

3 Secrets to **Feel Better**
in an Unhappy Marriage



MINDI BURKE

LIFE COACH

Your marriage is no longer the safe, loving, and passionate place it used to be. In fact, you may be downright miserable. I get it. I was there too, which is why I feel so strongly about making sure you have the tools I didn't have – so you can feel better. And the best part is that no one else has to change for you to feel relief. I know, right now, that may be hard to believe because you've been thinking the only way for you to be happy is for your spouse to change or for you to leave. I assure you: It's. Just. Not. True.

So, over the next few days, we're going to go on a journey together. I'm going to share some things that may surprise you...and maybe some things that don't. I'm going to ask you some questions that I highly encourage you to take the time to answer. We're not in a hurry. Take your time and come back to this workbook as many times as it takes. The result will be a deeper level of understanding about yourself, what's causing your unhappiness, and how to solve it. It will be well worth your time and efforts. Deal?

Why Are You Here?

Today, we're going to talk about secret #1. But before we jump into that, I'm going to ask you to tell me all about what's going on in your marriage that has you looking for help. I've given you lots of space to write, but if you need more, just get more paper and keep going. Tell me every little detail. This is a no judgment zone. No one else ever needs to know what you think. Sometimes, just seeing it on paper and getting it out of your system can bring relief. I invite you to write until it feels like you have nothing left to say.

Excellent. Now, I want you to read back through everything you've written and give me a one-word emotion that describes how you feel about this marriage. (If you're having a hard time coming up with one that fits, I've provided a list of common emotions on page 9.)

And, if you could sum up why you feel that way in one sentence, what would that sentence be?

Are You Willing to Wiggle?

Let's pause for just a moment because I want to acknowledge how true everything you've shared feels for you. I know you've collected a lot of evidence over the years to prove these thoughts true. It feels very real. And I'm not going to attempt to take anything away from you or convince you that you should believe something else. You get to believe whatever you want.

And yet, I am going to ask you to allow just a sliver of possibility that *maybe* what you believe isn't 100% true. If you can just allow 5% of wiggle room, that will really help you as we continue forward. I'm not asking you to swing the door wide open. Just crack it a little to allow us to peek inside. Again, no one needs to know you're peeking. We're doing all of this in a completely safe space. Okay?

The Facts

Let's talk about how we define "facts."

Facts are the things that all 7.5 billion people on the planet would agree with. There are no judgments, opinions, or feelings involved in facts. They are objective, not subjective.

Keep in mind, there are some things *most* people would agree with such as "Murder is wrong." but there are people in the world who *do* commit murder and have no problem with it, so that is not a fact. It is a widely held opinion.

I'd like to invite you now to go back through everything you wrote about your marriage and pick out all the facts. And, let's remember, your spouse is one of those 7.5 billion people who has to agree for it to be a fact. You can include the specific words they said, but not *why* he or she said it, because there is no

definitive way for you or anyone else to know why. (Let me give you an example: Your spouse may tell you "I don't love you anymore." and he or she may even believe it. But it may also be true that the words were spoken out of anger, jealousy, hurt, or even in an attempt to protect you. The words that he or she said are a fact. The meaning behind the words is not.)

Okay, are you ready? Go ahead and tell me all the facts:

We're almost done. I want you to read back through everything you've shared in just the facts above and, if this is *all you knew* about the marriage of an acquaintance, what would you think about his or her relationship?

Give me a one-word emotion to tell me how you would feel about that relationship: _____

Secret #1: Come Back to the Facts

There are the facts about what we experience and then there is what our brains makes those facts mean. They are **two different things**. Facts tend to feel more neutral – much less emotional. The stories we tell ourselves about those facts can be very painful. And we all have stories.

Our brains look for danger so they can save us from a horrible, saber-toothed tiger death. And because they look for it....they find it. They relate current experiences to past events. They label the unknown as dangerous. They turn fear into fight, flight, or freeze so we can survive. They're trying to be helpful....even though it doesn't feel that way.

You're not broken. It's not that you just can't handle life. You're actually quite normal.

