

THIBAUT MEURISSE

**UPGRADE**  
 **OURSELF**

SIMPLE STRATEGIES TO TRANSFORM  
YOUR MINDSET, IMPROVE YOUR HABITS  
AND CHANGE YOUR LIFE

# Upgrade Yourself

## Workbook

*If you want to change your life you have to raise your standards. - Tony Robbins*

Thanks again for purchasing my book. I really want you to succeed and to get as much as you can from it. Please make sure you use this workbook alongside the book. In the end, your commitment is what will determine how much you get out of this book. I encourage you print out this workbook to make it easier to refer to it as you are reading the book. Also, writing down your answers using a pen is more powerful than just typing on your computer.

Let's get started!

## **I. Updating your belief system**

Your belief system is likely obsolete and it is time to upgrade it for a more empowering one that will support you in the future.

### **What's holding you back?**

Write down as many limiting beliefs as you can below:

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### **Pick up one limiting belief**

Now, look at your list and pick up the one limiting belief that if you were to overcome would make the biggest difference in your life. Just go with your guts.

My one limiting belief:

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**Overcoming your limiting belief:**

Challenging your limiting belief

What are the assumptions underneath your belief? (legs of the table)

Assumption #1

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Assumption #2

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Assumption #3

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Assumption #4

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Debunking your assumptions

Now, write down for each assumption why it is false

Assumption #1 Debunking

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Assumption #2 Debunking

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Assumption #3 Debunking

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Assumption #4 Debunking

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Turning things around

If relevant, turn the assumptions around

Assumption #1

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Assumption #2

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Assumption #3

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Assumption #4

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Looking for examples

Look for examples for the assumption you turned around (if relevant)

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Assessing the negative consequences of your belief

How does this belief negatively impact your life? Write it down

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Exploring who you could be

Who would you be without that belief? Write it down below:

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Coming up with a new empowering belief

Write down a new empowering belief that you would like to adopt instead

My new empowering belief:

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Validating your new belief

Look for examples why these new belief is true (role model who achieved what you want, past examples in your own life etc.)

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## II. Reprogramming your mind

Create an affirmation and repeat it every morning to condition your mind to accept your new empowering belief (you might use your empowering belief as such or rephrase it as you wish)

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## III. Changing your mindset

### Developing a mastery mindset

Think of a goal you failed to achieve in the past? Would you have achieved it if you had developed a mastery mindset?

Rate yourself on the following components of the mastery mindset:

Focusing on the process

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0 10

Thinking long-term

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0 10

Being extremely focus

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0 10

Applying everything you learn

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0 10

## Going back to the fundamentals

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10

### Implementing a bullet-proof timeframe

Select one major goal you'd like to achieve and set a bullet-proof timeframe for it

Your goal:

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Your bullet-proof timeframe: \_\_\_ / \_\_\_ /20\_\_\_\_\_



## **IV. Improving your attitude**

### Take 100% responsibility for your life

Look at the following areas and write down what would it mean for you to take 100% in some or all of these areas:

Work:

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Money:

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Living Environment:

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Personal growth:

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Health:

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Community:

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Family:

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Spirituality:

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Pick up one area in which you commit to take 100% responsibility in the coming 30 days

My area: \_\_\_\_\_

What I commit to do in the next 30 days:

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## **V. Turbocharging your vision**

Write down your vision below. What do you really want?

Feel free to use a separate sheet to write down ideas

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Make it SMART

Now set a goal that is specific, measurable, achievable, relevant and time-bound.

Your SMART goal:

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## **VI. Improving your integrity**

### Honesty with yourself:

What could you do to further live a life that reflect your personality?

Pick one (or more) of these activities and commit to do it within two weeks:

- Create a list of your core values by referring to the article [here](#)
- Use this article [here](#) to clarify your passion
- Take a simple version of the Myer-Briggs Test [here](#)
- Further research what introversion and extroversion are (\*see my article [here](#))
- Take free test to find your strengths and weakness [here](#)

### Honesty with others:

What is one thing you could do to enhance your integrity?

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## **VII. Optimizing your environment**

Write down one thing you'll do to improve your environment in the next 30 days:

(ex: join a mastermind group, find a role model, find a mentor, spend less time with a negative friend)

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## **VIII. Sharpening your skills**

What deliberate practice would help you achieve your goals?

