

THE POWER OF STOIC-HYPNOTIC MINDSET

ACHIEVING BUSINESS SUCCESS
WITH INNER STRENGTH



DR. M. PAULA DAOUST

STOIC-HYPNOTIC
WORKSHEETS



INSTRUCTIONS FOR USING THE WORKSHEETS

These worksheets are intended to help you understand your issue/situation more deeply. They will help you to apply specific Stoic principles to your unique issue/situation. By answering the questions associated with the most relevant Stoic principles to your issue/situation, you will gain a different, practical understanding of your current challenge.

- Begin by completing the first page of the worksheet. Take your time in describing the issue/situation. It might be difficult but try to step back and describe it as if you were an outsider watching the issue/situation unfold.
- Select one or two of the Stoic principles that appear to be most connected with the issue/situation. It is easy to make a case for several of them but restrict yourself to the one or two that appear to be most involved.
- Once you have chosen which principle to work with, answer the questions on the worksheet. It isn't necessary to answer every question but be as thorough with your individual answers as possible.
- After you have completed the relevant worksheets, review your answers. Using any thoughts that arise after reading your answers or specific information from your answers, create 3-5 suggestions (positive statements) that will inspire you to live out the Stoic principle involved and to create your desired change.
- Place these suggestions in front of you. Play the Stoic-Hypnotic recording you have chosen and when I say "It's time to return to your day, pause the recording and repeat your statements five times, closing your eyes after each repetition and re-opening them for the next repetition.
- If you have chosen to use the scripts to create your own recordings, just add your suggestions as indicated in the script.
- Whether you use the recordings I have provided, or you choose to create your own recording, to be effective, you will want to listen to them at least once per day. The ideal time to listen is just before you go to bed at night.



ISSUE OR SITUATION:

NAME:

DATE:

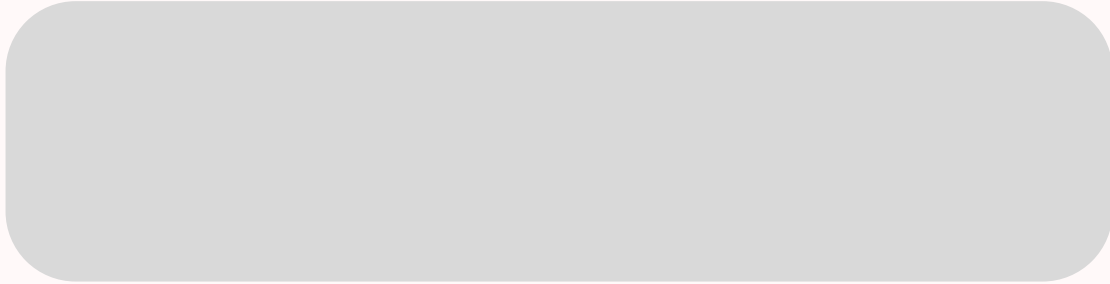
DESCRIBE YOUR CURRENT CHALLENGE TO YOUR INCREASED SUCCESS. WHAT OBSTACLE ARE YOU CURRENTLY STRUGGLING WITH? WHAT IS KEEPING YOU UP AT NIGHT OR MAKES WORK LESS FUN? DESCRIBE IN DETAIL:

IDENTIFY WHICH ONE OR TWO STOIC PRINCIPLES WOULD MAKE THE BIGGEST DIFFERENCE IN YOUR ISSUE/SITUATION.

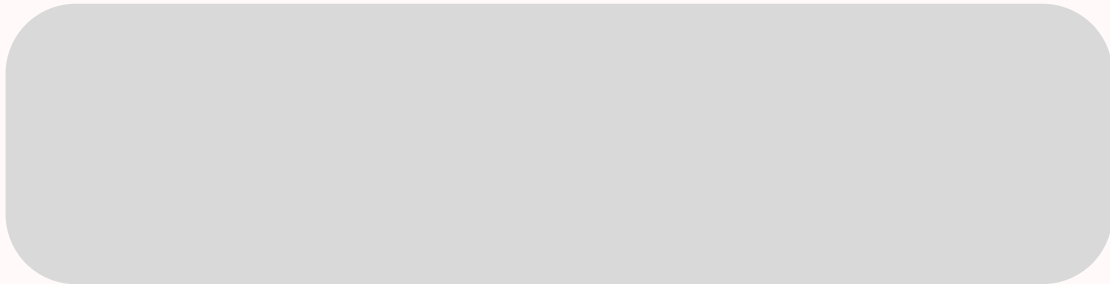
- | | |
|---|---|
| <input type="checkbox"/> Focus on what you can control. | <input type="checkbox"/> Practice self-regulation. |
| <input type="checkbox"/> Embrace change and challenges. | <input type="checkbox"/> Cultivate gratitude. |
| <input type="checkbox"/> Practice rational thinking. | <input type="checkbox"/> Practice self-discipline. |
| <input type="checkbox"/> Live according to your values. | <input type="checkbox"/> Focus on the present moment. |
| <input type="checkbox"/> Focus on the greater good. | <input type="checkbox"/> Practice humility. |

FOCUS ON WHAT YOU CAN CONTROL

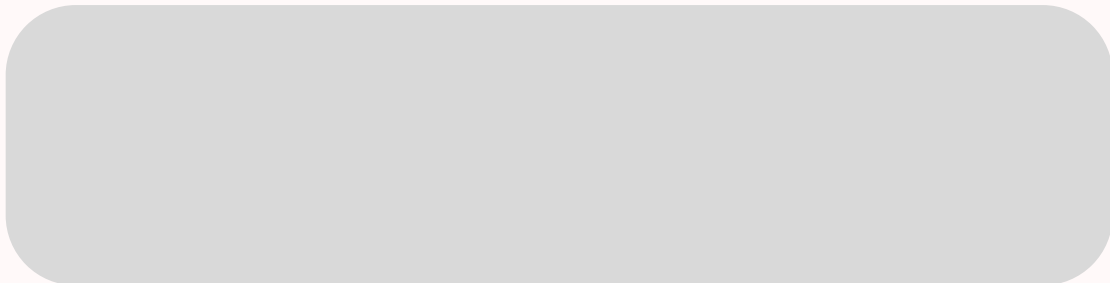
What about this issue/situation can you control?



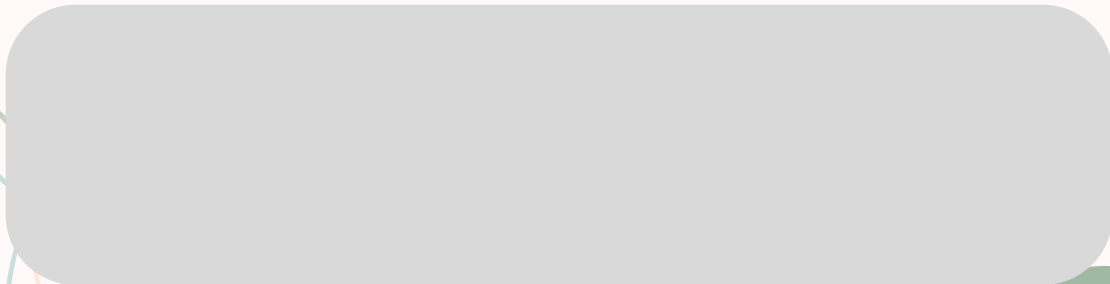
What about this issue/situation can you **not** control?



What might you be trying to control that is not within your control?

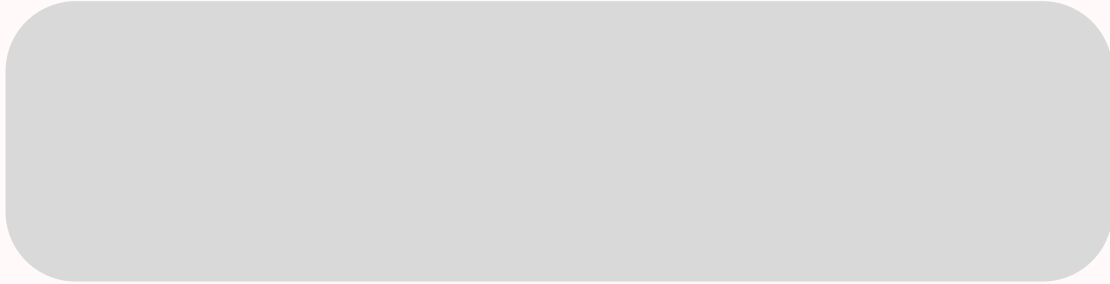


How might your energy be better invested?



FOCUS ON WHAT YOU CAN CONTROL

What can you let go of??

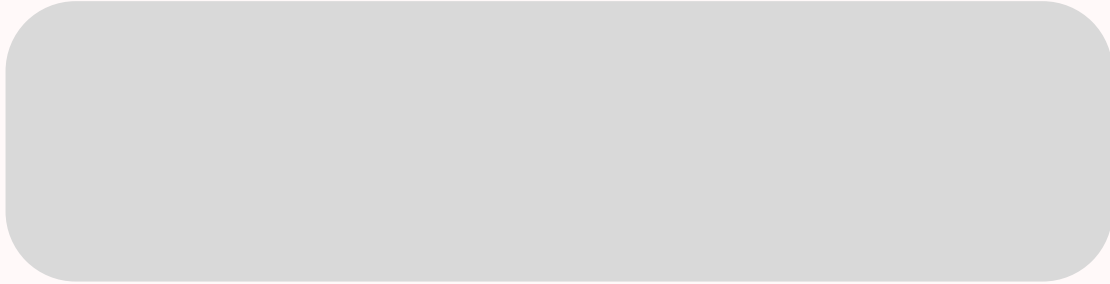


Other reflections:

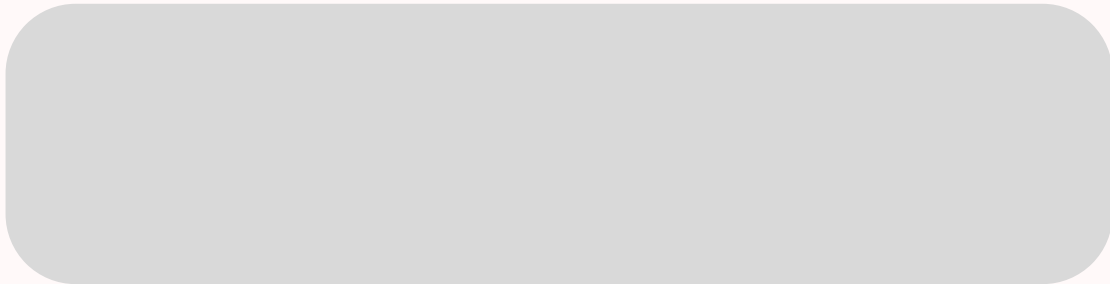


EMBRACE CHANGE AND CHALLENGES

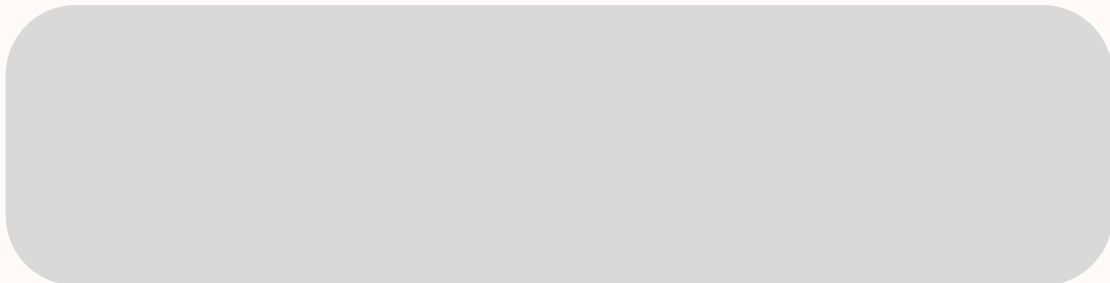
What aspect of this issue/situation are you resisting?



