



VEIL *of*  
CHANGE

WORKBOOK

Module 2

**DISSOLVING THE VEIL OF OVERWHELM**

## Introduction

The Veil of Change is all about your own personal journey and how to effect any changes in your life that you may want to achieve. It is about your emotional self: understanding and respecting your own feelings so you can lead a happy, contented and fruitful life.

### Dissolving The Veil Of Overwhelm will:

- ✓ Help you learn the difference of positive and negative thinking,
- ✓ Help You allow others to be themselves.
- ✓ Explain about worry and anxiety and how to be courageous in allowing yourself to be yourself.
- ✓ Will help you learn the art of giving, receiving and accepting.

You have 9 videos and booklets:

Understanding Worry Anxiety  
Explained Positive vs Negative  
Thinking Find Your Energy Drain and Plug It  
Allowing Others To Be Themselves  
Be Courageous Be Yourself  
Learn The Art of Giving Learn  
The Art of Receiving  
Learn The Art of Acceptance

Take the time to watch the short videos as listed above and read the accompanying booklets on Dissolve The Veil Of Overwhelm, if you have not already done so.

Using both mediums will help to cement new understanding and ideas leading you to create balance and control over your own life.

The following questions are designed to help you identify certain areas of your life that you would like to change.

There are no right or wrong answers and this workbook is a tool that you can use in your own time and at your own pace.



**1 Sometimes worry and anxiety** can cause feelings of hopelessness and can have a very negative impact on your life.

List below what causes you to worry

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Can you list anything on this list that has not happened yet?

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If yes, ask yourself if you are you focusing on the 'what if's' in life? Recognise that you may be worrying about something that may never happen.

### **Understanding The Impact of Your Attitude and Thinking**

How you think and act each day largely determines how your life will turn out. When you are accountable for your behavior, you realise your duty is to decide which path to take.

### **2 What would you do?**

Read the example below and then write down your reaction

An Elderly aunt wants you to spend the day with her. How do you feel about it? What will you choose to do?

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**Is your reaction closer to #1 or #2 below?**

**Reaction #1:** “I don’t want to spend time with an old lady all day. How is meeting all the people in her building going to help me? I’d rather stay at home and read or watch television. I’ll come up with an excuse to get out of it.”

**Reaction #2:** “Well, I know I’ll meet some of the people who live nearby. Last time, I met an inventor and two former business owners of some pretty interesting companies. I can enjoy some time with my aunt and meet some fascinating people at the same time. Plus, something else interesting might occur. I’m looking forward to spending the day with her.”

**Tip:** If your thought process was similar to #1, changing your attitude can lead to a lot more enjoyment in your life. On the other hand, if you reacted like #2, you may be well on your way to creating the life you want already.

**3 Are you looking on the bright side of life?**

Do you have your own optimistic mantra that you use every day? If so, what is it? If not, make one up now and record it on the lines below.

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**Tip:** If you think and feel negatively about a person or situation, you will notice the negative and negativity will be returned to you. However, if you can make a conscious decision to approach people and situations with a positive attitude, you'll be "rewarded" by having positivity come back to you.

Avoid wasting precious time and emotional energy on negativity. Choose positivity instead.

**4 Do you consider yourself a positive person? – if not why not?**

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**5 What specifically can you do from now on to take responsibility and have a positive attitude?**

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**Tip:** Be honest with yourself about any negative energy you cultivate within yourself. This way, you can swiftly confront it and replace it with positive thoughts and actions.

Write a vow about deciding to think positively rather than negatively in every situation. Then, mention two or three situations you often encounter where you plan to be positive from now on.

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**6 When your energy levels are low** it just about everything in life can become difficult. Work out who or what is draining your energy and list below

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List below any strategies that you can try in order to have more control over your own energy levels:

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