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## **IX. Upgrading your habits**

### Creating daily habits

Write down 2-3 daily habits that will allow you to achieve your vision

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## **X. Boosting your productivity**

What is your personal definition of productivity?

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Use the productivity cheat sheet at the end of this workbook to help you become more productive.

## **XI. Enhancing your self-discipline**

Committing to your daily habit(s)

To strengthen your self-discipline commit to at least one of your daily habits for the next 30 days.

I commit to do the following habits every day for the next 30 days:

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## **XII. Taking care of your health**

### Diet

Write one simple thing you'll do in the next 30 days to upgrade your health:

(ex: stop drinking soda and drink water instead)

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### Exercise

Write one simple thing you'll do in the next 30 days for exercising:

(ex: walking 30 minutes every day)

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### **XIII. Mastering your emotions**

Pick one of the two activities below:

- **Meditation** - start meditating 5 minutes. Sit down, close your eyes and focus on your breath. Feel free to buy beginner's books on meditation, but don't get bogged down by the details. Just get started. You can start by reading this articles [here](#) or look for other resources online.
- **Journaling** - at the end of each week:
  - Rate yourself. On a scale of 1 to 10 how did you feel?
  - Write why you give yourself that score
  - Write one or two things you could do or stop doing to improve your emotional state throughout the week

Check the Jim Rohn's video on how to use a journal [here](#) (47min)

For a shorter video check out the video

## **XIV. Cultivating joy**

Pick one of the daily gratitude/blessing exercise below:

- Write down 3 things you're grateful for in a journal
- Practice gratitude meditation
- Listening to uplifting songs and focus on feeling grateful
- Bless something once a day (your food, some of your problems etc.)
- Do one random act of kindness every day

Tithing:

Start giving away money once a week or once a month. For instance you can:

- Give money to your favorite bloggers or Youtuber using PayPal or Patreon
- Give money to charity (You can use [this website](#) to find charities)

# Productivity Cheat Sheet

This cheat sheet will help you make sure you are not only productive, but productive doing the right thing

## **I. Prioritizing your tasks**

- If I could only do one thing today, what task would have the most impact?
- What is the one task that if I were to finish today would create momentum?
- Is this task moving me closer from my main goal

## **II. Assessing the validity of your daily/weekly/monthly list**

- Do I really really need to do this task?
- Is today/now the best timing? What would happen if I delay it for a week/month?
- Do I work on it because it makes me feel good or because it's what I should do?

## **III. Clarifying what needs to be done**

- What exactly do I need to do here? What am I trying to accomplish?
- What does the finish product look like exactly?

## **IV. Determining whether you should be the one doing it**

- Is it worth my time? What would happen if I delete this task from my list?
- Could someone do it better than me? Could I outsource it now or in the near future?
- Do I enjoy doing this task? When I look at it does it motivate me?

## **V. Determining what is the most effective way to tackle that task**

XX says that if he had X hours to cut a tree he would spend Y hours sharpening his axe. Just taking a few minutes to think of the best way to work on a task can save you a lot of time. You might even realize that you don't need to that task at all.

- What could I do to finish that task faster?
- What skill could I learn/improve to finish this task faster in the future?

## **VI. Batching the task with other similar tasks**

- Can I batch that task with other similar tasks to improve my productivity?
- Do other tasks require the same type of energy, effort or preparation?

## **VII. Automatizing your task**

- Can I create a template that will allow me to finish that task faster?
- Can I create a checklist to help me become more productive?

## Daily Tasks

Write down below the 3 to 6 tasks you want to complete today. Write how much time you think each task will take.

Ex: Write first draft of my article (1.5 hours)

Your daily tasks :

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Notes:

## **A crash course to crush procrastination**

Let's see briefly what you can do to overcome procrastination and eat the damn frog in just three simple steps.

### **1. Becoming aware of your procrastination.**

The first step to overcome procrastination is to become aware of the situations in which you procrastinate. What thoughts do you have? How do you feel?

### **2. Stay with your emotions**

The second step is to stay with the emotions you experience when you're about to procrastinate. Usually, we procrastinate for the following reasons:

#### **Fear of failure**

One of the main reasons we procrastinate is because we're afraid that we won't do a good job. We procrastinate because we're afraid of not being able to do a proper job.