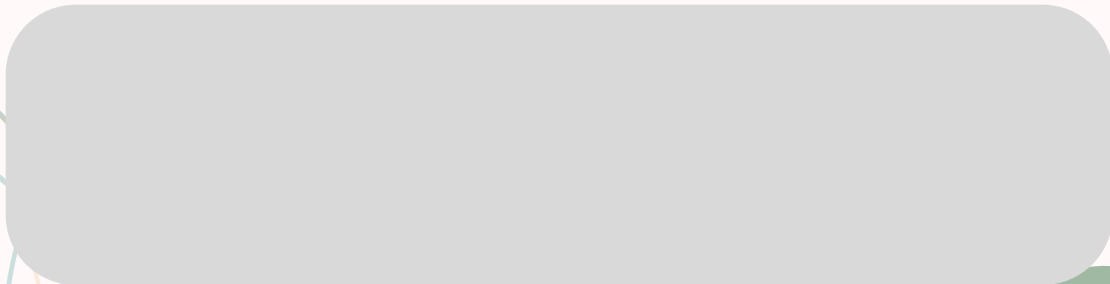
What aspect of the status quo are you fighting to maintain?



What about this issue/situation could help you grow? How?

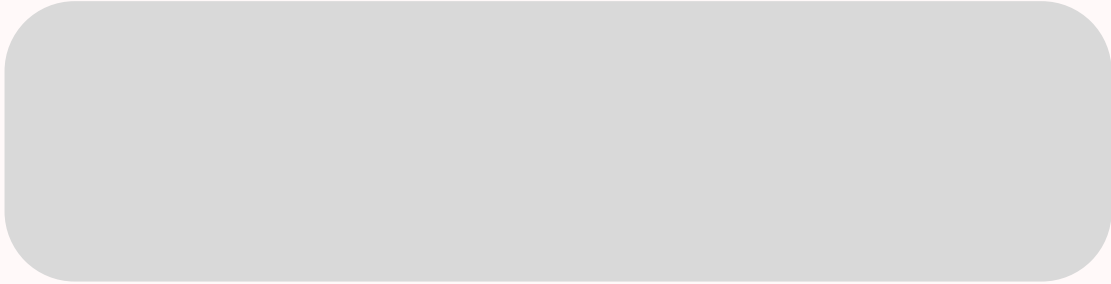


What hidden opportunities might there be in this issue/situation?



EMBRACE CHANGE AND CHALLENGES

How might you embrace the change?

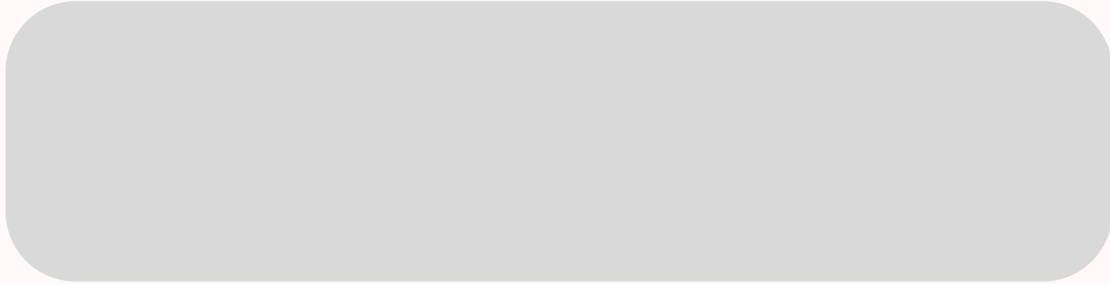


Other reflections:

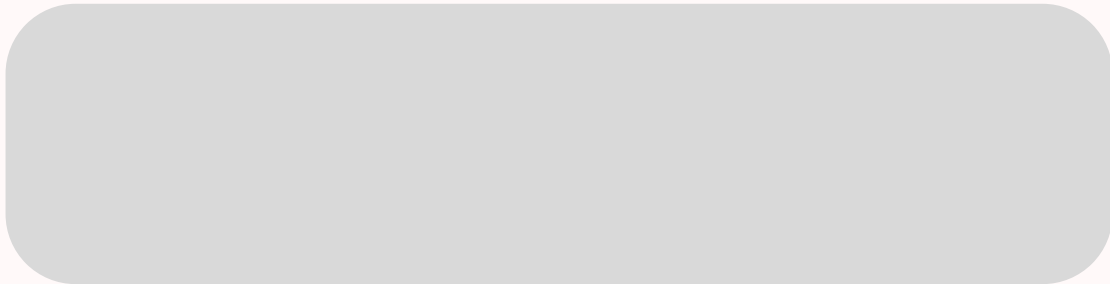


PRACTICE RATIONAL THINKING

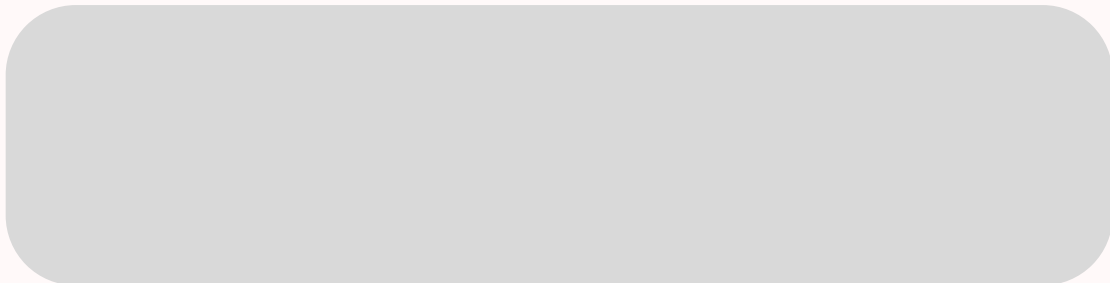
What is it about this issue/situation that worries or concerns you?



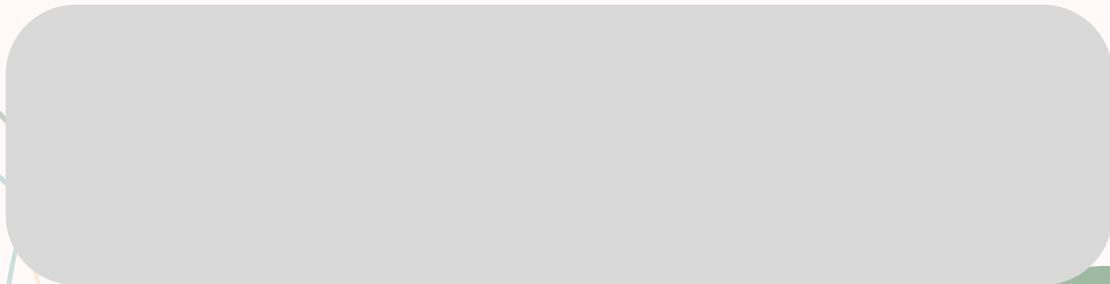
What other emotions are you feeling about this issue/situation?



What is the evidence that your concern or worry is real?

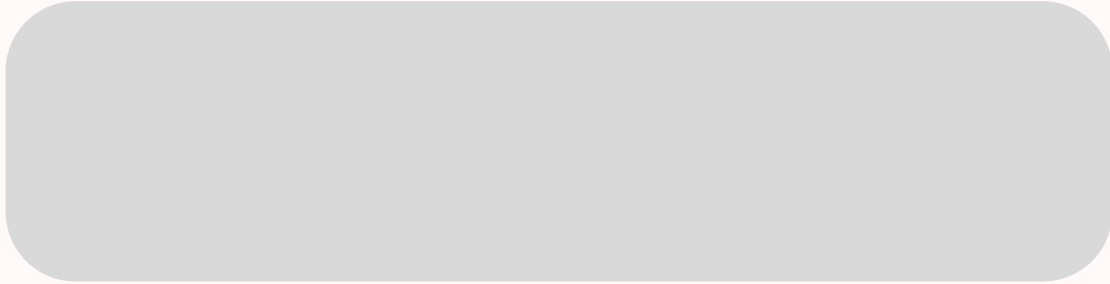


What are the facts of the issue/situation?

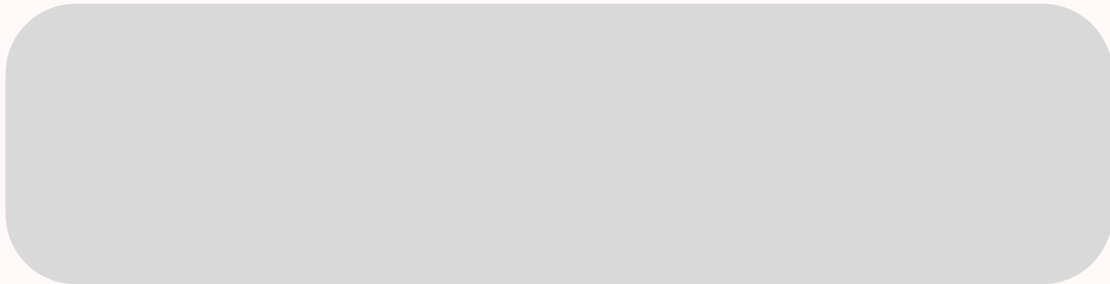


PRACTICE RATIONAL THINKING

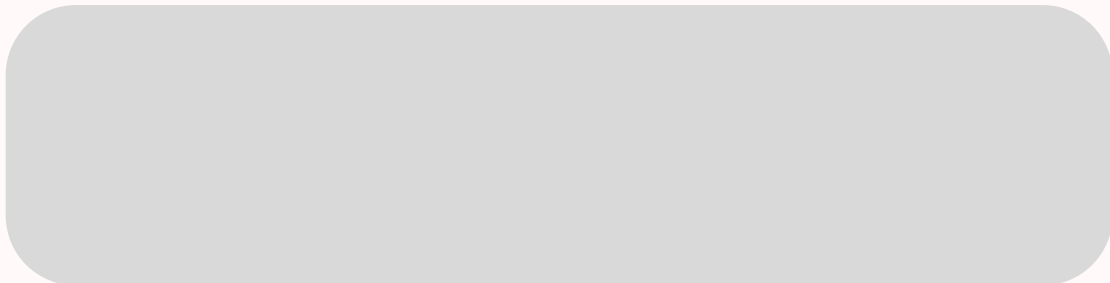
What meaning have you attached to the facts of the issue/situation?