The first step to relieving the painful emotions of your marriage is to return to the facts. Allow them to be your starting point. Recognize your stories for what they are: stories. Stories that are causing you pain and suffering. And no matter how much they feel like the news, they are simply made up by your brain. The minute you accept that as truth, you become free.....because you can't change the facts, but you *can* change the stories.

You see, up until now, you've believed there is nothing you can do about the way you feel because how you feel is caused by what your spouse said or did. But if you examine the actual facts, that's not true. The pain you're experiencing only comes into play when you create meaning about those facts – in other words, tell yourself stories.

So, you remember that 5% wiggle room I asked you to consider earlier? Let's play with this concept a little bit. Are you up for it?

Play With It

I want you to pick one fact from the list you created above. Just one. Write it again here so when you come back later you will remember which fact you chose to play with:

Now, ask your brain to come up with as many different stories about that fact possible. I want you to think of ALL the different perspectives you've never considered before. Let your mind present all sides.

If it's helpful, imagine yourself sitting at your dining room table with 5 other chairs around it. In those chairs sit your trusted advisors: a mentor or coach, a religious leader, your best friend, a parent, a respected colleague, a personal growth guru such as Tony Robbins, Jack Canfield, or Brene Brown. It may even be helpful to give your spouse a seat at this table. You decide.

In the middle of the table, written on a piece of paper big enough for all to see is the fact you've chosen. How would each of your advisors interpret this fact? What would be their stories? Write down all the possibilities here:

1. _____

2. _____

3. _____

4. _____

5. _____

These, among many others, are your options to choose from. You get to choose any one of them. Choose wisely. There's no one who can tell you you're wrong. You're making up the stories anyway. You might as well choose the ones that feel better.

Perception & Curiosity

All we're doing here is practicing the art of perception. We all get tunnel vision because of our stories. Learning to see things from new, different, and varying perspectives allows us to get curious. Why do you think, feel, and act the way you do? Why does your spouse think, feel, and act the way he or she does? What if there is no right or wrong? Or, even more interesting, what if you're both right....and both wrong? Allow yourself to really play with it.

Tomorrow, we're going to talk about secret #2. You should receive it in your email around the same time as when you received this one today. If not, reach out to us at Contact@BeliefActionResults.com.

Until then, practice coming back to the facts, being curious, and trying on new stories.

I'll see you then!

Mindi Burke



If you're ready to accelerate the process of feeling better, you don't need to wait! Working with me one on one through weekly calls will get you faster, more impactful, and more permanent results. After just four coaching sessions, one of my clients recently told me "This has helped me more than I even imagined." And that's just FOUR sessions! Just imagine how good you'll feel after 6 months of working together! The best part is that, because it will be just you and me, everything we do together will be personalized for you - to help you get what you need most.

- Want to not get so worked up about that thing your spouse keeps doing – even after you've asked them not to?
- Want to feel less guilty, frustrated, or resentful?
- Want to reclaim your individual identity – doing the things you love to do rather than giving everything you have to everyone else?
- Want to feel more confident in your ability to make decisions that will support you and your loved ones?
- Want to stop feeling like a door mat?

All this and more....I've got you covered.

Check out my website for more information here: <https://beliefactionresults.com/ws>

Or schedule a free call with me to ensure working together feels like a good fit here:

