

A Companion Workbook for:
the "Thrive in 45 Days Program" by Michelle Richardson

THRIVE

in

45 DAYS

Program

Companion

Workbook

About This Workbook

This Companion Workbook has been designed to enable you to gain maximum benefit from my Thrive in 45 Days program, which is based on my book "From Surviving to Thriving – 7 Simple Steps to Help You Live a Life You LOVE!".

Within these pages you will find all of the Momentum Work Assignments clearly laid out so that everything you have learned, discovered about yourself and committed to do will be easily accessible in one place. I have also included the Ongoing Assignments for each module.

My hope is that it will help you move more quickly and effectively from Surviving to Thriving and that you will use it as a reference to keep the momentum going over time.

If you are interested in the possibility of working with me on a 1:1 basis, I invite you to schedule a complimentary 30 minute "How to Have it All" strategy session to explore the potential and fit between us.

Thrive and be FULLY alive,

Michelle

Michelle Richardson, MMC

3. One area of my life that I want to improve my results in is:

a. 3 things I will do within the next 7 days to improve this are:

b. I will reward myself as follows once I complete each item on my list:

Ongoing Assignment:

Take Charge of your life for the duration of this book, and beyond if you think it is useful. Celebrate your successes along the way.

Momentum Work: Module 2 – Be Grateful

1. 20 things I am grateful for are:

1.	
2.	
3.	
4.	
5.	
6.	
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8.	
9.	
10.	
11.	
12.	
13.	
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15.	
16.	
17.	
18.	
19.	
20.	

Use the space below to list other things you are grateful for:

2. Buy a journal that is pleasing to you (or use one that you have) and use it as your Gratitude Journal; write at least 5 entries into it daily. Some things you may want to include are:
 - What you are appreciative of or grateful for
 - The qualities you appreciate about yourself (today or in general)
 - What you appreciate about the important people in your life
 - What 'flowed' well for you
 - What you take for granted that you are grateful for
 - The feelings you experienced
 - The kindness(es) of another
 - If you are grateful for something that someone else did or said, did you thank them?

3. 3 ways (other than a Gratitude Journal) that I will incorporate gratitude into my life are:

Of the 3 things I listed above, the 1 that I will do this week is:

Ongoing Assignment:

Maintain a gratitude consciousness throughout each day and be mindful of all that you have to be grateful for. Continue with your Gratitude Journal for the remainder of this book (and beyond if you find it to be beneficial).

Momentum Work: Module 3 – Include Play

1. 20 Play activities that I would enjoy/like to try are:
(Include at least 10 things you could do by yourself and 5 you could do with others.)

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

Use the space below to list any other things that you would enjoy/like to try that fall into the category of Play:

The 5 Play activities that I most want to engage in are:

1.	
2.	
3.	
4.	
5.	

2. The ways I spend my time are:

Prioritize the ways you spend your time as follows:

- 1 = important, something I spend enough time doing
- 2 = important, something I'd like to spend more time doing
- 3 = not important, time waster, distraction, or something I could eliminate

3. Looking at the Priority 2 and 3 items on my list:

a. I will eliminate the following 3 priority 3 things:

b. I will add at least one (1) Play activity (15 minutes or more) each day.
Today I will _____.

- c. I will turn the following Priority 2 item into a Priority 1 item by spending the additional time necessary for me to consider that I am spending enough time on it:

4. The Play activity that I have never done before and will do this week is:

Ongoing Assignment:

Repeat Step 3 every week for the duration of this program (and ideally beyond). Continue to add Play time, both solo and with others, into your life until you consider it to be the optimal amount for you.

Momentum Work: Module 4 – Experience Success

- 1. Write your answers to the statements below and your related experiences.** (i.e. What is it about this area that makes it successful in your mind? What experiences lead to your feeling of success?)

The area of my life in which I feel most successful is:

Area of Success	The reasons I feel successful are:	What other people say about me (that I like) because of this is:
1.		

- 2. Identify the patterns you repeat in your life that not creating the results you want. Write down the prices you pay and the experiences you are attempting to create in these situations.** (i.e. What Personal Needs are you attempting to meet by doing them?)

Some patterns I consistently repeat that do not get me what I want are:

A pattern I repeat is:	The prices I pay by doing this are:	The experiences I am after in doing this are:
1.		
2.		
3.		

3. Write your answers to the statements below and your related

experiences. (i.e. What is it about the situation/event that makes it/would make it successful in your mind? What experiences lead to your feeling of success?)

a. Some other things that I currently do and feel successful doing are:

Activity	I feel successful doing this because:	The experiences I have when doing this are:
1.		
2.		
3.		

b. Some things I would like to do/be are:

I want to do/be:	I want to do/be this because:	The experiences I think I would have doing/being this are:
1.		
2.		
3.		

c. When I was a child, some things I dreamed of doing/being was:

I dreamed of doing/being:	I wanted to do/be this because:	The experiences I imagined I would have by doing/being this are:
1.		
2.		
3.		

d. Something I have felt successful doing in the past that I don't do now is:

I have felt successful:	I felt successful doing this because:	The experiences I had as a result of doing this are:
1.		
2.		
3.		

4. The recurring patterns in my answers to Sections 1-3 above are:

Those that appear most often are potential Personal Needs.

