

GIFTED MIND STATE

LIFE COACHING WORKBOOK

A Journey Towards Self Improvement, Health and Wellness, and
Meaningful Relationships

PREMIUM SELF HELP WORKBOOK

Self awareness • wellness • relationships • growth

A practical workbook for reflection, accountability, healthier habits,
meaningful relationships, and intentional personal growth.



Created to support intentional growth, self awareness,
wellness, and meaningful relationships

Welcome to Gifted Mind State

This workbook is designed to help you slow down, look honestly at where you are, understand what is influencing your choices, and turn insight into deliberate action.

A Gifted Mind State begins with awareness.

You cannot intentionally improve what you are unwilling to honestly examine. The purpose of these pages is not to create perfection. It is to create clarity, responsibility, better choices, and measurable progress.

Use the workbook as a private space to tell the truth about your habits, relationships, health, goals, finances, emotional patterns, and the standards you want your life to reflect.

Workbook owner: _____

Start date: _____ Target review date: _____

Personal intention

What do I want to understand, change, strengthen, or create through this process?

Contents

01 Foundation

How to use the workbook, coaching agreement, transformation path

02 Know Yourself

Starting point, baseline, Life Wheel, values, identity, strengths

03 Understand Your Patterns

Emotions, triggers, control, beliefs, self talk, accountability

04 Direction & Goals

Vision, SMART goals, 90 day action, priorities, decision filter

05 Habits & Wellness

Habits, consistency, wellness, self care, stress, environment

06 Relationships

Relationship inventory, communication, boundaries, conflict, support

07 Financial Well Being

Money awareness, habits, needs, goals, personal stability

08 Values and Ma'at

42 Ideals of Ma'at, integrity, reflection, weekly practice

09 Gratitude and Growth

Gratitude, progress, recovery, personal blueprint, completion

Introduction

This workbook is your companion on a transformative journey toward self improvement, health and wellness, and meaningful relationships. It's designed to help you gain clarity, set goals, and track progress while staying aligned with your values.

Overview of Areas Covered:

Self Improvement

Discover your potential and take actionable steps toward personal growth.

Health and Wellness

Prioritize your physical and mental well being with sustainable habits.

Relationships

Build stronger connections by fostering trust, communication, and understanding.

Expanded purpose

The updated workbook goes further by helping you examine patterns, emotional triggers, beliefs, personal standards, financial habits, time and energy, boundaries, setbacks, and the systems that support lasting change. Every section is designed to move from awareness to application.

Use honesty, not self judgment.

The goal is to notice what is true, decide what needs attention, and take responsibility for what you can influence. Progress becomes easier to measure when your starting point is clear.

How to Use This Workbook

1

Answer honestly

Write what is true, not what sounds impressive.

2

Move at a useful pace

Some pages can be completed quickly. Others deserve time and return visits.

3

Date important entries

Patterns become easier to recognize when you can see when your thinking changed.

4

Look for patterns

One difficult day matters less than a repeated cycle. Notice repetition.

5

Choose fewer priorities

Trying to change everything at once can make consistency harder.

6

Review your answers

Growth often becomes visible only when you compare earlier thinking with later evidence.

7

Use support when needed

A coach, trusted person, qualified professional, or community resource can provide perspective.

8

Measure progress by behavior

Intentions matter. Repeated actions provide stronger evidence of change.

You will get out what you are willing to put in.

The Gifted Mind State Transformation Path

Use this path throughout the workbook. It is not a rigid formula; it is a practical cycle for turning self knowledge into better decisions and sustainable behavior.

AWARENESS

See what is actually happening.

01**ALIGNMENT**

Compare behavior with values and goals.

02**ACTION**

Take the next useful step.

03**ACCOUNTABILITY**

Own your choices and results.

04**ADJUSTMENT**

Learn from evidence and change the plan.

05**ADVANCEMENT**

Repeat what works and build capacity.

06**Cycle, not perfection**

You may return to Awareness after reaching Advancement. That is not failure. New situations reveal new information, and effective growth requires review.

