

How To Find Greater Meaning & Purpose In Your Life

PLUS

How to Manage
Uncomfortable
Emotions And Shift
Negative Beliefs

with

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5 Tools To Finding Greater Meaning & Purpose In Your Life



Welcome to this online workshop series!

The videos and workbooks you'll receive aim to offer insight into how you can gain more meaning and purpose in your life.

They'll also help you uncover any limiting beliefs and internal fears that may be holding you back, while also helping you take **positive steps towards your desired future and the best version of yourself.**

You'll learn how someone's perceptions can end up becoming your story – **UNLESS you monitor your mind, choose your focus and take daily action steps towards your preferred future.**

You'll learn how to back yourself, release guilt and shame and in the process **build self-esteem.**

I've designed the videos to be action-oriented so you can discover more about yourself.

And this is what Modern Psychology aims to achieve. We use the most effective tools to create change.

This is a workshop like no other because you'll be guided through a series of steps that can bring about transformation.

BUT ...

Like all things, you need to show up and take action.

Are you ready to do this? Do this by:

- Setting yourself a target – aim to watch each video as it's released.
- Taking the action step suggested in the videos.
- Creating a space for you to reflect in your journal (or use this workbook).

This video series may be well-timed for you. I hope so, as I often see things aligning when you're at the right place at the right time in your life.

I'm looking forward to sharing this journey with you.

Barbara Grace

Director, School of Modern Psychology

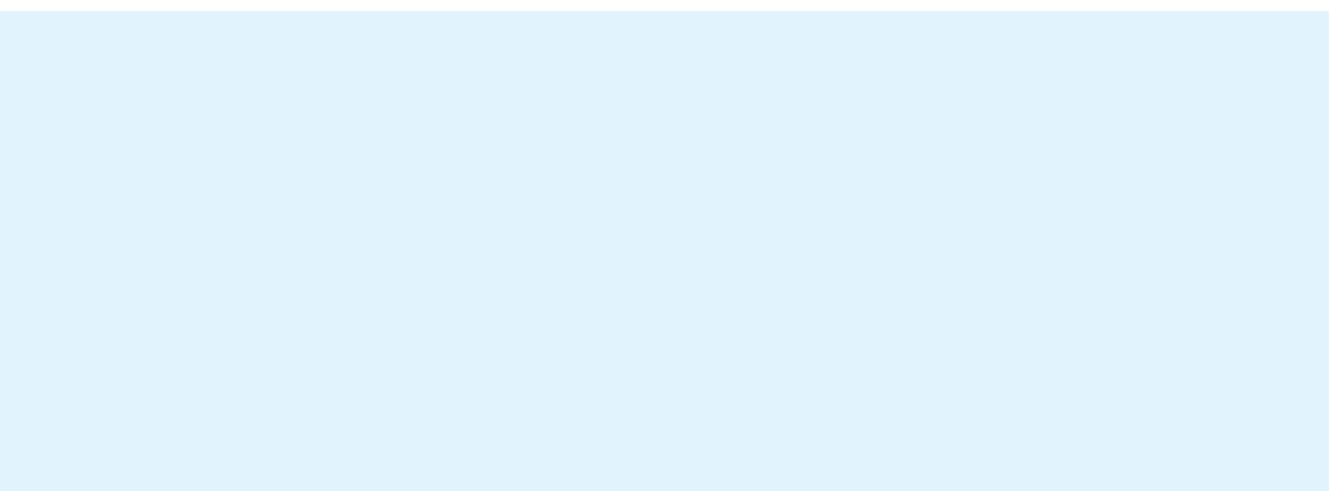
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Reflection Questions:

In the video I describe a story about a young dancer who was the model for Degas' "Little Dancer Aged 14". It's why I came to love bronzed ballerinas. I have one in my office that reminds me daily of how important it is to stay true to one's dreams. To not listen to the critics. And to guard my mind and heart against the self-defeating drum beat of negativity. The price is too high.

What about you? Have you had a time in your life when your hopes were dashed by someone's thoughtless or callous words? Have you felt robbed by 'not having enough time' instead placing others' needs before your own hopes and dreams?

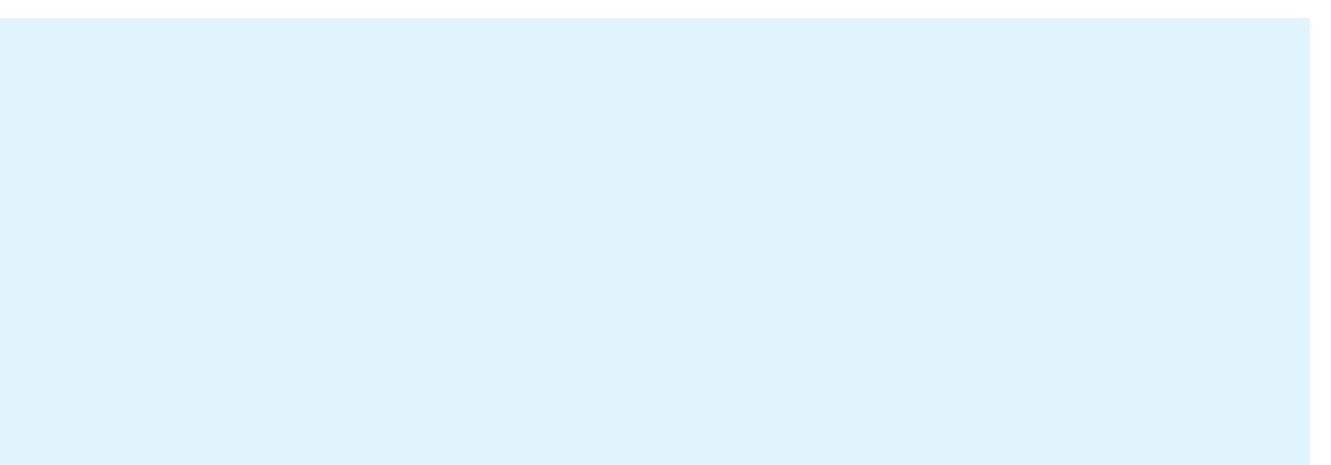
Instead of taking others' words as 'unfiltered truth' - what are the messages you want to hear about your hopes and dreams? Write them down in the space below. Writing them down helps us feel the power of positive words that inspire.



I found a symbol to remind me of how important my dreams are. It acts as a subconscious reminder. A subtle presence to stand tall, keep my chin up and my shoulders back when my hopes and goals feel out of reach - or others don't agree.

What could you use as a constant reminder that finding your purpose and meaning in life is a dream worth holding onto, despite the challenges and the critics whose voices may undermine you.

Use the space below to reflect on what this could be. It may be a photograph, a found object or a book.



Up Next: How To Manage “Noise”

If you're receiving this workbook via a friend, family member or colleague, register here to receive each video and new workbook directly into your inbox.

This is a workshop series designed for anyone interested in Modern Psychology and living a life of purpose and fulfillment.

Register Here: <http://bit.ly/modern-psychology-workshop>