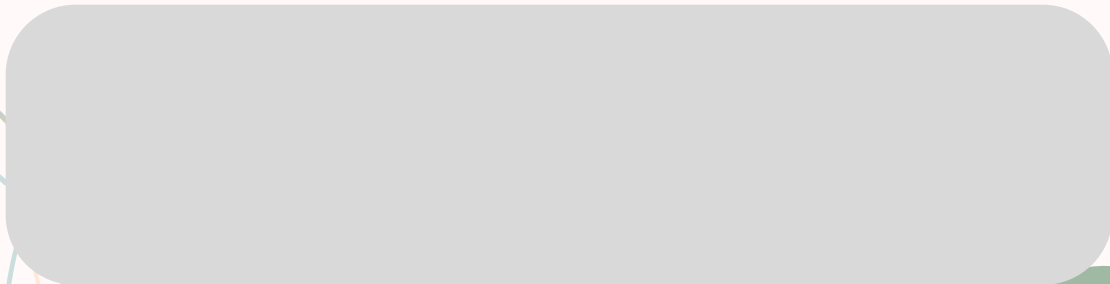
How might others (customers, vendors/suppliers, colleagues, employees) see this issue/situation?



From their perspective, how might the response or actions of others be seen as rational and reasonable?

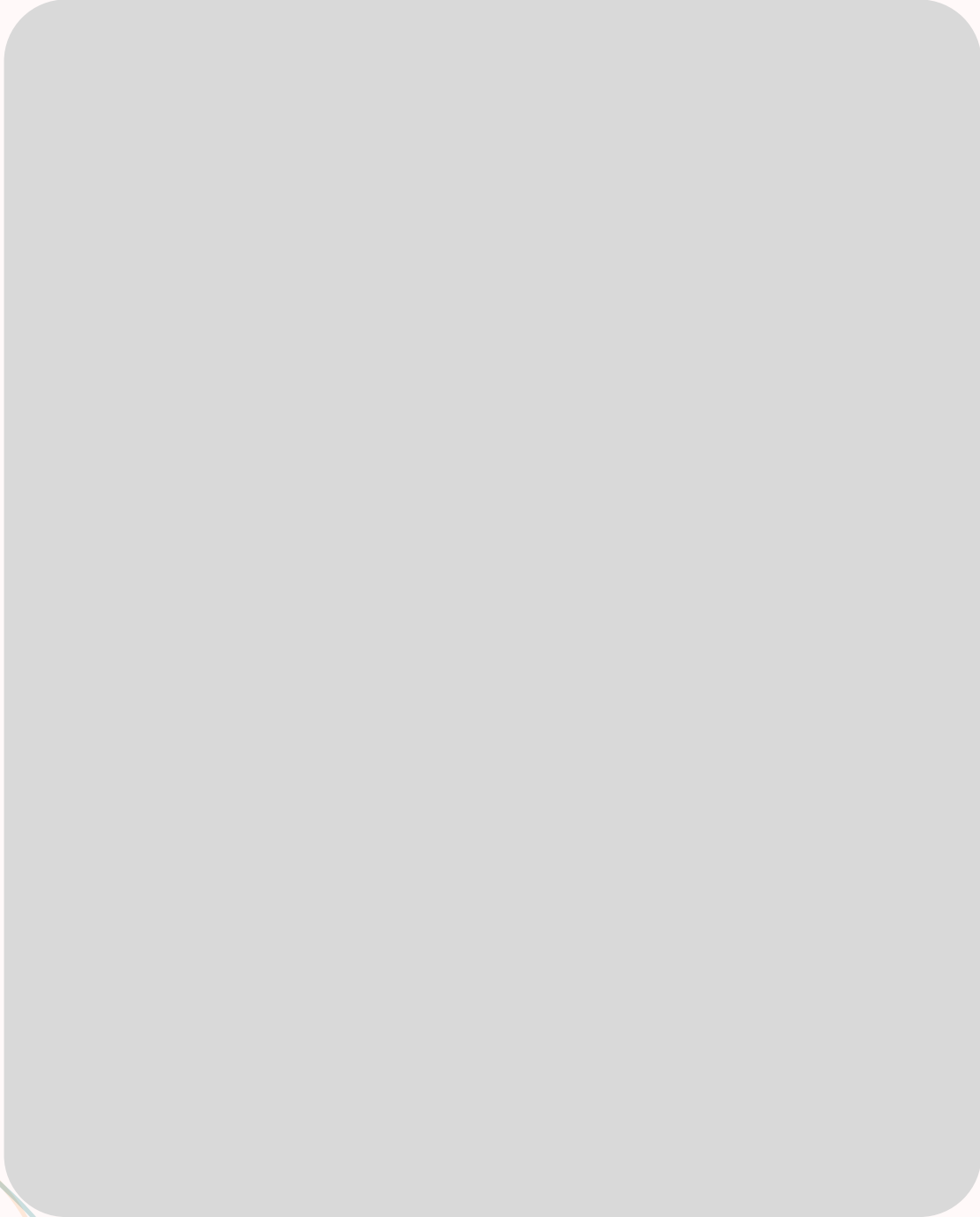


Is there information that other stakeholders might have that you do not?
If you had this information, how might that influence your response?



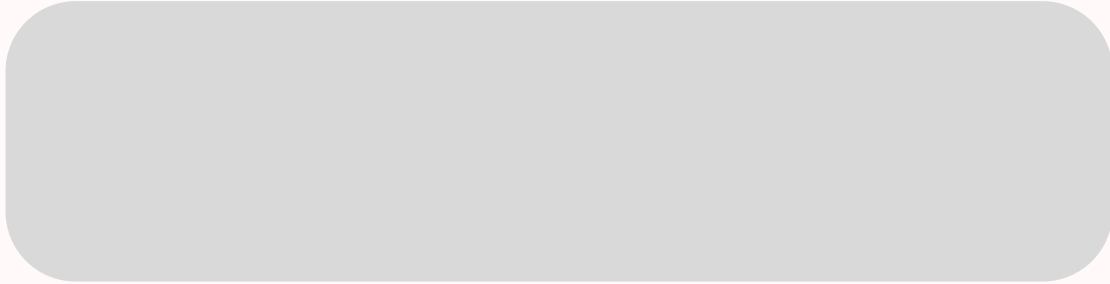
PRACTICE RATIONAL THINKING

Other reflections:

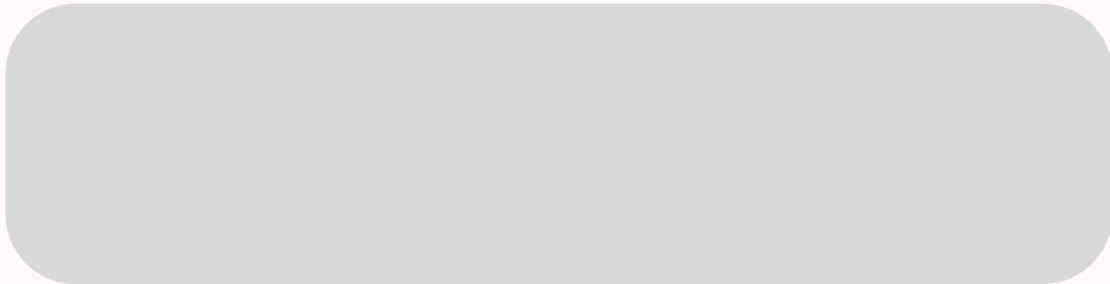


LIVE ACCORDING TO YOUR VALUES

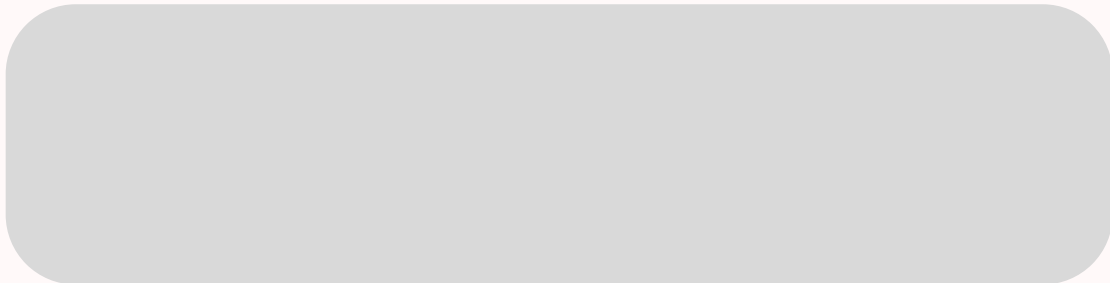
What do you value the most? What other values are very important to you?



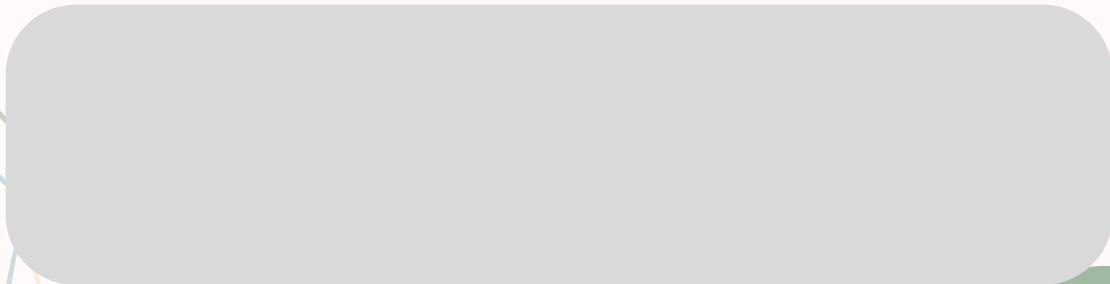
Related to this issue/situation, how do your values show up in your actions?



What adjustments might you need to make to better align your values with your conduct?

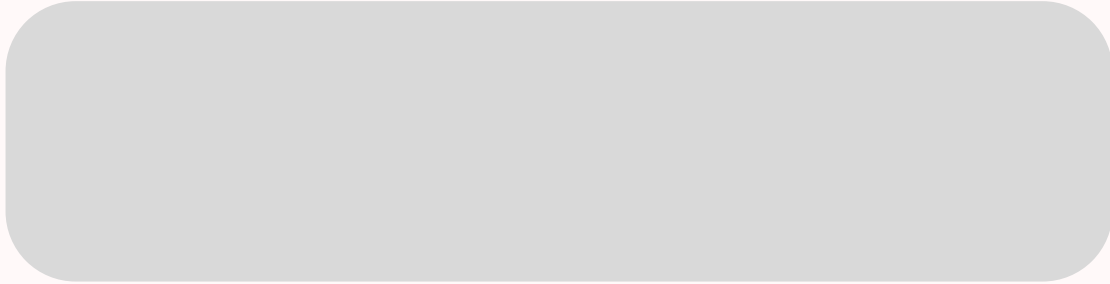


Related to this issue/situation, how are your decisions demonstrating ethical conduct?

