

GROWING OUR LEGACY SERIES
WORKBOOK

Break Free from the Past: Overcoming Negative Emotions, Limiting Beliefs, and Unproductive Behaviors



Liz Cresci
Legacy of Growth Coaching
[@legacy_of_growth](https://www.instagram.com/legacy_of_growth)



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INTRODUCTION: Breaking Free from the Past

Hey there!

Welcome to the "Break Free from the Past" workbook, part of our **Growing Our Legacy** series! This guide is designed to help you tackle those lingering past experiences that might be holding you back. Whether you're dealing with self-doubt, feeling stuck, or just looking to level up your personal growth, this workbook is here to support you every step of the way.

Why Bother with the Past?

Our past experiences shape who we are today, and sometimes, they can sneakily influence how we think and act in the present. Unresolved negative emotions, limiting beliefs, and unproductive behaviors can create barriers that keep us from reaching our full potential. But the good news? We can have the power to break free from these chains and create a legacy of growth and empowerment.

What's In It for You:

- **Clarity** on how your past is impacting your current mindset and actions.
- **Techniques** to identify and challenge limiting beliefs and negative emotions.
- **Strategies** for healing from past hurts and building resilience.
- **Tools** to set and achieve goals while creating a supportive environment for your growth.

How to Use This Workbook:

This workbook is your personal roadmap, filled with exercises and reflections that align with our workshop content. Take your time with each exercise, and don't forget to jot down your thoughts and progress. Remember, this is your journey, there's no right or wrong way to go about it.

A Journey of Growth:

Breaking free from the past isn't always easy, but with courage, self-compassion, and persistence, it's absolutely possible. Use this workbook as your trusty companion on this journey. By the end, you'll have a clearer understanding of yourself and a solid plan for moving forward, all while contributing to your personal legacy of growth.

Let's get started on this exciting journey together!

STEP 1

Identifying Limiting Beliefs and Negative Emotions

Reflection questions:

- What beliefs do I hold that might be limiting my potential?
- What negative emotions frequently resurface and hinder my progress?

Example:

- Limiting Belief: "I'm not smart enough to succeed."
- Negative Emotion: Fear of Failure

STEP 2

Anchoring Positive States

EXERCISE:

- Think of a joyful or proud moment in your life
- As you recall this moment, create a physical anchor (e.g.: squeezing your thumb and finger together)
- Practice this anchoring technique daily to strengthen the positive association

STEP 3

Reframing Negative Experiences

EXERCISE:

- Choose a negative experience from your past
- Write it down and then reframe it by identifying what you learn from it or how it made you stronger

Example:

- Negative Experience: "I failed my first business venture."
- Reframed: "I gained valuable insights and experience that will help me succeed in future endeavors."

STEP 4

Healing Past Hurt

Strategies:

- Journaling: Write about your feelings and experiences to process them
- Mindfulness: Practice mindfulness meditation to stay present and reduce stress
- Professional Help: Seek therapy or counseling if needed

STEP 5

Building Resilience

Goal Setting EXERCISE:

- Define a SMART goal (Specific, Measurable, Achievable, Relevant, Time-bound)
- Outline the steps needed to achieve the goal
- Identify potential obstacles and how you will overcome them

Example:

- Goal: "I will complete a certification course in digital marketing within six months."
- Steps: Research courses, enroll, set a study schedule, complete assignments
- Obstacles: Time management, distractions. Overcome by setting a dedicated study time and creating a distraction-free environment

STEP 6

Creating a Support System

Tips:

- Identify individuals who support and uplift you (family, friends, mentors)
- Join support groups or professional networks related to your goals
- Communicate your needs and seek advice when necessary

SUMMARY

ACTION PLAN:

- Identify and challenge your limiting beliefs and negative emotions
- Practice positive anchoring techniques regularly
- Reframe negative experiences to see them as learning opportunities
- Use journaling, mindfulness, and professional help to heal past hurts
- Set and work towards SMART goals to build resilience
- Cultivate a strong support system to guide and encourage you

HOW CAN WE HELP

At Legacy of Growth, we are committed to your growth. We work with our clients to get unstuck and move forward into a future of which they can be proud. Here are some of our offerings that are designed to support you in this endeavor:

- For accountability and support
 - CRESCENDO Group (this small group meets 2x per month and it's goal is member growth)
- For personal challenges
 - check out our 1 off coaching on specific topics
 - Multi-session packages allow you to create a bespoke coaching experience
- Self-Study in Growth
 - Courses
 - Newsletters
 - Blogs

Contact Information:

- For further support and resources, visit www.LegacyOfGrowth.com

GROWING OUR LEGACY

The “Growing Our Legacy” series is designed to help you cultivate the best version of yourself, one step at a time. Whether you’re looking to overcome past challenges, build stronger relationships, or enhance your mindset, this series is your roadmap to creating a lasting legacy of growth and success.

Each workshop in this series focuses on a key area of personal development, guiding you through practical exercises and strategies that will help you grow and thrive. We’ll begin by addressing the barriers that might be holding you back, like negative emotions and limiting beliefs, and then move into powerful techniques that will unlock your potential and help you leave a lasting impact.