<https://beliefactionresults.com/consult>

Emotions List

Fearful	Sad	Angry	Indifferent	Confused	Proud	Optimistic	Happy	Peaceful
Anxious	Abandoned	Abrasive	Apathetic	Appalled	Arrogant	Adventurous	Appreciative	Abundant
Cautious	Accused	Aggressive	Bored	Astonished	Boastful	Assured	Considerate	Aware
Cowardice	Ashamed	Annoyed	Complacent	Awed	Celebrated	Certain	Content	Balanced
Defensive	Betrayed	Bitter	Defeated	Baffled	Clever	Clear	Delighted	Calm
Desperate	Depressed	Defiant	Distant	Bewildered	Conceited	Committed	Elated	Centered
Doubtful	Disappointed	Demanding	Drained	Chaotic	Disapproving	Competent	Empathetic	Clean
Dread	Discouraged	Disgusted	Forgetful	Discombobulated	Driven	Confident	Energized	Compassionate
Embarrassed	Grief	Enraged	Hardened	Disillusioned	Envious	Courageous	Excited	Complete
Hesitant	Guilty	Frustrated	Inattentive	Disorganized	Greedy	Curious	Friendly	Faithful
Insecure	Heartbroken	Furious	Indecisive	Disoriented	Honored	Daring	Gentle	Free
Irrational	Hopeless	Impatient	Indifferent	Distracted	Hungry	Decisive	Giving	Fulfilled
Nervous	Hurt	Irate	Invisible	Dumbfounded	Impatient	Focused	Gracious	Grateful
Panicked	Ignored	Irritated	Lazy	Foggy	Obsessed	Hopeful	Inspired	Loving
Paranoid	Inadequate	Jealous	Lost	Overwhelmed	Opinionated	Independent	Joyful	Pure
Skeptical	Inferior	Judgmental	Neutral	Perplexed	Pleased	Invincible	Open	Secure
Stressed	Isolated	Livid	Numb	Puzzled	Possessive	Motivated	Passionate	Serene
Stuck	Lonely	Outraged	Powerless	Shocked	Pushy	Purposeful	Playful	Still
Suspicious	Lost	Rebellious	Resigned	Startled	Respected	Receptive	Positive	Tranquil
Terrified	Rejected	Resentful	Shocked	Stuck	Satisfied	Resilient	Radiant	Trusting
Threatened	Unloved	Resistant	Tired	Surprised	Selfish	Resourceful	Receptive	Unlimited
Vulnerable	Unworthy	Spiteful	Unfeeling	Unbalanced	Stubborn	Strong	Tender	Valuable
Worried	Victimized	Vengeful	Withdrawn	Uncertain	Successful	Willing	Understanding	Whole

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Day 2



MINDI BURKE
LIFE COACH

Hey there, my friend! How are you doin'? I hope you're having some success recognizing the facts vs. your stories and practicing new ways of perceiving what's going on in your life. And, just know that your brain is going to keep offering the same old thoughts – the same old feelings. Nothing has gone wrong if you find yourself reacting in the ways you always have. Just like riding a bike or learning a new language, what you're practicing may take some time, so give yourself a little grace.

At first, you may not even notice your response until whatever happens is over and done. That's okay! The more you practice, the easier it will be to sort out facts from story in the moment and then eventually, you'll be able to respond with intention.

Okay! Are you ready to get started today?

Let's talk about how you have arrived here, looking for help to feel better within your marriage. At one point, your relationship was a joyful coming together.....otherwise, you wouldn't have said "I do", right? So, what happened? In the space below, I'd like you to share with me what has changed between when you walked down the aisle vs. the relationship you have now. What's different about your spouse? What's different about you? What's different about the ways you relate to one another?

Becoming Fix-It Felix

Somewhere along the way, it's likely you began to notice these shifts and, I'm assuming you've done some things to try to get back to that loving relationship you had in the beginning. (Unless requesting this series of secrets has been your first ever attempt at "fixing" things, in which case I'd like to congratulate you for being honest with yourself about how you feel and being prepared to do something proactive about it! Kudos!)

Perhaps you started out with simple things like leaving little hints to your spouse about what irritates you or what you feel is missing from your relationship. As time goes on, your hints may have become a little (or a lot) more direct and "desperate." I use that word not because YOU are desperate, but because the situation has become progressively more dire in how it feels.

I'd like to give you the opportunity to record those things you've tried in order to improve your marriage. It could be anything from slipping a love note into his lunch to going to therapy and everything in between. Go ahead and use this space to write it all out.

Excellent. Let's just pause here to acknowledge and appreciate you. Your marriage is important to you. You love your spouse and want it to work. Otherwise, you wouldn't have taken the time or made the effort you have. It's taken courage and commitment to try all those things. Maybe certain things have worked to some degree or maybe everything you've done has bombed...but you are trying....and that's

all anyone could ever ask of you – including yourself. And you know what? Even if some of those things you tried weren't very nice (for example, I got to the point where I threatened my husband with leaving), you did those things in an attempt to bring you together. It may seem counter-productive to threaten someone in order to become closer, but sometimes emotions aren't rational!