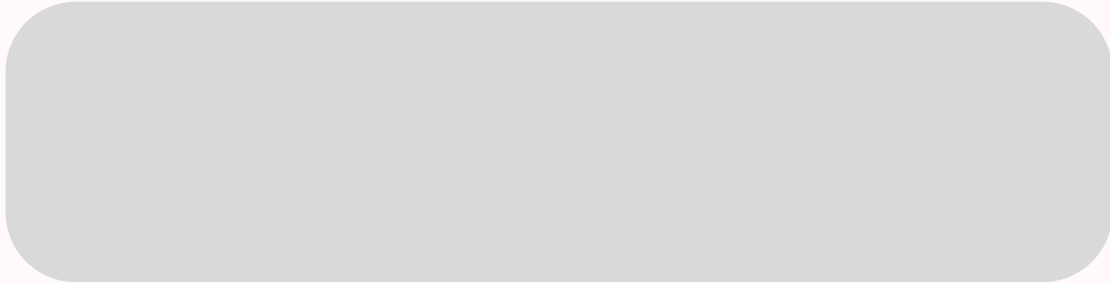


LIVE ACCORDING TO YOUR VALUES

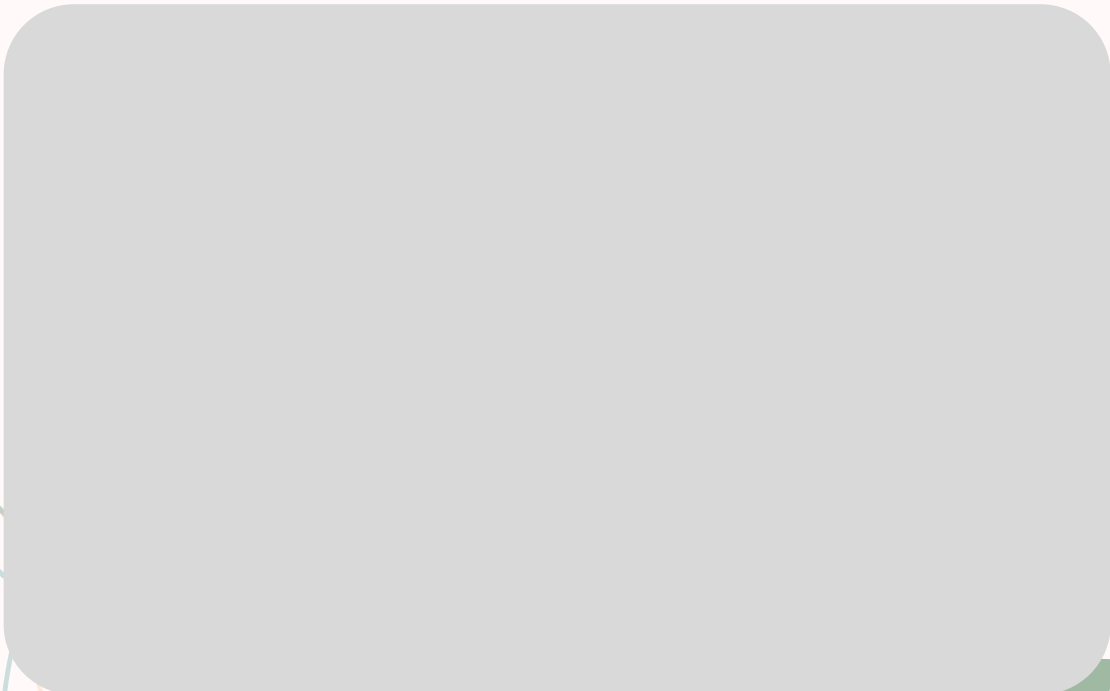
Related to this issue/situation, how are your decisions demonstrating social responsibility?



Related to this issue/situation, are your decisions contributing to long-term sustainability?

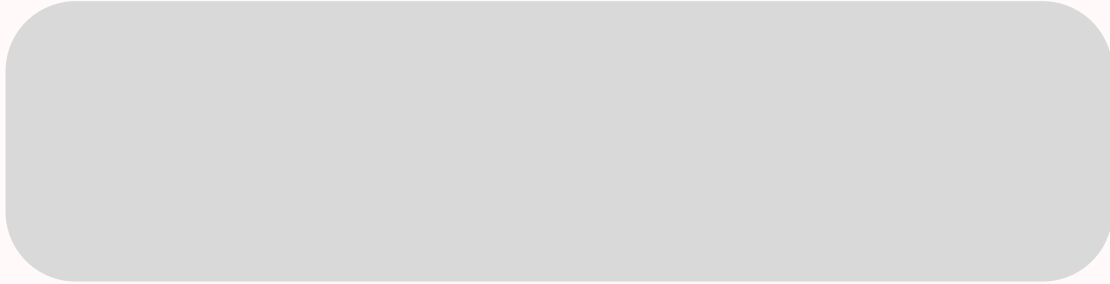


Other reflections:

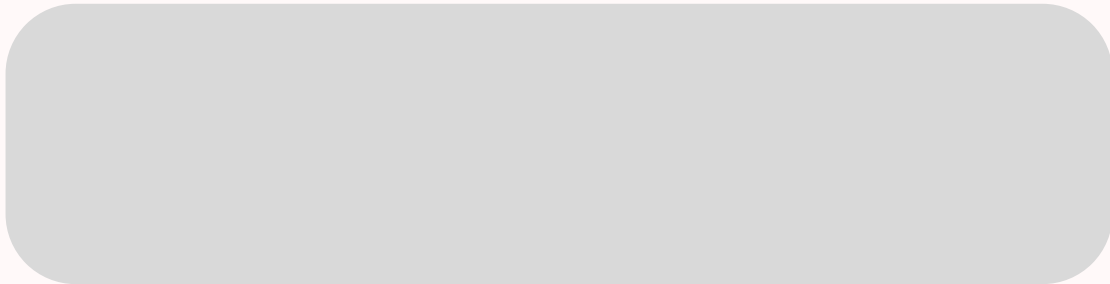


FOCUS ON THE GREATER GOOD

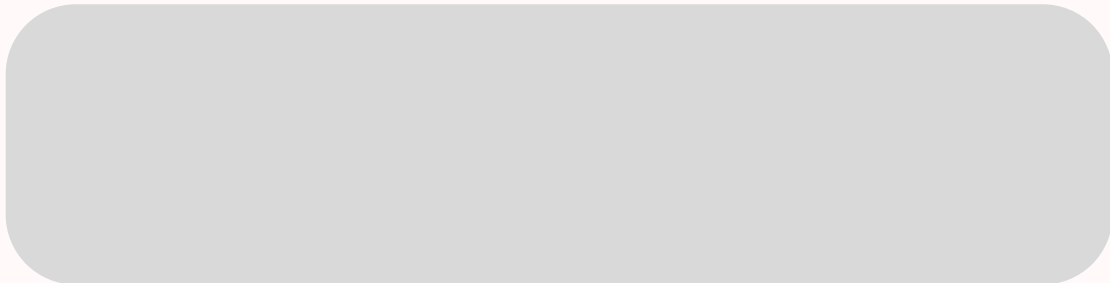
How does this issue/situation impact the greater good?



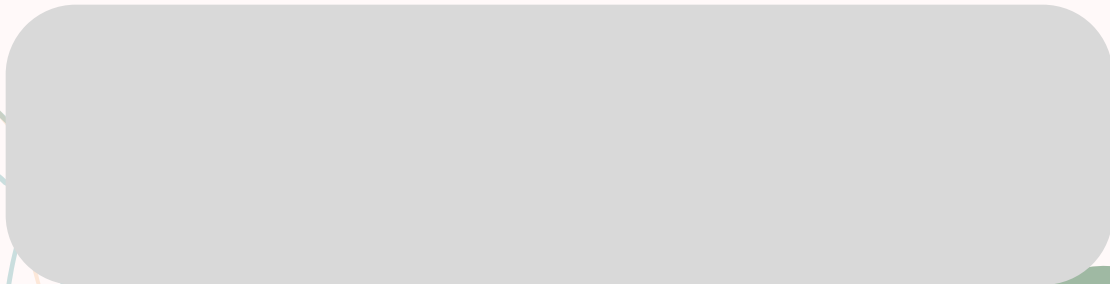
Does your concern with this issue/situation support or constrain the greater good?



What needs to happen to ensure that the greater good is a priority?

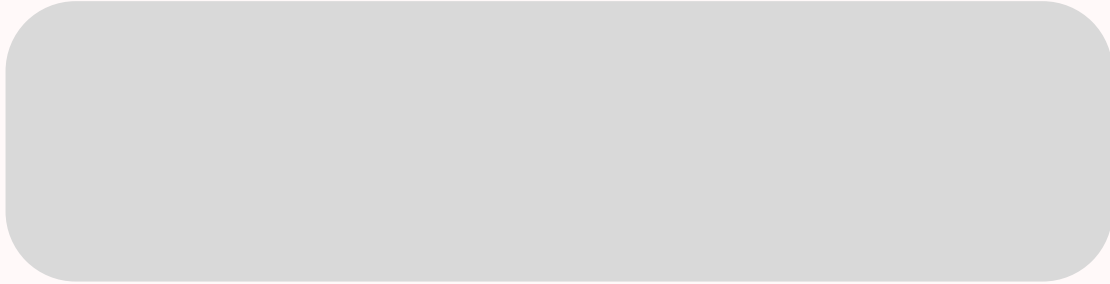


Are the interests of your customers, vendors/suppliers, colleagues, and/or employees prioritized over your own personal gain?



FOCUS ON THE GREATER GOOD

Are your decisions being made with the intention to benefit others as well as yourself?




Other reflections:

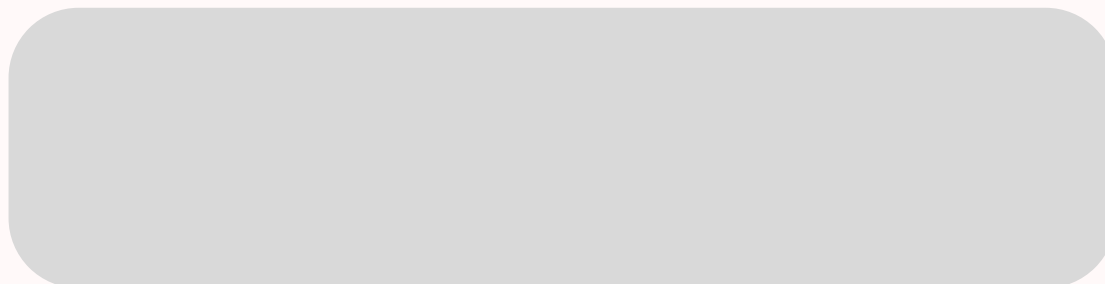


PRACTICE SELF-REGULATION

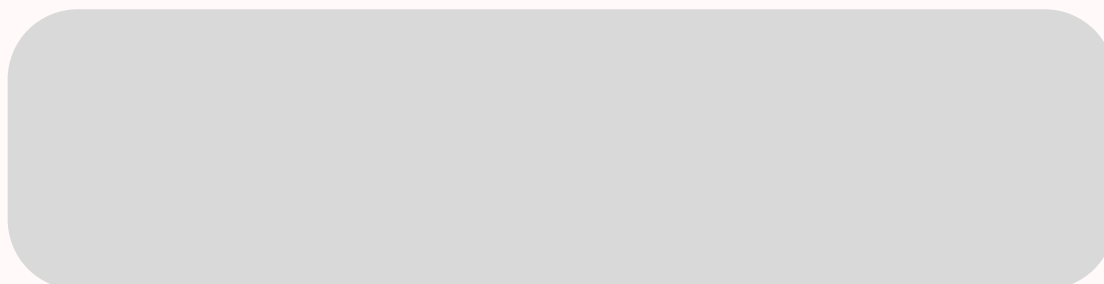
What is or was your initial emotional response to the issue/situation?



