

# Step Into Your Success Worksheet

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## Step Into Your Success

### 1. Pause & Breathe

- Take 3 slow, deep breaths:
  - Inhale for 4 seconds
  - Hold for 4 seconds
  - Exhale for 8 seconds

**How do you feel after breathing? Write one word:**

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### 2. Imagine Your Future Self

Close your eyes and visualise the most successful version of yourself.

**Write three things about her:**

- How does she feel?

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- How does she move through her day?

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What makes her magnetic and confident?

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### 3. Embody Her Today

Write one word that describes your future self's energy:

What is one small action she takes every day?

What is one small step you can take today to embody her?

### 4. Reframe Your Doubts

Write down one fear or doubt holding you back:

Turn it into a positive statement:

Say it out loud 3 times:

1, 2, 3

Keep This With You

Take 10 minutes each day to complete this worksheet or revisit it to connect with your powerful, successful self. Transformation happens one step at a time!