratitude Exercise

In the book, I mention that gratitude allows you to become more detached and rid yourself of emotions that may stop you from achieving your goals. One way to do this is to replace "I hate..." language with "I am grateful for...because..." language. For this exercise, list four people, places, things, or situations that you "hate." Fill this in the first blank with this item. Then, section below, re-write what you "hate," only now, place it after "I am grateful for." Finally, list a reason why you are grateful for the thing that you initially "hated."

1. I hate \_\_\_\_\_

I am grateful for \_\_\_\_\_ because

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2. I hate \_\_\_\_\_

I am grateful for \_\_\_\_\_ because

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3. I hate \_\_\_\_\_

I am grateful for \_\_\_\_\_ because

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4. I hate \_\_\_\_\_

I am grateful for \_\_\_\_\_ because

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