Is that emotional response helping or hurting your efforts to address the issue/situation?



If your emotional response is hurting your efforts, how would you rather feel instead?

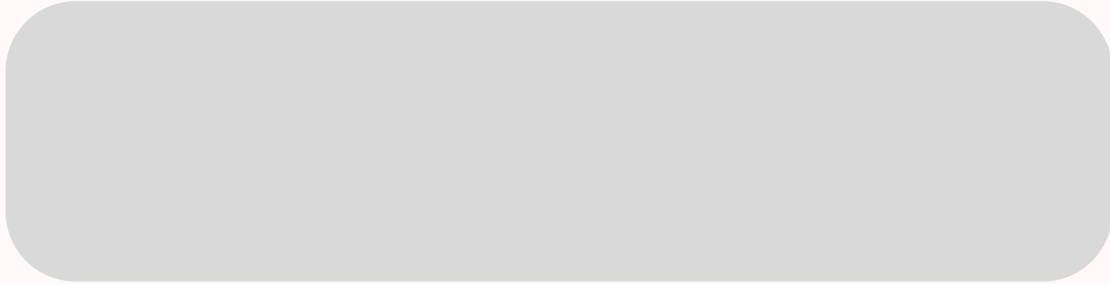


To feel differently about the issue/situation, what actions or beliefs might you need to change?



PRACTICE SELF-REGULATION

How might empathy or compassion for others involved in this issue/situation change how you feel?

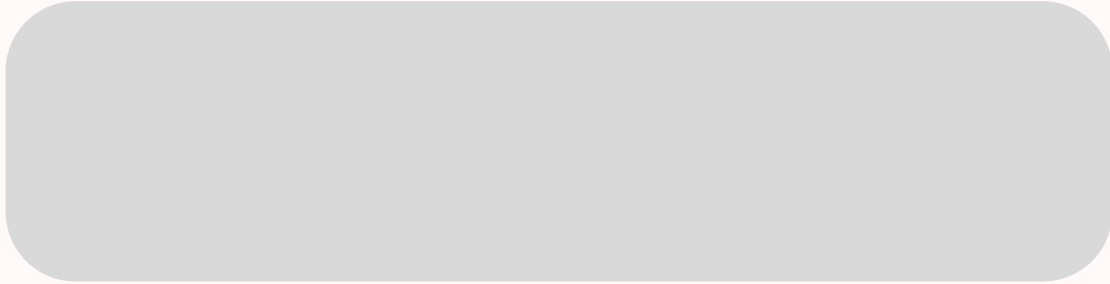


Other reflections:

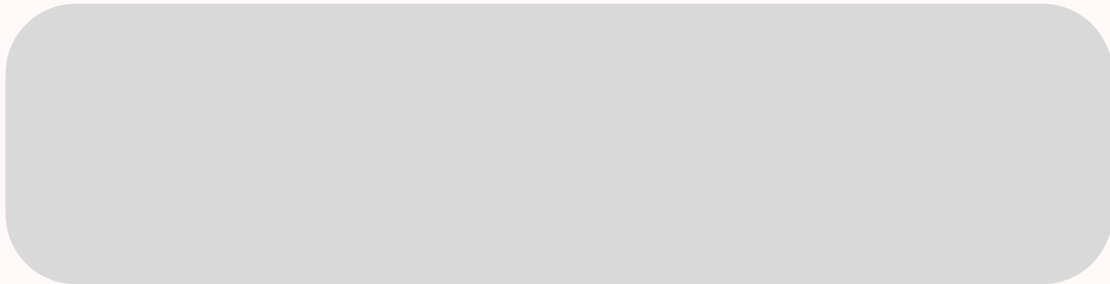


PRACTICE GRATITUDE

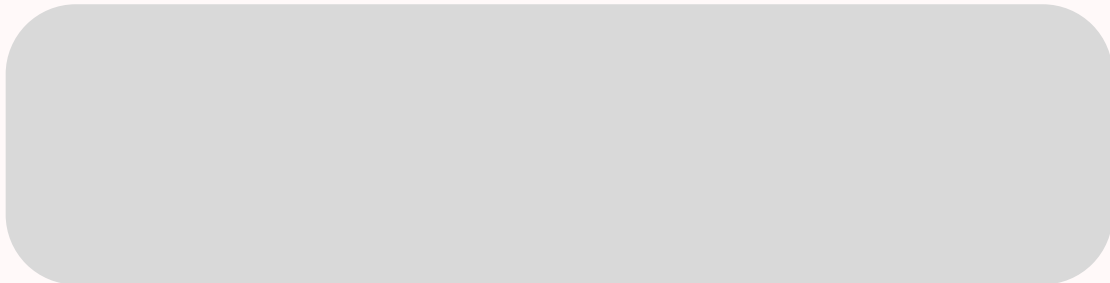
Given this issue/situation, what can you be grateful for?



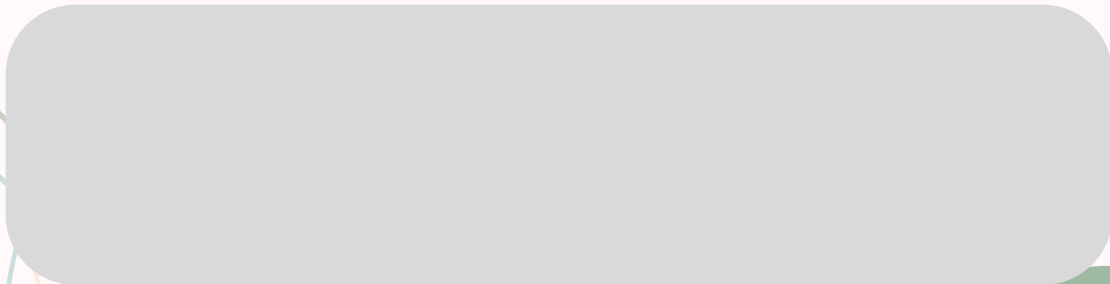
What good things in your life will remain regardless of the outcome of this issue/situation?



What actions might you take to ensure that those good things continue to exist in the future?

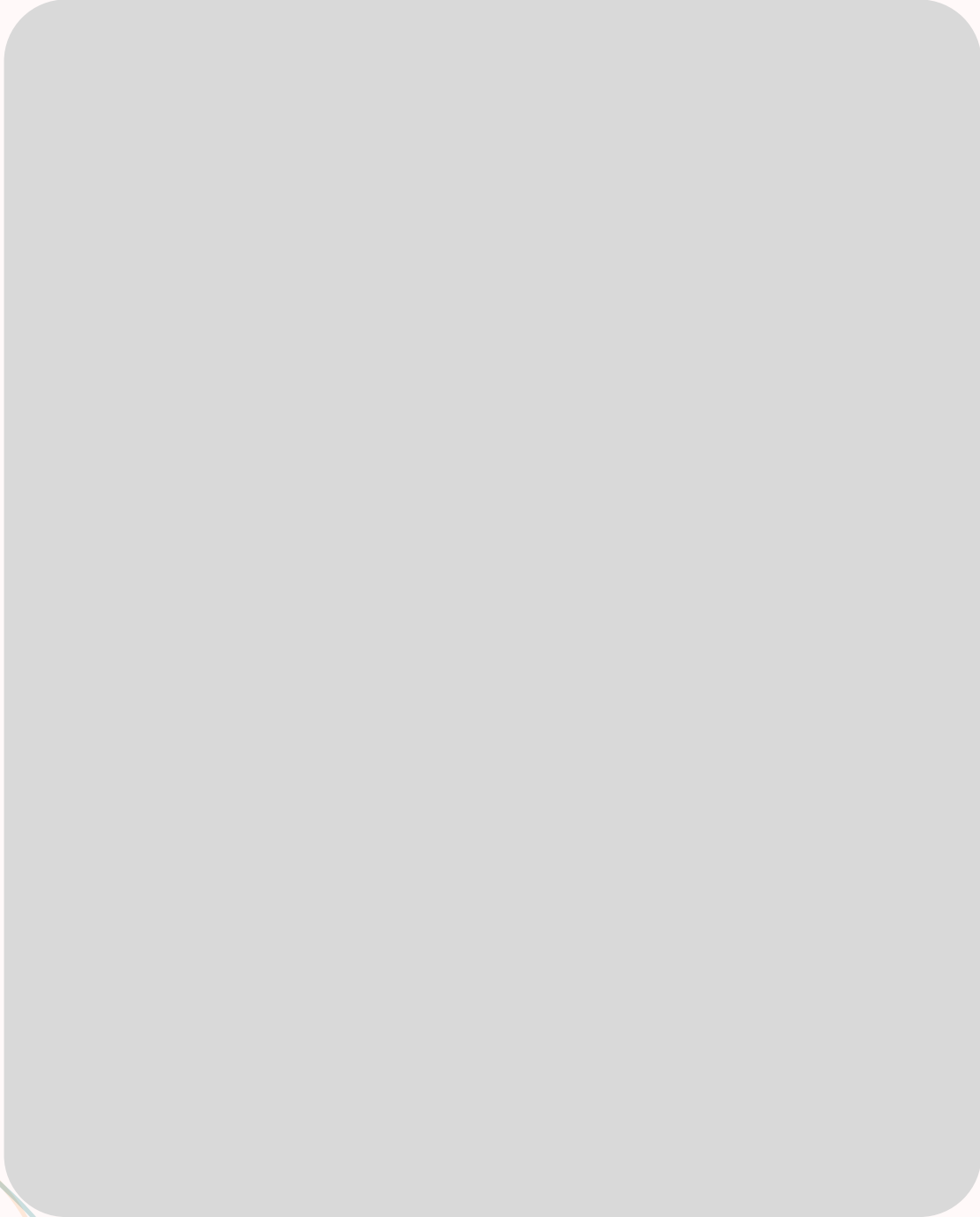


Regarding this issue/situation, what have you achieved that you might not be noticing?