There's No Fix For Something You Won't Acknowledge

Speaking of emotions being irrational, what I'm going to ask you next may feel a little challenging. It's going to require you to be really honest with yourself. I didn't see this while I was in the thick of my marital issues, but I also never had anyone ask me what I'm about to ask you. That being said, give yourself some time to ponder the question. It may be helpful to put this aside and come back to it later after you've thought about it some more. Give your mind some time and space to see what it comes up with. Just like we talked about yesterday, no one else ever needs to know what you write here. The more honest you are, the more you will be helping yourself.

Read back through your list above of all the things you've done to improve your relationship. For each thing you've tried, I'd like you to consider what outcome you were hoping to produce with that action? These things may not be easy or comfortable to admit but being honest about it is important.

How many of those desired results were about trying to change your spouse vs you being willing and open to changing yourself? Asked another way: Were you genuinely interested in coming together or was there an underlying hope or expectation that the thing you did would influence certain behavior changes in your spouse?

Let me give you an example from my own marriage: For 6 years my husband and I saw a total of 5 different therapists. Therapy was, of course, my idea and I didn't realize it at the time, but I had a very specific reason for continuing to pursue it. I was hoping someone else – a trusted professional – would help my husband come around to my way of thinking – that they would somehow convince him I was right and he needed to behave differently.

Stop Doing What Doesn't Work

Like me, up until now you've likely been very focused on what your spouse is doing or not doing that you would like him or her to do. You believe they need to change for you to be happy. So, you've gone through all the things above in the hopes of controlling their behavior. I know you didn't think to yourself "I need to change him/her." but many times that is the underlying hope or expectation.

The only problem is that we can't change or control other people. Would it be nice if we could? Hell yeah! *And*, if we could, you and I wouldn't be having this conversation. The reality is: changing or controlling people Just. Doesn't. Work. I'm sure you've already seen lots of evidence for this. You may make a demand and your spouse will change their behavior for a week or maybe a month, but before long you're right back where you started.

If your spouse is going to make lasting change, it's going to come from within them....because they *want* to. Not because they feel obligated, pressured, or threatened.

In fact, you know how it feels when someone tells you to do something? Even if you were leaning toward doing it anyway, being told you "have to" triggers that little voice in your head that says "No I don't! Don't tell me what to do!" and you end up NOT wanting to do it. You resist it just because you've been told you have to. (And, by the way, this also happens when you tell *yourself* you "have to" as well!) Essentially, you're increasing the likelihood that change will NOT occur. Sucks, right?

So, what do you do?

Secret #2: Focus on what you CAN control

Since changing and controlling other people never works, the only thing you CAN do is focus on YOU. And you can decide not to complain about the cleaning and you can stop squeezing the toothpaste in the middle of the tube, but WHY are you doing those things? Are you doing it because you want to do them differently – you WANT to compromise out of love and compassion for your partner? Or are you doing them with the underlying expectation that if you do something different, so will he/she?

There are only four things you can control:

- What **you** think.
- How **you** feel.
- What **you** do or don't do.
- **Your** results. (And by your results, I mean those results you control...*not* the things happening to you.)

And because how you do these things is habitual, they're not always easy to change. The longer you've been operating under your current habits, the more they feel like they're just part of who you are and there's nothing you can do about it. I assure you that's not true. They may be unconscious choices at this point, but they are still choices. Tomorrow, we'll talk more about how to shift these habits, but for now I just want you to begin turning your focus to you and these four things. *Doing this is the key to regaining your power.*

Bring Your Power Back to Where it Belongs – With YOU

You see, the hopelessness you feel is the result of trying to change your spouse (or wishing they would be different) but it's not working. So, you're putting all your time and energy into something and having it fail over and over again. You're believing you can't be happy unless they change and you can't get them to change. What you've done is hand all your power over to them.

Stop trying to change them. You can certainly communicate your wants and desires. Learning how to do so effectively is part of good communication, which I highly encourage. That doesn't mean they will

comply....and you shouldn't expect them to – just like you would not want to feel obligated to change yourself for them.

Let's take some time to brainstorm some things you can control and how it would benefit you to do so. Keep in mind, writing it here doesn't mean you "have to" change these things. What you do is up to you. We're just playing with possibilities.