IMPORTANT INFORMATION

Disclaimer

Coaching and education

This workbook supports reflection, goal setting, habits, communication, accountability, and personal development. It is not psychotherapy, medical treatment, diagnosis, legal advice, or crisis care.

Use qualified support when appropriate

Persistent distress, trauma, unsafe relationships, substance problems, eating concerns, major health symptoms, or thoughts of harm to self deserve appropriate professional support. A workbook should not be used as a substitute for needed care.

If there is immediate danger or a crisis

Contact local emergency services or a crisis service in your country. In the United States and its territories, the 988 Suicide & Crisis Lifeline can be reached by calling or texting 988.

Personal support plan

Who can I contact when I need perspective, practical help, professional care, or immediate support?

PURPOSE: ESTABLISH TRUST, COMMITMENT AND CLEAR BOUNDARIES

Roles and Responsibilities

Purpose: To establish a foundation of trust, commitment, and clear boundaries.

COACH RESPONSIBILITIES

- Provide a supportive and confidential environment for the client to explore their goals.
- Share tools, strategies, and actionable steps to facilitate client growth.
- Encourage accountability and provide constructive feedback during sessions.
- Maintain professional boundaries and adhere to the agreed upon coaching structure.

CLIENT RESPONSIBILITIES

- Actively engage in sessions and be honest in communication.
- Complete exercises and tasks agreed upon between sessions.
- Provide feedback on the coaching process to enhance its effectiveness.
- Commit to the session schedule and strive to follow through with the agreed upon goals.

Shared standard

Both people contribute to the quality of the process: preparation, honesty, communication, clear expectations, and follow through reduce confusion and make progress easier to evaluate.

Agreement

Confidentiality Agreement:

All information shared during coaching sessions will remain confidential unless:

- ☐ Required by law (e.g., threats of harm to self or others).
- ☐ Written consent is provided by the client to share specific details.
- ☐ This confidentiality agreement extends to emails, texts, and any supplementary coaching materials.

Session Schedule

Place "X" for weekly or every two weeks

Weekly

☐

Every two weeks

☐

Place "X" on specific days

Mon	☐	Tue	☐	Wed	☐	Thu	☐	Fri	☐	Sat	☐	Sun	☐
-----	--------------------------	-----	--------------------------	-----	--------------------------	-----	--------------------------	-----	--------------------------	-----	--------------------------	-----	--------------------------

Both parties commit to being punctual and prepared for each session.

In case of cancellation or rescheduling, a notice period of 24 hours is required.

Professional note

Coaching agreements should reflect the coach's actual services, policies, applicable law, and professional scope. Consider having business agreement language reviewed by a qualified attorney before use with clients.

Signature & Personal Commitment

Signature Section:

Coach's Name: _____

Signature: _____

Date: _____

Client's Name: _____

Signature: _____

Date: _____

My commitment to this process

What am I willing to practice, confront, or change in order to make this process meaningful?

02

SECTION 02

Know Yourself

Self awareness reveals what is strong, what is unclear, and what may need honest attention.



Starting Point Questionnaire

To understand your starting point and tailor the coaching process to your needs.

1. What are your top three aspirations in self improvement?

2. What challenges do you face in maintaining your health and wellness?

3. How would you describe your current relationships (family, friends, romantic)?

4. What expectations do you have from this coaching process?

Starting Point Questionnaire

5. What motivates you most in life?

6. On a scale of 1 to 10, how would you rate your satisfaction with: Personal growth, Physical health, Relationships

	1	2	3	4	5	6	7	8	9	10
Personal growth	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Physical health	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Relationships	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

7. What barriers are holding you back from achieving your goals?

Go deeper

What do you know you need to change but keep postponing?

If nothing meaningfully changed over the next five years, what would concern you most?

Deeper Self Awareness Questions

What are you currently most proud of?

What situations tend to bring out your best qualities?

What situations tend to trigger defensiveness, withdrawal, anger, fear, or avoidance?

What behavior repeatedly creates problems for you?

What do you wish people understood about you?