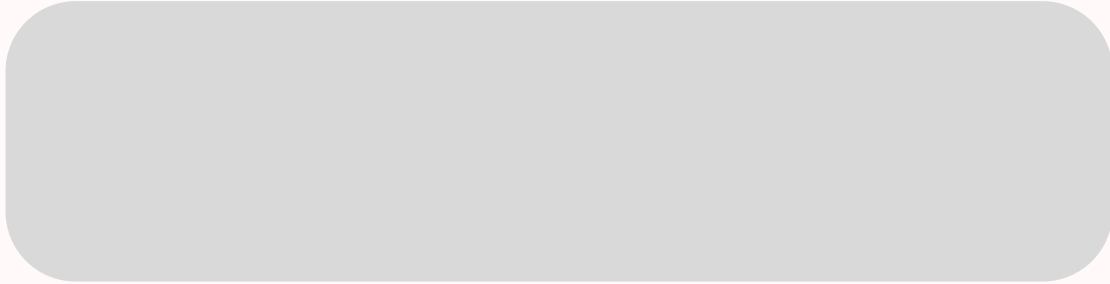
PRACTICE GRATITUDE

Other reflections:

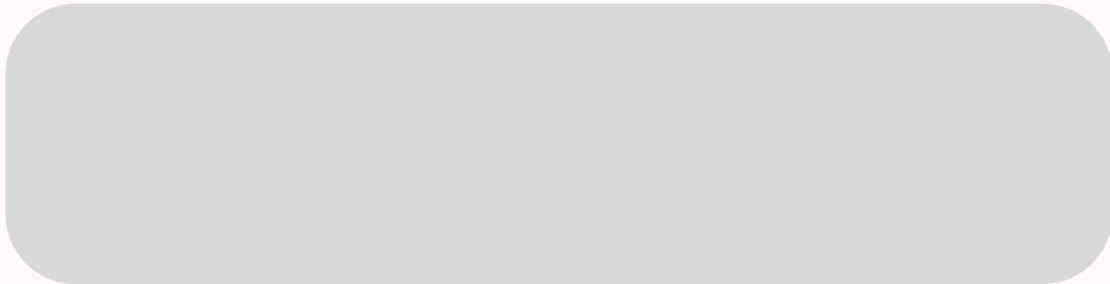


PRACTICE SELF-DISCIPLINE

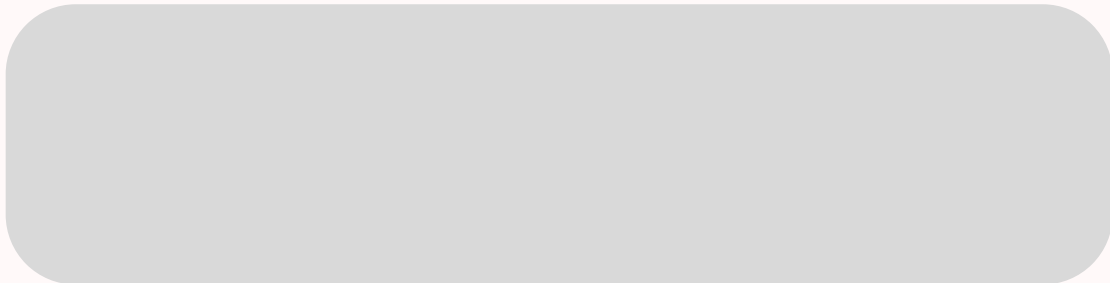
What desires are driving your current emotions? Are these emotions causing you stress or anxiety?



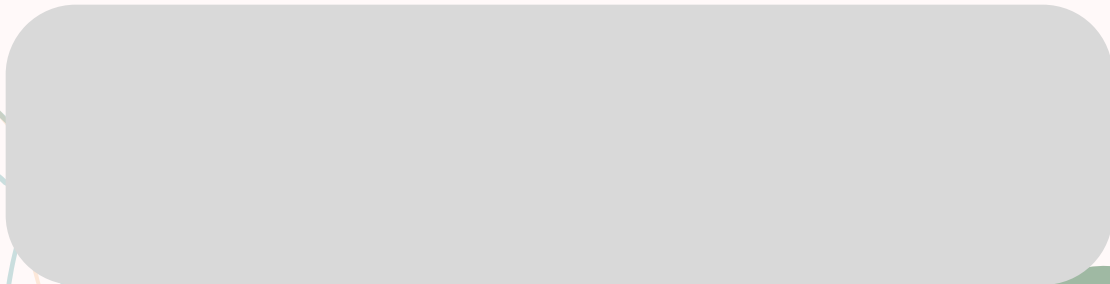
How might you respond to these emotions differently?



Related to this issue/situation, what are your goals?

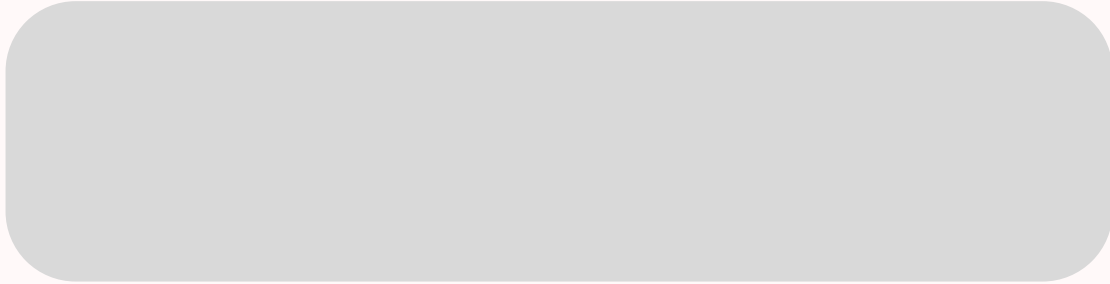


Related to this issue, what are your priorities?

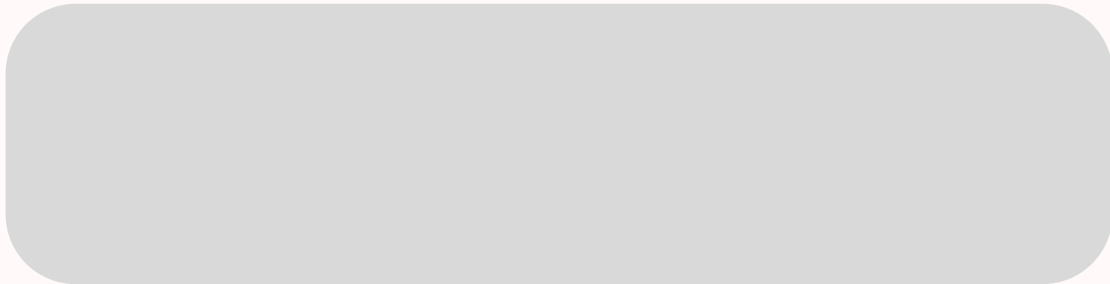


PRACTICE SELF-DISCIPLINE

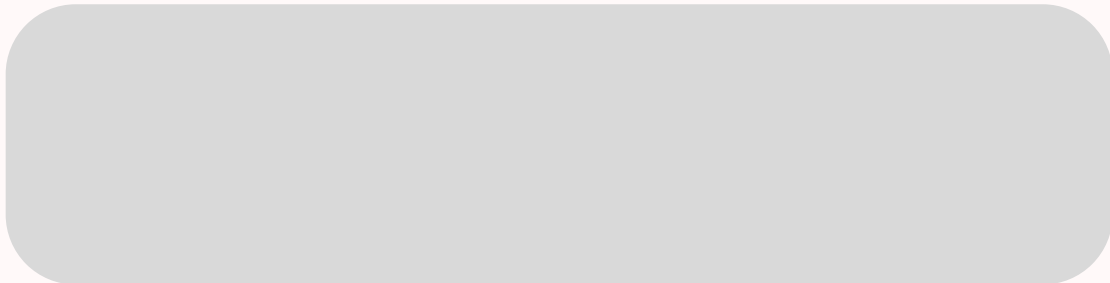
How might your degree of self-control be helping or hindering you in achieving your goals?



Related to this issue/situation, to what degree are you remaining faithful to your priorities?

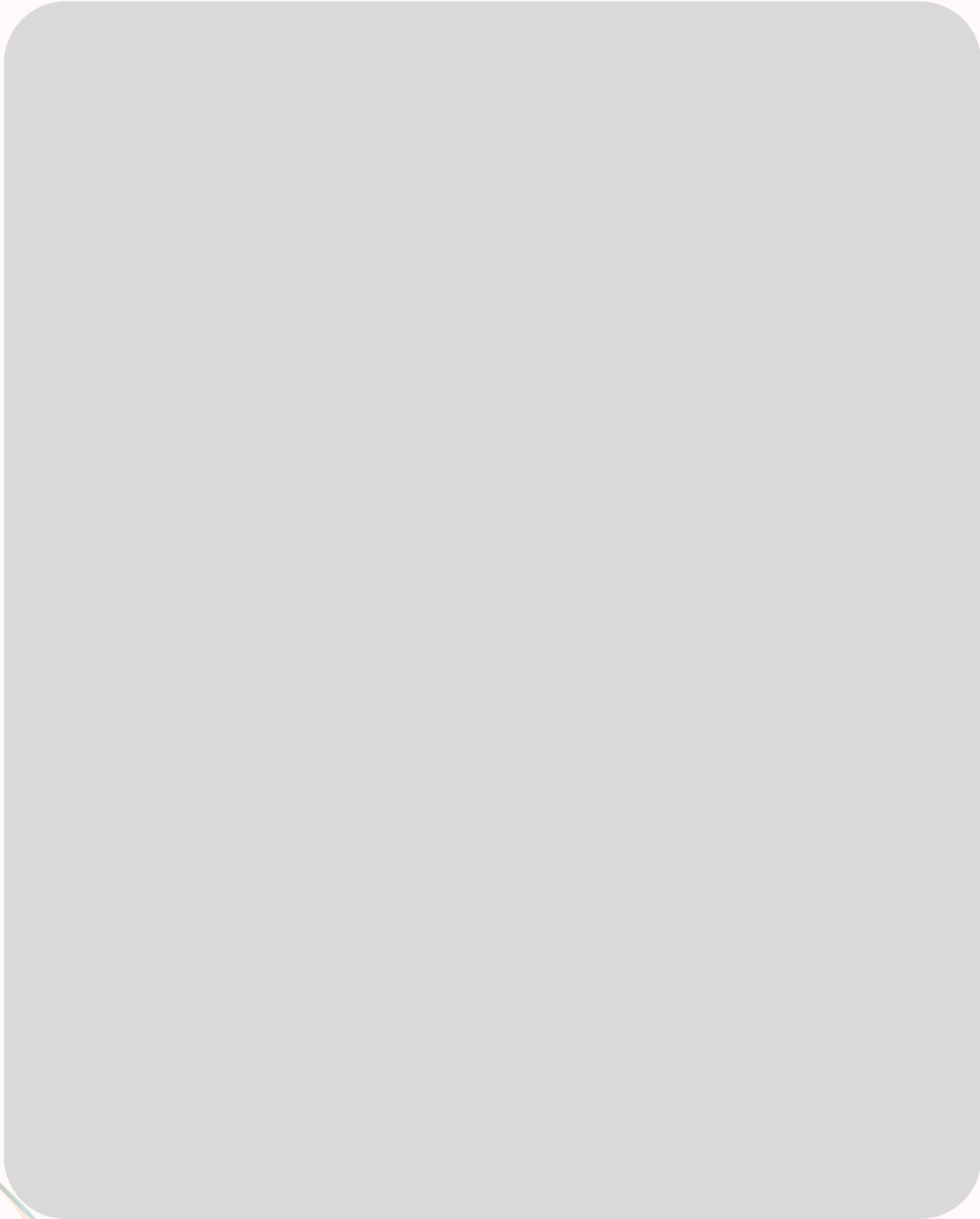


Related to this issue/situation, how might you avoid short-term gains to achieve long-term success?



