



Staying Centered

How to Stay Centered and
Focused Workbook



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What does it mean to stay centered?

Definition:

Being and staying centered doesn't mean we are fine with everything that's happening, no matter what... instead, it's maintaining perspective, no matter what

Life is About Perspective

It isn't the things happening around or to us that determines how we feel. It is how we perceive those things—the meaning that we give to them.

Quieting Your Inner Noise

Learning to quiet our 'Inner Noise' is the first step to changing our perception so that we are able to get and stay centered no matter what is going on in the world around us.

1

Visualize the world the way you want it to be

2

Retrain your default thinking

3

Believe it will be okay

4

Focus on being the change you want to see

The Yin & Yang of Everything

Staying centered often depends on a clear understand of life's swings—or the yin and yang inherent in life; it's understanding the balance between positives and negatives that is present in nearly everything that occurs in our lives.

How to Take Action



Quiet Your Inner Noise: Visualize Your Plan

Question 1: How would you visualize the world the way you want it to be? Write down what that world would look like.

Quiet Your Inner Noise: Change your Default Thinking

Question 2: What are the ways you'll change your default thinking? How will you shift your mindset to shift the way you perceive everything in life?

Quiet Your Inner Noise: Believe It Will Turn Out Okay

Question 3: Phrases like "what will be will be" are common phrases that we say, but don't really believe. Do you trust that everything and you will be okay? How will you choose to believe in the things you want to be believe or wish them to be?

Understand the Yin & Yang of Life

Question 4: What was something that you wanted in life that you eventually obtained? What is something you feared happening, that actually happened? These are examples of yin and yang.

Quiet Your Inner Noise: Be The Change - Take Action

Question 5: What are some of the things you'll do to take action on your life to stay centered? Explain and write out your plan. Focus on the change you want.



Thank You!

We hope you found this workbook on staying centered helpful. We'd love to hear how this has helped! Come tell us about your experience via the contact details below.

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