5. Visit <https://michellerichardson.com/resources/> and download "Identifying Your Personal Needs". Complete the 3-Step process to help you clarify the patterns you discovered and narrow down your Personal Needs.

The 4 needs that I determined to be most important to me are:

1.	
2.	
3.	
4.	

6. 5 things I could do to meet each of the 4 Personal Needs I identified above are:

Personal Need# 1:	1) 2) 3) 4) 5)
Personal Need# 2:	1) 2) 3) 4) 5)

Personal Need #3:	1) 2) 3) 4) 5)
Personal Need #4:	1) 2) 3) 4) 5)

Incorporate activities so that you experience your Personal Needs every day; ideally 1 or more of your needs will be met in everything you do.

Ongoing Assignment:

Design your life so that you get your Personal Needs met and Experience Success throughout each day in as many ways as possible. Continue to develop your list of ways to meet your Personal Needs. Pay attention to those needs that are most important to you and focus your time and energy meeting those. Use what you know about your Personal Needs to consciously choose what you will or won't do and to strengthen your commitment to what's most important.

Momentum Work: Module 5 – Be Accepting

1. Identify your main areas of resistance by completing the following statements thoroughly:

The Top 3 things I resist in my life are:	The reasons for my resistance are:
1.	
2.	
3.	

The person in my life that I have the most issues with is:	The main issues are:

The event that has most negatively impacted my life is:	The reasons it has negatively affected my life are:

I get most upset when people:	I find this upsetting because:

2. Of my Top 3 areas of resistance, the one I will move toward acceptance in first is:

The prices I am paying (i.e. consequences) by being in resistance in this area are:
The gains (i.e. what's in it for me) I get from being in resistance in this area are:
The qualities about myself that I am resisting in this area are:

Write down any additional thoughts/insights/ideas in the space below:

3. Take steps to Be Accepting

5 beneficial ways that I can realize each of the gains I identified above are:

Gain # 1:	1) 2) 3) 4) 5)
Gain# 2:	1) 2) 3) 4) 5)
Gain #3:	1) 2) 3) 4) 5)
Gain #4:	1) 2) 3) 4) 5)

Use the space below to write down any other beneficial ways to get the gains you experience from this resistance:

3 (or more) things that will help me to be more positive about each of the qualities I am resisting about myself in this area are:

My life will improve as a result of being accepting in this area in the following ways: [Write a 150 word (or longer) paragraph to describe how your life will be better].

Ongoing Assignment

Be aware of your places of resistance and curious about their origin. Identify what it is about you that the resistance occurs. Connect with the bigger 'game' you are playing (acceptance) and how it will help you move closer to what's most important to you. Remember that everyone is always doing their best, including you.

Momentum Work: Module 6 – Practice Selfness

1. 15 things I could do to Practice Selfness are:

(Include at least 10 things you could do on your own and include all open, honest communication opportunities as well.)

1.	
2.	
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15.	

Use this space to write down other thoughts/ideas you have about Practicing Selfness:

The 3 Selfness activities that are most appealing to me are:

2. Referring to the prioritized list I created in Module 3 (Include Play) #2 of the ways I spend my time:

a. I will eliminate the following priority 3 item:

b. One activity from my Practice Selfness Top 3 list (outlined above) that I will do this week (1 hour or more) is:

3. The open, honest communication I will have within 3 days (download the Framework for Effective Communication from <https://michellerichardson.com/resources> to use as a guide for this conversation) with the intention of enhancing an important relationship is with: _____
about:

4. One activity from my Practice Selfness list that I have not done before and will do within 10 days is:

Ongoing Assignment

Practice Selfness for the remainder of the time you are working through this program (and beyond if you really want to thrive). Add 30 minutes per week until you spend at least 2 hours each week Practicing Selfness. Increase as required in order for you to thrive.

Momentum Work: Module 7 – Maintain Momentum

1. 10 ways that I can Maintain Momentum in my life are:

1.	
2.	
3.	
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9.	
10.	

Use the space below to write down other ideas related to Maintaining Momentum:

1 thing from my list above that I will implement on an ongoing basis within the next 4 days is:

2. Refer back to the various lists you have created in past assignments and jot down which of your Top 3-4 Personal Needs are/would be met through each item on your list.

3. I imagine things will be different (*i.e. how I will be feeling differently, what I will be doing differently and what will be happening differently*) in the following ways with momentum at work in my life.
[Write a 150 word (or longer) paragraph to describe how your life will be different].

4. Create a support group of at least 3 other people who will help you to stay on course, maintain the momentum you have created and thrive. Develop an accountability structure with regular check-ins and course correct as required.

The people in my support group are:

Our accountability structure/schedule is:

Ongoing Assignment

Refer to the Ongoing Assignments in each Module and set aside at least 2 hours per week to continue working on those that you believe are most beneficial. Ideally, you will continue with all of them in varying amounts and at different times. Continue to acknowledge your progress and wins along the way through rewards, celebrations and/or anything else that works well for you.

Additional Thoughts/Insights/Ideas:

Use this space to write down what you have found to be particularly valuable, what you have learned, how your life is different than when you began the Surviving to Thriving journey, what you have determined to be most important to you, how you are feeling, how you will continue with the work you have started, people you know who would benefit from taking the journey from Surviving to Thriving, or anything else that you think is appropriate here.