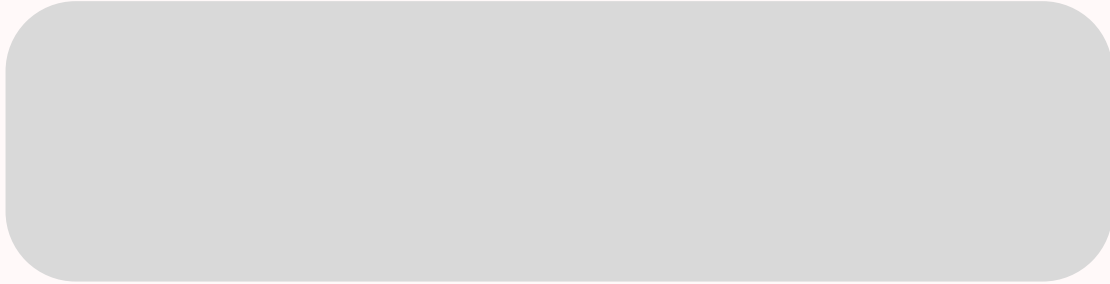
PRACTICE SELF-DISCIPLINE

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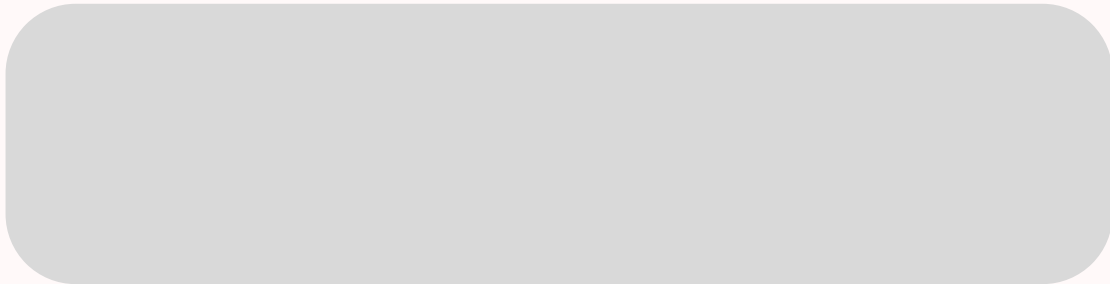


FOCUS ON THE PRESENT MOMENT

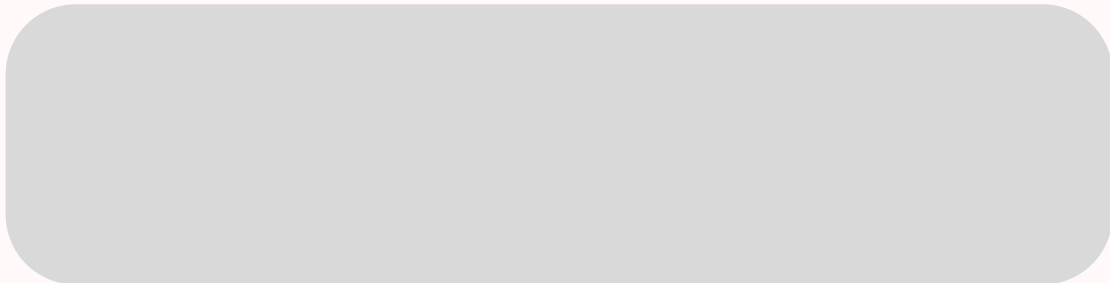
How much of this issue/situation is rooted in the past?



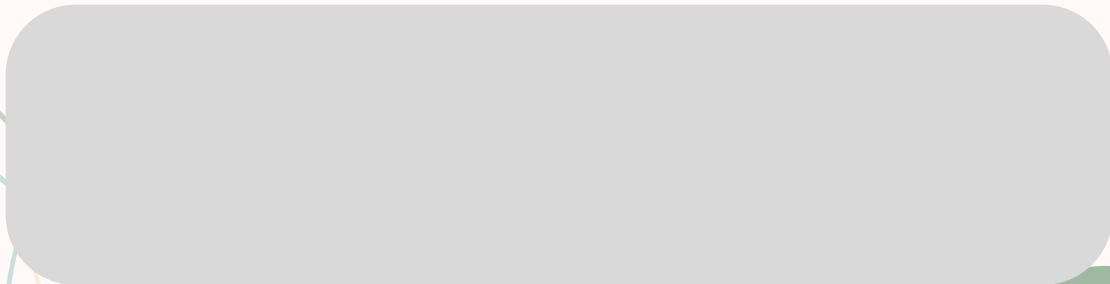
How much of this issue/situation is based on fears for the future?



What might you do right now that will improve future outcomes?

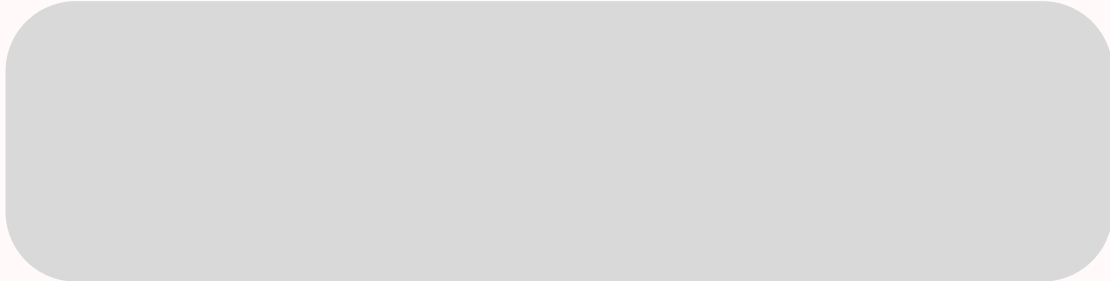


What might you do right now that will help you to feel calmer in this moment?

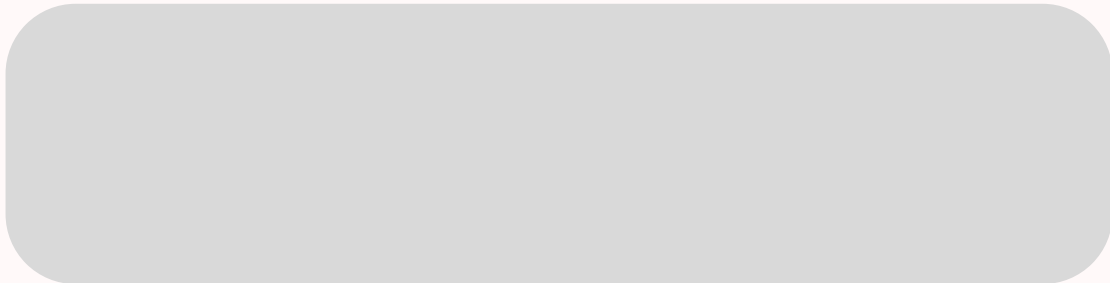


FOCUS ON THE PRESENT MOMENT

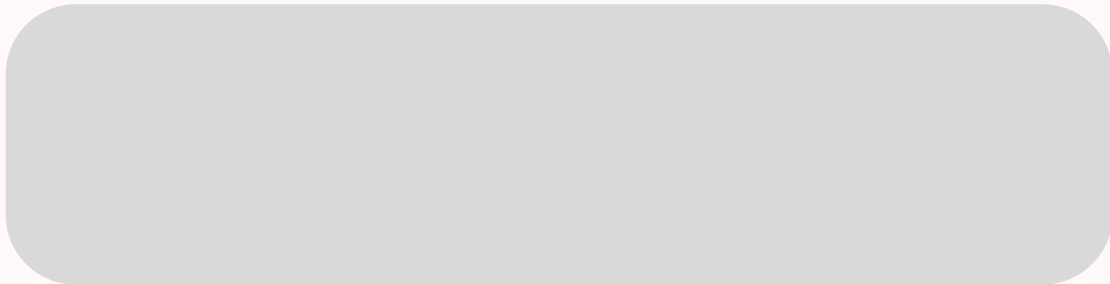
What resources are available to you today that will allow you to manage current and future challenges?



What distractions might be getting in the way of being fully present at this moment?

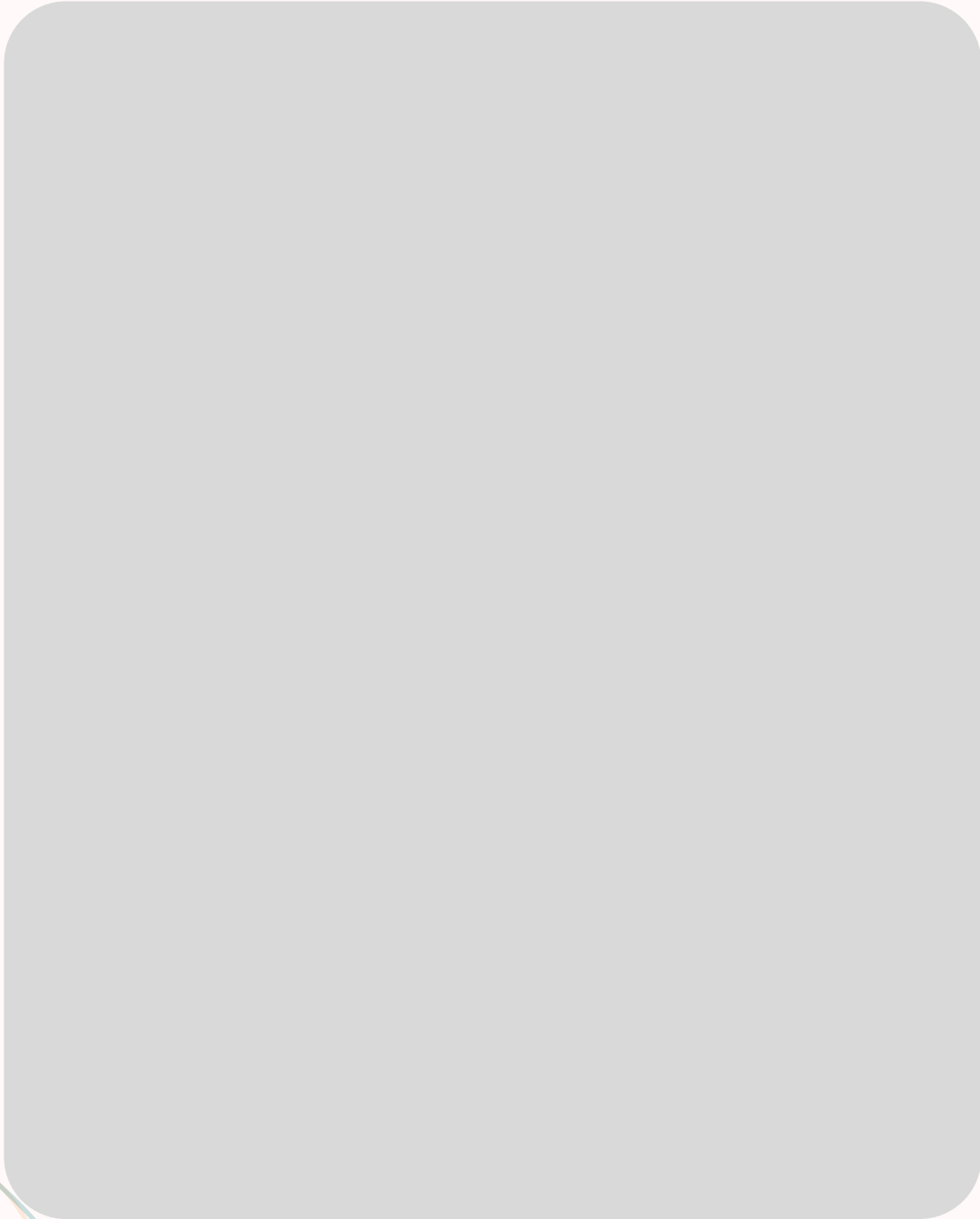


Related to this issue/situation, what actions might you take to be fully focused on the task at hand?