What are you tolerating that you know needs attention?

When do you feel most confident? When do you feel least confident?

What would your ideal life realistically look like if you built it intentionally?

SCORE TODAY AND REPEAT NEAR THE END

Personal Baseline Assessment

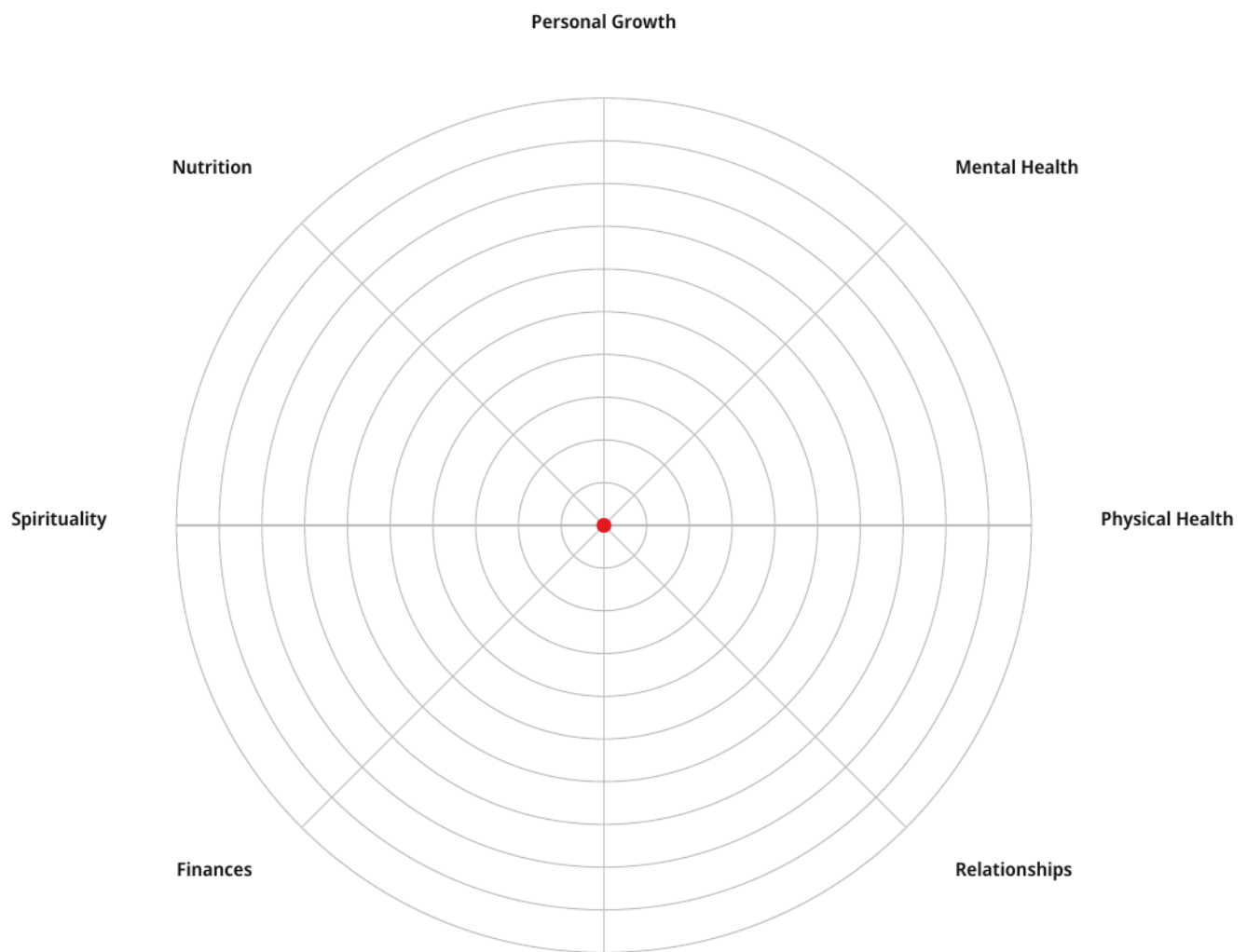
Rate each area from 1 (needs significant attention) to 10 (strong and sustainable). Use the score that best reflects your present reality, not your potential.