What can I control?	Why would I want to change it?
What I do when he yells at me	Defending myself just escalates the arguments.
Complaining about him being on his phone	It doesn't get him off his phone and makes me feel worse
Cooking dinner every night	I don't enjoy cooking and he complains about it anyway

Special Emphasis on What's Going On in Your Mind

The things you do or don't do are often the easiest things to address. However, your thoughts and feelings are the ones that will make the biggest impact on your experience of your relationship. Because, you can stop cooking dinner every night and maybe that will provide some relief around releasing that obligation, but what are you thinking and feeling *while* you're not making dinner? Do you feel good or at peace or do you feel guilty or afraid?

I should be making dinner.
This is just going to make him mad.

OR

I love the freedom of not making dinner.
He can be mad if he wants to. That is his choice.

The fact is you didn't make dinner. The rest are just thoughts/stories about that fact....and remember, you get to choose the story.

Bring it Home

Now, I want you to go back to the very first section of writing today. I'd asked you to tell me what changed from when you fell in love and got married to your relationship today. How much of that was things YOU do differently – even if the reason you started doing them differently was because your partner changed something? Go back and just put a star next to the things YOU have changed.....and if you didn't write anything about you, I encourage you to check in with yourself. Is that true? Do you still think, feel, and act the same now that you did when you got married? You know that's not true or you wouldn't be here, right? Go ahead and write down what's different about you as well.

Most of us want to blame our partners or our circumstances for the decline in our relationships. And yes, they could be factors too. However, we rarely think about how WE are doing things differently that may also be contributing. Simply acknowledging our part is freeing because it gives you back your power. When you can see your part in it, you can also see what you can do differently. The point is not to blame yourself. The point is to acknowledge that both parties have a role in making any relationship work. And when you're willing and able to take responsibility for your part you can see a path to recovery. It may or may not save your marriage, but you will feel better – about yourself and about your contribution to the relationship.

Okay, we're coming down the home stretch for today!

What Are You Willing to Do Differently?

What are some things you can think, feel, or do differently that will bring you closer to your spouse? Or phrased a little differently, how would you show up for your spouse, your relationship with him or her, and for yourself if you were feeling LOVE? Share your ideas here:

Remember, we can't change him or her so they may not decide (at least right away) to get closer to you just because you've chosen to get closer to them. "So then, why bother" you ask? Because....

Love always feels good.

The more you choose love, the better you will feel. It may not be easy in the beginning, but the more you practice coming back to the facts, trying on different perceptions, and focusing on what you CAN control, the easier it will get.

One more worksheet! I can't wait to share with you what I have for you tomorrow! You may be surprised at the direction we're going to take, but it is just as (or maybe even a little more) important than what we've already talked about!

I'll see you then!

Mindi Burke



Don't forget! Feeling better about you, your spouse, and your relationship is a matter of practice. There is no better way to stay focused than having someone support and encourage you through weekly sessions. Doing so allows you to share what's going on with someone who won't judge or commiserate but will offer a safe space to objectively observe yourself and intentionally choose how to move forward.

Check out my website for more information here: <https://beliefactionresults.com/ws>

Or schedule a free call with me to ensure working together feels like a good fit here:

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Day 3



MINDI BURKE

LIFE COACH

Welcome to day three, my friend! We've gone over A LOT in the last 3 days! Remember to be patient. You didn't get where you are overnight and you're not going to find your way out of it that quickly either. Keep practicing what you've learned and you will begin to notice shifts in how you feel in no time! And, we're not quite done yet! Stay committed to the process, come back to the worksheets as many times as you want and continue to practice these principles. There's no doubt in my mind you will achieve the results you set out to create! You will look back at all of this effort you've been exerting and you will thank yourself – I promise! You've totally got this!

So, what are we gonna talk about today?

You.

And more specifically – how to show up for your kids, your career, and your home – while you are navigating your marriage.

Because, it's likely that the emotional turmoil you're experiencing in your marriage is spilling over into the rest of your life. Have you noticed any of this going on?

