

# 3 Steps to Video Series Workbook



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## Video 1: 3 Steps to Happiness

1. Purpose - Write down the ayah from the Qur'an and reflect on your life. Are you where you want to be in life? Have you found your unique purpose in life? If not, why not? What 3 steps will you take to towards discovering your unique purpose in life now?

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2. Moments - Reflect on your moments and jot down how you spend your moments and if they are not aligned to your unique purpose then what 3 steps will you take to align your moments to finding your unique purpose in life?

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## Video 2: 3 Steps to Confidence

1. Revisit Your Life - What have been some of your top achievements - list them all down - even if you won the school pop quiz it's an achievement and together we're celebrating!

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2. Negative Memories - Revisit and Reframe. OK, this may sound counter-intuitive from the above exercise but follow the exercise in the video because we need to understand these negativities and reframe them and sometimes even trash them in the bin!

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## Video 3: 3 Steps to Vitality

1. Health - It's time for your health check and if you need to visit your local GP then do it! So, are you eating, drinking and exercising correctly? Write down 3 steps you'll take towards being healthier now!

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2. Energy - Check your posture and check your mind! Are you sitting properly? How do you normally sit? Sitting in certain ways affects our mood. What are you feeding your mind? Are you constantly on the negative vibe? Energy flows where attention/focus goes!

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3. Sleep - Are you getting enough sleep? How many hours do you sleep a night? Could you be doing something to better your sleep? Write down 3 steps you'll take to sort out your sleep pattern.

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### Extra Notes

What other breakthrough, ah-ha, enlightened moments have popped up for you? Are you clear on your path now? Do you need some help? Write it all down and then just go do it now!

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