	1	2	3	4	5	6	7	8	9	10
Self awareness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Self confidence	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Self respect	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Self discipline	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Emotional regulation	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mental wellness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Physical wellness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Nutrition	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Communication	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Relationships	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Financial wellness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Purpose / direction	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Integrity / values alignment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Overall life satisfaction	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One score I want to understand better:

Life Wheel Exercise

Instructions: Rate each category on a scale of 1 to 10 and mark your rating on the wheel. Use this exercise to identify areas for improvement.



How to mark it

For each category, place a point on the corresponding spoke at your 1 to 10 rating. Connect the points. A smaller or uneven area is not a judgment; it is information about where attention may be useful.

Understanding Your Life Wheel

1 Which area scored highest, and what is helping it stay strong?

2 Which area scored lowest, and what contributes to that score?

3 Which score surprised you most? Why?

4 Which category affects several other areas of your life?

5 What would improving one category by one point look like in real behavior?

6 Which one or two areas deserve priority first?

IDENTITY SNAPSHOT

Who Am I?

Complete each sentence quickly first. Then return and add detail. Notice where your answers describe who you are today versus who you are trying to become.

I am...

I believe...

I value...

I want...

I fear...

I avoid...

I need...

I am becoming...

WHAT SHOULD YOUR LIFE REFLECT?

Values Assessment

Circle or mark values that matter to you. Add your own. Then choose the five that should most strongly guide your decisions.

- | | | |
|---|---|---------------------------------------|
| ☐ Integrity | ☐ Freedom | ☐ Family |
| ☐ Knowledge | ☐ Peace | ☐ Health |
| ☐ Discipline | ☐ Honesty | ☐ Creativity |
| ☐ Stability | ☐ Financial independence | ☐ Love |
| ☐ Responsibility | ☐ Purpose | ☐ Spirituality |
| ☐ Growth | ☐ Service | ☐ Courage |
| ☐ Respect | ☐ Compassion | ☐ Learning |
| ☐ Community | ☐ Self respect | ☐ Consistency |

My top five values

1. _____
2. _____
3. _____
4. _____
5. _____

Alignment question

Are my current behaviors aligned with the values I claim to have? If not, where is the biggest gap?

USE AN HONEST, BALANCED VIEW

Strengths, Weaknesses & Growth Areas

STRENGTHS I CAN BUILD ON

WEAKNESSES I NEED TO MANAGE

SKILLS I NEED TO DEVELOP

Reflection

How have my strengths helped me? How have my weaknesses limited me? Which skill would create the greatest improvement if I practiced it consistently?

Time and Energy Audit

For one typical week, estimate where your time and energy actually go. The goal is not to optimize every minute. It is to find patterns, drains, and opportunities.

AREA	HOURS / WEEK	ENERGY PLUS OR MINUS	NOTES
Sleep			
Work / school			
Family / caregiving			
Transportation			
Phone / social media			
Entertainment			
Exercise / movement			
Food preparation			
Learning / growth			
Business / goals			
Rest / recovery			
Other			

What should I reduce, protect, delegate, simplify, or schedule differently?

03

SECTION 03

Understand Your Patterns

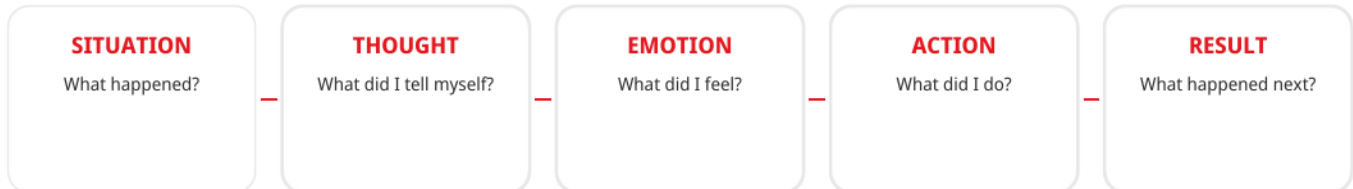
Patterns shape choices. When you can recognize them, you gain more power to respond intentionally.