- ✓ Not wanting to get out of bed in the morning, feeling exhausted all day, but then not able to fall asleep at night either.
- ✓ Feeling impatient, irritated, or frustrated – sometimes for what seems like the most insignificant things.
- ✓ Being in a brain fog and not being able to concentrate – basically being totally unproductive.
- ✓ Indulging in an excess of social media, TV, food, wine, or really any activity you use to escape reality.
- ✓ And then turning on yourself thinking you should be doing it better, feeling guilty that you're not showing up the way you want, and making it mean you're a bad mom, spouse, or person. Believing you should just be grateful for everything you have.

We're going to help you to address those things today.

And we do that by helping you re-learn two things:

1. How to fill your own cup
2. How to be more intentional

I say RE-learn because there is a part of you that has always known how to do these things, but somewhere along the way, you (unconsciously) decided to pack them away in a box and put them on a shelf....where they continue to sit – gathering dust. We’re going to pull that box down, open it up and see what you have in there so you can make intentional decisions about what you want to make good use of vs. what you’d like to release into the wild – no regrets, nor guilt.

Filling Your Cup

Let’s get started by talking about the things you feel like you’re missing in your life or maybe areas that aren’t quite as fulfilled as you would like them to be. Just for now let’s focus on activities – things you could do alone or with someone else....if you chose to. To help stir your creative juices, I have provided some basic categories here, but I want you to narrow it down to the activities you, specifically want.

Creative Projects
Physical Activities
Adventures
Business Ventures

Investments
Alone Time
Relaxation
Learning

Social Activities
Material Things
Religious/Spiritual Activities
Volunteering

Make your list here:

How about hobbies you used to do, haven’t done for a while, but think you would still enjoy?

Are there any things you've always wanted to try, but never have?

That's such a great list of things you could do to fill your cup – IF you decided you wanted to!

Now, I can hear you saying “But, Mindi! My schedule is packed now! The whole reason it's packed in a box is because I don't have time to do those things!” I want you to know – I hear you. And, if you decide by the end of this worksheet you want to keep that perspective, by all means – keep it. There is nothing you have to do.

Wait – let me say that again....

There is NOTHING you HAVE to do.

Right now, you don't believe that though, do you? You believe your life is full of obligations and responsibilities – and there is nothing you can do about it. There is SO much going on in your life, the only option you have is to set aside the things you WANT to do. The rest, the fun, the adventure, the interests – basically all the things that fill your cup: They can wait until life settles down a little. They're not as important.

I'm here to tell you you're wrong about that. Life may not settle down for a *very* long time (especially if you have little kids!) What if taking care of *you* were the MOST important and loving thing you could do? Tell me, how might that be true:

You cannot pour from an empty cup.

Think about all the times you've felt energetically depleted. You didn't feel loving, patient, or present, did you? Maybe you didn't want to engage with the person or activity at all. And, if you gave of yourself anyway, it was kinda half-assed. It's possible you even started to feel a little resentful or angry!

So, let's just re-iterate what's really true: You don't have to do anything. (I'll say it as many times as it takes for you to hear me!)

- You don't HAVE to feed your kids. Even toddlers can get their own snacks....or you could always give the kids up for adoption. (Extreme, sure....but you *could*.)
- You don't HAVE to clean your house. You could just let it be messy and dirty.
- You don't HAVE to pay your taxes. Many people don't.
- You don't HAVE to go to work. You could live off savings, go into debt, sell everything, move to a shelter.

Stop telling yourself you HAVE to!

"Have to" says "Obligation." And it's just not true. The truth is, you WANT to feed your kids because you love them and want them to be healthy. You WANT to clean your house because you feel better when it's clutter-free. You WANT to pay your taxes so you don't get fined. You WANT to go to work so you can pay for electricity and food.

Let's try a little experiment:

For 15 seconds, slowly repeat to yourself "I have to....[the thing you think you have to do]."

Notice how you feel *in your body*.

Then, for 15 seconds, slowly repeat to yourself "I **want** to....[the thing you think you have to do]" and check in with your body again.

Do you feel any different?

If the answer is "No." it's possible you're still believing you don't have a choice....so every time you say "I want to." a little voice pipes up in the back on your brain going "Nope....I have to!" Just notice all of it.

