



# ARDOUR

Wellness

HEALING & HEALTH



## Easing The Load Of Chronic Health

WITH MONIQUE GIBSON

## WEEK 3

INSTILLING SELF-BELIEF

ARD  
HEALTH  
&  
NG

# WORK BOOK

[www.ardourwellness.com](http://www.ardourwellness.com)

**FIND HEALTH.  
FIND HAPPINESS.  
FIND PASSION.**



# Welcome!

So excited that you have registered for this pilot program. This program is all about using coaching techniques and mindset strategy for working with chronic health conditions. Your input and feedback is just as important as the content within the program.

This weeks module is all about instilling self-belief. Sometimes what is really holding us back is the fact that we do not believe in our self. If you have ever found yourself riddled with self doubt, you could be missing a strong sense of self-belief.

It's time to decide that what you believe is your choice and you have the power to make a difference for it. This week in these questions you are going to knuckle down on what you are repeating in your head, finding out how those words truly make you feel and creating a new way to think about each situation.

These weeks are the hardest because you are really shaking things up for yourself, keep sticking to it and remember the impact it is going to have once you have worked through these hard topics. Remember to be kind and gentle with yourself, you've got this!

Much love and compassion to you and let's dive right into it!

*Monique Gibson*



\* What common negative things do you tell yourself?

\* Where do your irrational beliefs often come from?

\* Take 2 of your most dominate irrational beliefs (the one's from question one which hold the strongest emotional response) and run them through the ABCDE model

First dominant irrational belief

What is the activating trigger? The event that brings up the emotion?

\* What is the belief that it has activated?

\* Whats is the consequence? How does this belief make you feel?

\* Can you dispute this belief? Can you say it is 100% true in all areas if you had to answer yes for rest of your life?

\* How do you then feel if you shift that belief?

\* Second dominant irrational belief  
What is the activating trigger? The event that brings up the emotion?

\* What is the belief that it has activated?

\* What is the consequence, how does this belief make you feel?

\* Can you dispute this belief? Can you say it is 100% true in all areas if you had to answer yes for rest of your life?

\* How do you then feel if you shift that belief?

\* What you are thinking on a regular basis, is it serving you? Is it helping you believe in yourself? Is it helping you make changes? How can you rewrite things in a more compassionate way for yourself? For example, I am learning, I am growing stronger everyday...

\* Have you been expecting yourself to be perfect? To know everything? To be on top of absolutely everything? Or any other high expectations that are putting a lot of pressure on you?

\* How has that been impacting you on a daily basis?

\* List 10 statements you are going to repeat to yourself on a daily basis that are kind and compassionate, that are going to help improve your self belief, that are going to move you to a more peaceful and accepting place for yourself.

\* How does it feel to really believe in those statements?

**IT IS THE CHALLENGE  
TO DO BETTER THAT  
WILL KEEP ME FROM  
STAYING DOWN**



