

THINK

bigger

**Reflection Question
Worksheets**

SHE THINKS BIG

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Think Bigger: Reflection Worksheets



When I first worked with a coach, she told me to read a book with reflection exercises. I was diligent about actually following through on completing the exercises, and **I am 100 percent sure doing the reflections made a huge difference** in my path moving forward. It became so much easier to “see” what was happening in my brain and get the clarity I craved. So, to get the most out of this book, I strongly advise you to do these Think Bigger reflections and the other exercises provided.

It’s also good to **keep a journal and track your thoughts and ideas** so you can reflect on them, especially if you aren’t working directly with a coach. People often need conversation to extract the thoughts and ideas they can’t get to by themselves. Journaling is the next best thing because a journal is a conversation with yourself.

Use the following worksheets to answer the questions below.

PART ONE: *Big Mindset*



Chapter 1 - Think Bigger: What about You?

1 How did you feel as you read Lindsey’s story? What elements can you relate to?

2 What about Carrie’s story? Was there anything in her experience you could relate to?

3 Now, think about yourself. If I were telling your story in this book, what would I say? What would your main issues or needs be?

4 So, why did you pick up this book?

5 What do you hope to solve by reading this book? If you answer, “I don’t know,” that’s fine. That’s where a lot of my clients start out. Just tell the truth about your situation. Acknowledging the places where you say, “I do know,” is a start.



Chapter 2 - Think Bigger: Manage Your Fears

To manage your fears, you first must identify them. As you can see by reading Brittany's story, sometimes that's difficult. Sometimes, the fear prevents you from even knowing it's there. Even that is scary.

However, we're going to try to uncover some of the things you're dealing with so you can turn fear into fuel. With that in mind, look back at the nine common fears and see if you can relate to any of them.

1 What am I most afraid of? (There may be more than one thing.)

2 How has my emotional state (i.e., feelings) affected my success? What areas of my life are suffering due to these feelings?

3 How is my fear affecting my behavior (i.e., actions)? What have I been avoiding? What have I been doing more of – passive action, busy work, or just finding escape activities?

4 If I could sprinkle my own magic fairy dust over my life and make everything how I want it to be, what's the biggest thing I would change right away?



Chapter 3 - Think Bigger: Your Limiting Beliefs

1

Think about a problem you're dealing with. Write down all your thoughts about it – why you need to solve the problem, why you feel you can't or shouldn't, what is holding you back from taking action, etc. Make your thoughts as detailed as they need to be.

Now look at what you wrote and ask yourself a few questions.

2

Do my thoughts inspire me to move toward what is significant and valuable to me? Or are they keeping me stuck or moving me away from something of value? (I especially like this one because every thought you have is either taking you closer to or farther from your best self and your best life.)

3 Do my thoughts serve me? Are they useful?

4 If you answered NO to any of those questions, shift gears and attempt to shift each limiting belief into a liberating truth. What would be different if that liberating thought were true? (We'll talk more about this in a coming chapter.)



Chapter 4 - Think Bigger: Make That Decision!

- 1 Identify one challenge or situation you need (or want!) to move forward on but just can't seem to take that next step.

- 2 Using the four questions in this chapter, find your commitment level. Are you interested or committed?

3 If you're interested, do you even want to be committed? If so, what would it take to get to commitment? And what would you gain or what would change if you were committed?

4 If you're committed, then what is holding you back from moving forward and deciding the next best steps? Is it fear or something else? Message me on one of my social media accounts (see my About the Author page) or email me at andrea@andrealiebross.com and tell me about it!

If you're still hesitating on the decision, keep reading, and think about it more as we go. As you read more, you may get more ideas for the best way to think about this decision.



Chapter 5 - Think Bigger: Your Snapshot!

- 1 Refer back to the Assess Your Seven Life Facets section in this chapter and answer the questions to create your own snapshot. (You can use [the assessment worksheet here](#) to do the assessment.)

- 2 When you visualized the Seven Facets as people, what qualities about these people are affecting your relationships with them? Are these relationships working for you, and if not, what needs to change?