Secret #3: Be Intentional

Let's talk about those things you "have to" do a little bit more, shall we? I'd like you to consider what activities you participated in over the past 7 days. What 10 things would you say you spent the **most** time on? It could be anything from sleeping, to attending meetings, watching TV, cooking, networking... all the activities whether you wanted to do them or you "had" to do them. It doesn't have to be exact. Just estimate. Make a list of those activities here:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What are all the commitments you've made in, let's say the upcoming month? Teaching Sunday school, going to your niece's birthday party, making meals for the family who just lost their home to a fire, going to class, running your kids to their sports activities....anything you can think of that you've committed to.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

These are all the things you're either currently doing or will be doing within the next month. I'd like you to just pretend for a moment that you *believe* you don't HAVE to do any of it. Imagine you're the character in a play who gets to do whatever you want with no undesirable consequences. No one is going to judge you. No one is going to be angry. You, *not* doing something, will not negatively impact another soul. The world will not end.

With this frame of mind, go back and put a little star next to anything you still WANT to do. Things that bring you joy. Things that provide fulfillment. Things that, even if you don't necessarily love to do it, still produces a positive result in your life. And I want to caution you about one thing before you do this: Volunteering at the food bank may seem like a noble cause and that it "should" provide a positive

result....but is it a positive result *for you*? The way to know is by, again tapping into your body. Does it feel open, light, expansive? Or does it feel dark, heavy, restricting? There are many ways to contribute to the good of the world. Maybe this isn't the way for you. It's okay to claim it!

Whew! How are you feeling about all of this? Are you starting to have some ideas about filling up that cup? I hope so!

This is Important!

Just one more thing before we wrap up for today: Think about all the ways you *could* invest your time. Whether you're already doing them or not doesn't matter for this section. What I want to hear about is what things are **most important** to you? I've provided a list of things to give you a few ideas, but this is your list. You can add anything you wish.

Spending time with kids
Date nights w/ spouse
Being active

Traveling
Expanding my mind
Social activities

Writing my book
Exercising
Volunteering

Bringing it All Together

We've done a lot of brainstorming and list making today. Congrats for sticking with it! Now let's put all this information to good use! I have a couple of questions for you. You can answer them now or give yourself a little break and come back later – either is good.

1. What have you committed to that is no longer a "hell yes!" and you would be willing to let go of the obligation? (In other words....NOT do it.)

2. How many things on the lists of what you're currently doing or are committed to match the list of things that are most important to you?

3. Would you be willing to give up some of the less important things in order to invest more of your time and energy in what's important to you? Why or why not?

4. Are there any other ways you could fill your cup that you haven't mentioned yet today?

5. How are you going to be more intentional about filling your cup?

When your cup is full, you can be more loving and present with those people and things that matter most to you. You can be the best mom/dad, spouse, friend, employee, person. The best version of YOU. Isn't that what you want? To feel better so you can show up for yourself and those you love in the best way possible?

Practicing the three secrets you've learned over the last three days will allow you to do just that. I'm so grateful you've trusted me to walk with you on this journey and so proud of you for sticking with it! You are in the process of not only improving your world, but also the world of everyone who is a part of yours. Just like the ripples on the water when a drip hits the surface.

THANK YOU!

It is my deepest desire that you have gained knowledge and awareness of yourself over the last few days that have made a significant impact on how you feel both in your relationship and out. This is some of the most challenging work you will ever do....and also the most rewarding.

Come back to these worksheets as often as you need to. Every time you read through them and do the exercises, you will learn something new about yourself. Revisiting this third worksheet monthly will help you remain intentional about how you are investing your time and energy so you can continue to engage in the world as the best version of YOU.

If you are interested in continuing your journey to not only implement what you've learned here, but also to have personalized support, additional tools, and an outside perspective to help guide you to a more enjoyable experience of life, I invite you to become a one-on-one client.

You may learn more about me and how I can help here: <https://beliefactionresults.com/ws>

Or if you're ready to chat with me about what working together would look like, go ahead and schedule your free call here: <https://beliefactionresults.com/consult>

With deepest gratitude,

Mindi Burke