#### **Lack of clarity regarding what needs to be done**

When we don't know what we're supposed to do and don't know where to start, it becomes easier to buy into the excuses our mind is coming up with.

#### **Desire to avoid pain and move towards pleasure**

As human beings, we seek to maximize pleasure and avoid pain. Thus, we tend to resist any activity that we identify as "painful".

#### **Lack of discipline**

Oftentimes, we simply lack self-discipline. We are not our mind, and even though, our mind might come up with a bunch of reasons not to work on the task that we chose to work on, ultimately, we can always choose to ignore our mind..

#### **Lack of commitment**

The more you learn to keep your promises to yourself and to others, the easier it will be for you to complete your tasks (even with your mind working against you).

#### **Perfectionism**

Perfectionism can lead to a huge amount of procrastination. We should never forget that we can always improve. It is often better to complete something 80% than 99% as it will significantly increase your output (double or triple it).

### **3. Get started anyway**

Now, that you have a better idea of the reasons why you procrastinate, let's move on to the third step. The third step is simply to get started.

#### **Clearly defining what needs to be done**

Before you start working on a task, you need to make sure that you know exactly that needs to be done.

#### **Remind yourself that you're not your mind's "bitch"**

Most people are enslaved by their mind. Your mind should be seen as a tool to help you achieve your goal, not a master that dictates your actions.

#### **Start small to release the pressure**

The task in front of you might seem daunting, but if you decide to give it a shot for 5 or 10 minutes, it suddenly doesn't seem that hard anymore.

#### **Give yourself permission to suck**

Give yourself permission to suck! If you suck today, you'll suck tomorrow.

#### **Remove any distraction**

Make sure you remove any distraction from your work environment.

#### **Make things as easy as possible**

Your mind can easily get distracted and will come up with thousands of excuses to avoid doing the real work. Don't make its job any easier.

## AFFIRMATIONS

In this section we're going to discuss how you can use affirmations effectively.

- **State your affirmation in the in the present tense and avoid the word “not”.** Say 'I'm wealthy' rather than 'I'm not poor'.
- **Use your body and vocal tone when speaking.** This will add power to your affirmations.
- **Use visualization.** This will allow you to experience what accomplishing your goals would be like. It will also enable you to generate feelings that are in sync with your affirmations.
- **Use words or sentences that you would use in the real life.** This will make the affirmation feel more real.
- **Imagine talking to your friends.** Choose affirmations that would fit seamlessly into a conversation.

**For example, consider saying the following things to a friend:**

Example 1: Yes, I'm an excellent writer. To be honest, I'm one of the best writers I know. I'm inspiring so many people to make positive changes.

Example 2: I'm the type of person who's always taking action. I get more done in a day than many people do in a week. I've been so productive it amazes me.

Now you might not say these things word-for-word, you might think it sounds as if you're full of yourself. Even so, these can be used as affirmations and could, in fact, be part of a normal conversation.

Now, let me share some phrases you can use to help eradicate some of your limiting beliefs.

**I used to be.... but now I allow myself to....**

Example: I **used to be** shy, but now **I allow myself** to be more and more confident with each passing day. I'm reaching new levels of confidence that I've never experienced before and it makes me feel great about myself.

# THANK YOU SO MUCH!

I hope you enjoyed this book and that you'll keep raising your standards and demanding more of yourself in the coming years.

Let me wish you all the best with all your new endeavors. I'm very much looking forward to hearing from you on my website.

If you have any questions send me an email at [thibaut.meurisse@gmail.com](mailto:thibaut.meurisse@gmail.com)

- To connect with me join my Facebook page [here](#)
- To follow me on Youtube click [here](#)
- To check out my author page click [here](#)

Thanks a lot

Thibaut Meurisse

Founder of [Whatispersonadevelopment.org](http://Whatispersonadevelopment.org)





## Other books by the author:

Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You

Habits That Stick: The Ultimate Guide to Building Powerful Habits That Stick Once And For All

Productivity Beast: An Unconventional Guide to Getting Things Done

Wake Up Call: How to Take Control of Your Morning and Transform Your Life

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