MAP THE CHAIN

Thoughts to Emotions to Actions to Results

Events matter, but your interpretation of an event also influences emotion and behavior. Use this page to separate what happened from what you thought it meant.



SITUATION: Describe only observable facts.

THOUGHT OR STORY: What meaning did I add?

EMOTION AND ACTION: What did I feel and do?

RESULT AND ALTERNATIVE: What happened, and what could I try next time?

OBSERVE BEFORE YOU REACT

Emotional Trigger Tracker

A trigger does not automatically make your reaction right or wrong. It tells you that something activated a strong response. Track the pattern before deciding what it means.

Situation	Thought	Emotion	Action	Result / Better response

Look for recurrence

Which situations, people, times of day, physical states, or expectations appear repeatedly? Repetition can help you plan your response before the next trigger arrives.

SPEND ENERGY WHERE IT CAN WORK

Control, Influence & Acceptance

Not everything is under your control. Some things can be influenced. Others must be accepted as facts before you can decide what to do next.

CONTROL

My choices, words, preparation,
effort, boundaries, response.

INFLUENCE

Conversations, requests,
collaboration, environment,
negotiation.

ACCEPT

The past, other people's choices,
uncertainty, events already outside
my control.

What am I spending energy trying to control that is not actually mine to control?

What useful action is available to me now?

TEST THE BELIEF INSTEAD OF AUTOMATICALLY OBEYING IT

Limiting Beliefs

A belief can influence what you notice, expect, attempt, and avoid. The goal is not to replace every uncomfortable thought with positivity. The goal is to make your thinking more accurate and useful.

Belief I currently carry

Where did I learn or reinforce it?

Evidence that appears to support it

Evidence that challenges it

How has this belief affected my behavior?

A more accurate, useful belief

NOTICE THE VOICE YOU PRACTICE

Self Talk Audit

Your inner dialogue does not need to be flattering to be helpful. A useful internal voice can be honest, specific, firm, compassionate, and focused on the next action.

GLOBAL / FINAL

"I always mess everything up."

SPECIFIC / ACTIONABLE

"I handled this poorly. What exactly should I change next time?"

MIND READING

"They think I am a failure."

EVIDENCE BASED

"I do not know what they think. I can focus on what I can verify."

ALL OR NOTHING

"If I miss one day, I failed."

RECOVERY BASED

"I missed one day. My next action determines whether it becomes a pattern."

A thought I repeat that deserves a more accurate version:

OWN WHAT IS YOURS. RELEASE WHAT IS NOT

Accountability Check

1 What happened?

2 What did I blame someone or something else for?

3 What part was genuinely outside my control?

4 Where did I still have a choice, even if the options were difficult?

5 What responsibility belongs to me?

6 What responsibility does not belong to me?

7 What lesson or adjustment will I carry forward?

YOU NEED BOTH

Self Compassion + Responsibility

Self compassion without responsibility can become avoidance. Responsibility without compassion can become shame. Growth is stronger when you can acknowledge difficulty and still choose your next action.

COMPASSION

- What was difficult?
- What did I need?
- What can I acknowledge without minimizing the problem?
- What would I say to someone I care about in the same situation?

RESPONSIBILITY

- What did I choose?
- What did my behavior create?
- What can I repair?
- What will I do differently?

A situation where I need to practice both compassion and responsibility:

04

SECTION 04

Direction and Goals

Clear goals work best when they are connected to values, reality, and consistent action.



DEFINE WHAT YOU ARE BUILDING

Vision for My Life

Personal development

Health & wellness

Relationships

Finances

Career / business

Lifestyle / environment

Learning / skills

Contribution / community

ORIGINAL SMART GOALS EXPANDED

Goal Setting Framework

Purpose: Break your goals into actionable steps.