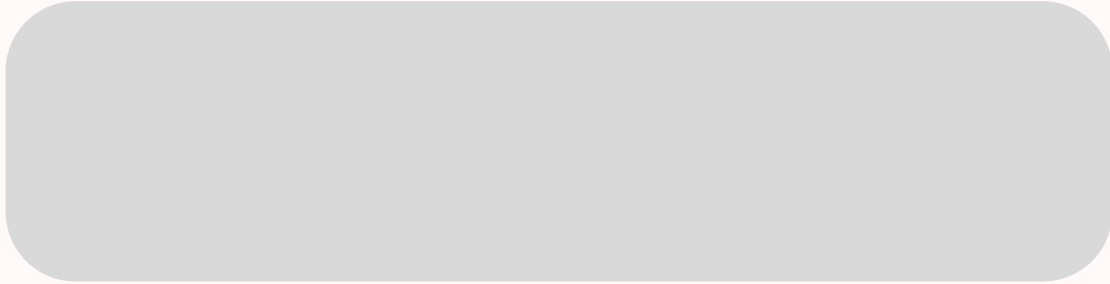
FOCUS ON THE PRESENT MOMENT

Other reflections:

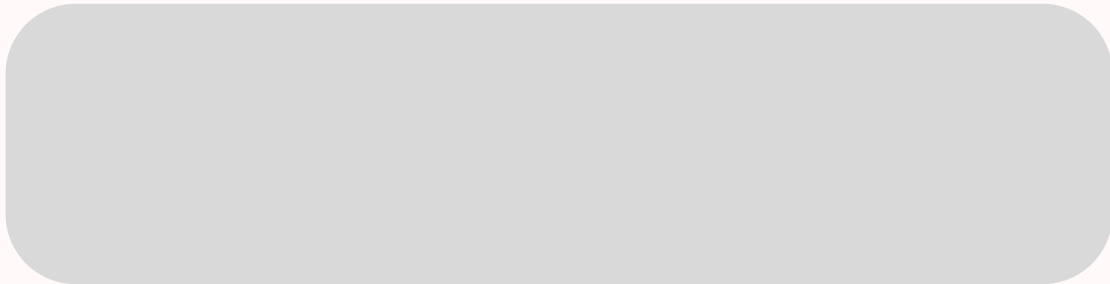


PRACTICE HUMILITY

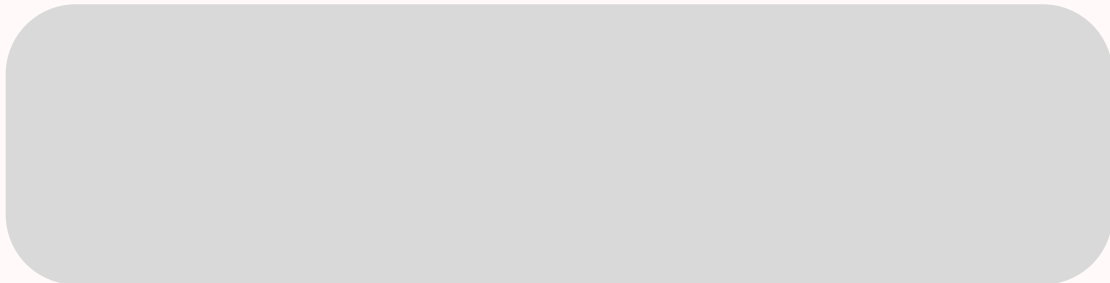
Given this issue/situation, what are your strengths? How do you know?



Related to this issue/situation, what are the obvious and less obvious opportunities for growth?



When thinking about this issue/situation, what might you do differently or could you have done differently?

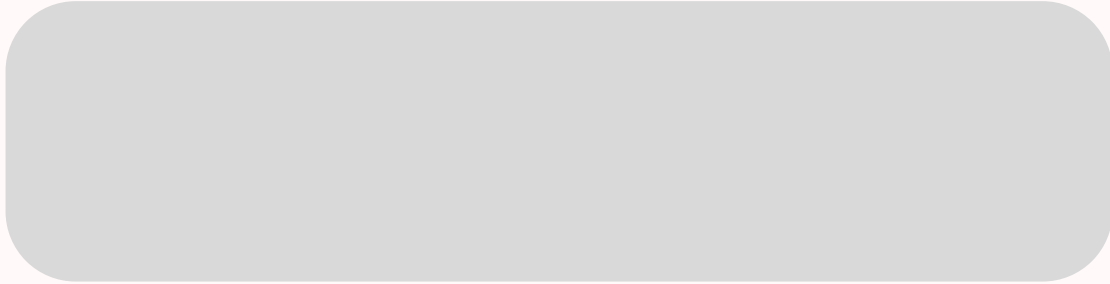


How might you demonstrate better acceptance and appreciation for the feedback from others?

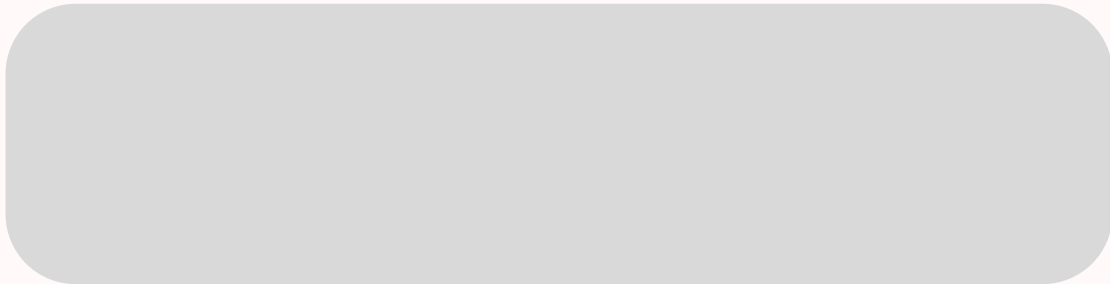


PRACTICE HUMILITY

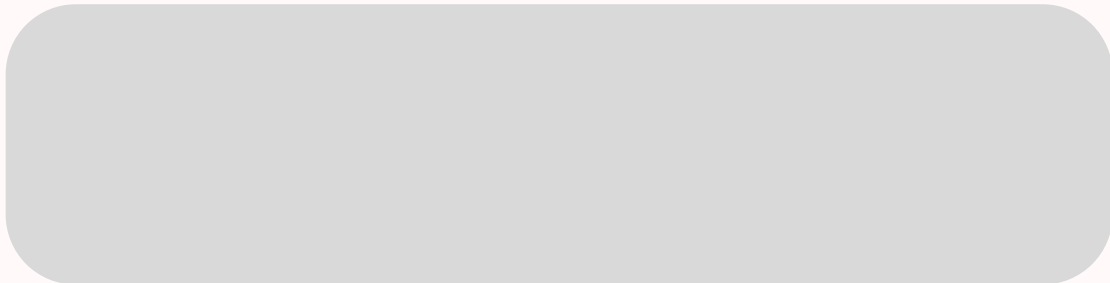
If your intent is to grow, what questions about this issue/situation should you be asking?



Given this issue/situation, who might you seek guidance from? Whose feedback do you need?



Given this issue/situation, who might have information that would help you?

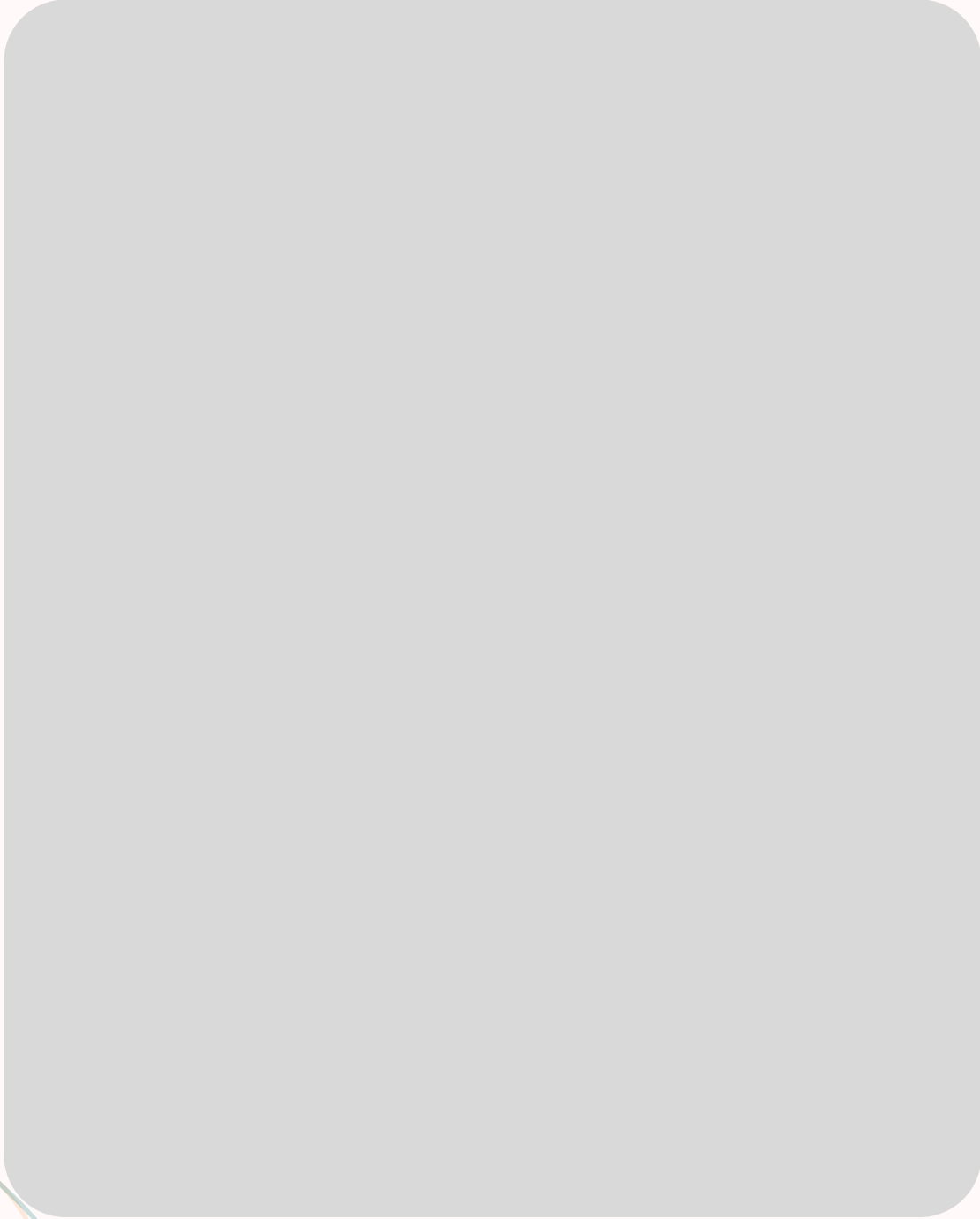


How might you better involve stakeholders in decisions that affect them?



PRACTICE HUMILITY

Other reflections:



**SUGGESTIONS (POSITIVE STATEMENTS) TO BE
INTEGRATED WITH THE STOIC-HYPNOTIC RECORDING**

