

DO IT YOURSELF

HOW TO MAKE CHANGES THAT LAST,
AND GET YOU EXCITED ABOUT LIFE AGAIN



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INTRODUCTION

"Do it Yourself" is a three-part training programme that helps you find the strength and courage to make life changes without waiting for a hero to save you, or for life to change itself.

This training teaches us how to reflect, reset and re-focus our attitudes and how to change the way we approach the world.

We learn that lasting, positive change is always within our reach should we be able to understand where we want to go, commit ourselves to action and take responsibility for making something new happen.



What is the secret to my success?

The secret is that one day, I decided that I wouldn't wait for life or people to change anymore, that I would choose to make change happen myself.

Because the only way to guarantee something happening is to do it yourself.

-MARSHA

SESSION 1: "WHERE WOULD YOU LIKE TO GO" WORKSHEET

THOUGHT STARTERS

- **QUESTION 1:** Who taught me to be the person I am today? (Culture, Parents, Society, Peers, School etc.)

- **QUESTION 2:** Imagine your life with no restrictions. Where you like to go? Who would you like to be? What would you like to do? Who would you like to do it with?

EXERCISE:

What do I like about the person I am today and what would I like to change?

Use the table to list 5 of your personal strengths and 5 of your personal weaknesses?

STRENGTHS

WEAKNESSES

NOTES

SESSION 2: "HOW WILL IT ALL WORK OUT"? WORKSHEET

THOUGHT STARTERS

- **QUESTION 1:** When life gets tough, do you seek out the opportunities in your challenges or do you complain? Is there always an opportunity? How can you turn your challenge into an opportunity?

- **QUESTION 2:** If you didn't have fear, or limiting beliefs that come from it, what would you take the risk to try doing with your life?

EXERCISE:

Write down your last 3 big life challenges. Write down how you made it through (with a positive storytelling style) and write down what the whole experience taught you

CHALLENGE 1: _____

CHALLENGE 2: _____

CHALLENGE 3: _____

SESSION 3: "COMMITMENT" WORKSHEET

THOUGHT STARTERS

- **QUESTION 1:** Who or what do you blame for your life not working out the way you want it to?

- **QUESTION 2:** Pretend you are a detective and examine yourself. What habits do you have? What behaviours or activities do you do every single day? What things do you do on autopilot or by default?

EXERCISE:

Commitment to a new habit can help make change happen over time. Write down 1 thing that you would like to change in your life. Write down 3 new habits that you could develop to support the change you would like to make.

ONE THING I WOULD LIKE TO CHANGE IN MY LIFE:

3 NEW HABITS TO SUPPORT THIS CHANGE