3 What thoughts from your Mental House are getting in the way of you taking each facet to a 10?

4 If each facet was a 10, how would you feel? What would be possible in your life and business?



Chapter 6 - Think Bigger: Start Liberating Yourself

1

Identify three limiting beliefs and shift them into liberating truths. (This can be hard. Message me on one of my social media accounts listed on the About the Author page if you need help.)

2

What projects or tasks did you put into the Urgent/Important box in the Eisenhower Matrix? How will they give you margin to do your Big Planning?

3 What projects or tasks are in the Not Important boxes? And why?

4 How would it feel to delegate or eliminate any of the projects in the Not Important boxes? If you have tried to delegate in the past and it didn't work, why? Do you notice any fears or limiting beliefs around delegating?

If you're still having trouble making these decisions, you may want to think about working with a coach who can help you figure out what's going on.



Chapter 7 - Think Bigger: Your Big Picture

1

Who is the Future You? What does she think and feel? How is she different from Present You?

2

What limiting beliefs sprang to mind as you created your power sentence, 10-year vision, and three-year target? Push yourself to shift them into more empowering thoughts.

3

What can you do to step more fully into your power sentence? How can you use it to fuel your motivation each day? Pick one way to use your power sentence and start doing it right away. Not tomorrow – today.

4

What does it look and feel like to be “all-in”? Does having an “all-in” mindset scare you or excite you? Why?



Chapter 8 - Think Bigger: Your Action Plan

1

When someone says "goals," do you feel defeated or energized? Does the word "goals" work for you? Is the word "priorities" a better fit, and why?

2

Create your Belief Plan.

3

Create your one-year goals using the SMARTER format. Create your 90-day focus areas within your Zone of Extraordinary Achievement.

4

Look at last week. Did the way you used your time fuel your 90-day focus areas? What can you do differently this week to have better alignment?

5

Where do you need new or better systems? If you had them, what would be possible? Identify the next best step in creating new or better systems.

PART THREE: *Big Results*



Chapter 9 - Think Bigger: Find Your Freedom

1

What kinds of freedom do you crave most – time, money, relationships, or brain power? Why?

2

What relationships are restricting or no longer serving you? Why are you holding onto them? If you let go of them, what freedoms would be available to you?

3

If you had these freedoms, what would be possible in your life and business? How would having those possibilities affect your sense of fulfillment?

4

What would Future You tell Present You to do today to start creating more freedom?



Chapter 10 - Think Bigger: Finesse Your Stress

- 1 Think back to the challenge or situation you identified in Chapter 3. Looking at the seven assumptions about Stuck Stress, are any of these assumptions around that situation preventing you from moving into Progress Stress?

- 2 What will it take to move into Progress Stress?

3 Have you started Thinking Big as you're reading this book? If so, how?

4 What are the most important things you've realized about yourself during this process?
What has surprised you the most about yourself?



Chapter 11 - Think Bigger: Go From "Either/Or" to "And"

1

Write down five things you have either/or beliefs about. For example:

"Marriage is good."

"Being single is bad."

"Always being there for my friends is good."

"Taking time for myself is bad."

2

Now, for each, restate it with AND.

"Marriage is good and bad."

"Being single is good and bad."

"Always being there for my friends is good and bad."

"Taking time for myself is good and bad."

3

What needs to happen for you to believe the AND statements? What new thoughts will you have to borrow from?

4

How will shifting to AND statements change your outcome?



Chapter 12 - Think Bigger: You're Worth It

1

For more on why the process outlined in *She Thinks Big* is so important, **listen to my podcast, *Time to Level Up* – specifically episode 96, “The Difference Between Doing Work and Doing the Work That’s Worth Doing.”**

2

What would your life and business look and feel like if you started Thinking Big today? What would be possible that today seems impossible?

3

Who is on your “Board of Directors”? Who supports you in your quest for growth? Do you need some new members to fill the seats?

4

Don't forget to download the other resources from my website at andrealiebross.com/toolkit if you haven't already done so.

I believe in you more right now than you believe in yourself. Going it alone is hard. And even if you're not physically alone, you most likely are alone in your thoughts. You're stuck in your own peanut butter jar, and I'm here to help you read the label. Connect with me via my website or social media – or email me at Andrea@AndreaLiebross.com. Let's do this!