Throughout this series, you’ll learn how to:

- **Break Free from the Past:** Let go of negative emotions and limiting beliefs that no longer serve you, setting the stage for growth.
- **Unlock Your Potential:** Discover transformational techniques that will help you tap into your true power and create the life you want.
- **Silence Self-Doubt:** Overcome negative self-talk and build a foundation of confidence and positivity.
- **Find Your Direction:** Move past feelings of being stuck and indecisive by gaining clarity and focus on your path forward.
- **Set and Achieve Goals:** Learn effective goal-setting techniques that align with your vision for your future self and legacy.

- **Build Strong Connections:** Enhance your relationships by mastering the art of communication and build deeper rapport.
- **Sharpen Your Senses:** Increase your awareness and perception, allowing you to live more mindfully and purposefully.
- **Harness the Power of Stories:** Use metaphors and storytelling as tools for personal growth and healing.
- **Shift Your Mindset:** Embrace a growth mindset that empowers you to overcome challenges and seize opportunities.
- **Boost your Mood:** Learn techniques to anchor positive emotions, helping you maintain a balanced and optimistic outlook.
- **Transform Habits and Emotions:** Replace unwanted behaviors with empowering habits that support your growth journey.
- **Leverage the Power of Words:** Understand how your language shapes your reality and learn to use it to create success.
- **Achieve Excellence:** Implement winning strategies that will help you excel and leave a lasting legacy.

The "Growing Our Legacy" series is all about taking practical, actionable steps that you can apply in your daily life. Each workshop offers a corresponding workbook that is packed with exercises, tips and insights to help you integrate these powerful techniques and see real, tangible results. And don't worry - I'll be with you every step of the way, offering guidance and encouragement as you go.

By the end of this series, you'll have not just a collection of tools, but a legacy of growth that you can be proud of. Whether you're aiming to improve yourself, achieve professional success, or simply live a more fulfilled life, these workbooks are your companions on the journey to creating a lasting legacy.

ABOUT

Who is Coach Liz?

“It is never too late to be the person you might have been.”
~ George Eliot

When I first heard this quote, it spoke to my heart and summed up the fear I had been carrying for years—that I had missed my opportunity. But that's just not true!

My personal development journey started when I was young, trying to figure out who I was and how I fit into the world. In my early 20s, I found myself drawn to the self-help section of every bookstore, seeking answers to questions I couldn't articulate. I felt adrift and alone, constantly looking for answers outside myself.

Then life happened. I became a single parent to two young children, focusing on raising them and getting through each day. During this time, I received an invitation to my 20th high school reunion. In that moment, my life seemed to flash before me, and I felt like I had nothing to show for the past 20 years. How could I go back with nothing to show?

I did go and realized those thoughts were not true. Some were wildly successful, but most were just like me.



We all had the same fears. I left with rekindled friendships and a resolve to never feel that way again. I was determined to figure out how to change.

Now, I'm proud to say I found “the person I might have been.” I was put on this planet to be the person I wished I had to walk alongside me years ago. As a coach, I work with clients to overcome obstacles, release limiting beliefs, and become the person they've always known they could be.

LESSONS I LEARNED

My experience left me with a few simple truths I would like to share.

- It is never too late
- My life is in my hands, it's up to me to grow into the person I wish to be
- I always have an impact even if I don't intend to
- I AM my legacy (not material things)

It is my hope this workbook helps you to create another brick in the foundation of your growth. We are a product of our experiences, our past, our family, our community, and our world. Whether it is a major experience or a simple exchange, it has the power to impact your future. It is up to you to weed out the negative impact and foster the positive. My hope is this workbook will start you on that journey.

Please join me at www.facebook.com/LegacyOfGrowth and leave a post. Share your vision, your goals, your wins, and your challenges. Let's work together to get you there and then celebrate your success!

You ARE your legacy! Let's GROW for it!

With you all the way,

~ Coach Liz

PS: In case you were seeking more "official" information about my coaching qualifications ... I am an accredited/certified Life Coach, Certified Business Coach/Consultant, and a Master NLP Practitioner.



HOW TO LEARN MORE

Links | Likes | Follows

Website: legacyofgrowth.com

Instagram: [@legacy_of_growth](https://www.instagram.com/legacy_of_growth)

Facebook: [@LegacyofGrowth](https://www.facebook.com/LegacyofGrowth) & [@CresciLiz](https://www.facebook.com/CresciLiz)

LinkedIn: [@legacy-of-growth](https://www.linkedin.com/company/legacy-of-growth) & [@lizcresci](https://www.linkedin.com/company/lizcresci)

Email: liz@legacyofgrowth.com

Contact Page: legacyofgrowth.com/contact

Read my Latest Blog: legacyofgrowth.com/blog

Join My Email Community:

mailchi.mp/274e129783b9/legacy-of-growth-sign-up

Schedule a Consultation: paperbell.me/legacyofgrowth