S

Specific

What exactly am I trying to accomplish?

M

Measurable

How will I know whether I am progressing?

A

Achievable

Is the goal realistic given my current resources and constraints?

R

Relevant

Why does this matter to the life I am trying to build?

T

Time bound

What date or time window will guide the work?

Reflection Prompts:

Why is this goal important to you?

What obstacles might you face?

What support/resources do you need?

BUILD ONE GOAL COMPLETELY

SMART Goal Builder

Goal statement

Why this matters to me

Starting point / baseline

Specific target

How I will measure progress

Deadline

TURN THE GOAL INTO MILESTONES

90 Day Action Map

A 90 day window is long enough to create meaningful progress and short enough to review frequently. Adapt the timeline when your goal requires a different pace.

90 DAY RESULT

What should be true at the end of the period?

MONTH 1

Foundation / first milestone

MONTH 2

Build / second milestone

MONTH 3

Complete / third milestone

My first action in the next 24 hours:

MAKE CHOICES WITH CRITERIA

Decision Filter

Use this when two options compete for your time, money, energy, or attention. A good decision is not always comfortable; it is a choice that fits the evidence, your priorities, and the consequences you are willing to accept.

What decision am I making?

What outcome do I want?

Which option best aligns with my values?

What are the likely short term consequences?

What are the likely long term consequences?

What information am I missing?

What am I afraid of? Is that fear useful information or avoidance?

What would I choose if I were not trying to impress anyone?

PROTECT WHAT MATTERS

Weekly Priority Planner

Choose three priorities that would make the week meaningful even if lower value tasks remain unfinished.

PRIORITY 1: Result I want and next action

PRIORITY 2: Result I want and next action

PRIORITY 3: Result I want and next action

Important support actions

- | | |
|---|---|
| ☐ Schedule time | ☐ Prepare materials |
| ☐ Ask for help | ☐ Remove a distraction |
| ☐ Set a boundary | ☐ Rest / recover |
| ☐ Track progress | ☐ Review at week end |

If the week becomes chaotic, what is the minimum I will still protect?

05

SECTION 05

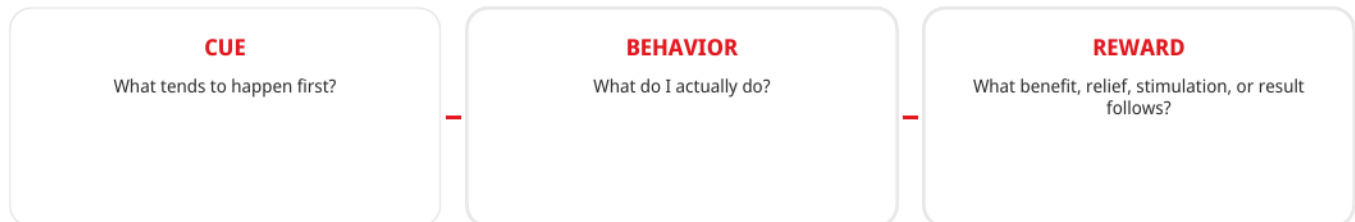
Habits and Wellness

Daily actions influence energy, health, stress, and long term growth more than occasional motivation.



Understanding Habits

Habits become more automatic through repetition. A simple way to examine a habit is to identify what tends to cue it, what behavior follows, and what immediate reward or relief the behavior provides.



Make helpful habits easier

Reduce friction: prepare the environment, shrink the first step, link the action to a reliable cue, and make progress visible.

Make unhelpful habits harder

Add friction: remove cues, create delays, change the environment, block easy access, or replace the behavior with a healthier response that meets the same need.

One habit I want to understand using Cue Behavior Reward:

ORIGINAL TRACKER REDESIGNED

Weekly Habit Tracker

Purpose: Build consistency and track progress. Check or place an “X” in boxes.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Healthy Eating							
Practice Mindfulness							
Practice Self Care							
Learned Something New							

Weekly review space to reflect on successes and areas for improvement.

CHOOSE HABITS THAT MATCH YOUR GOALS

Custom Habit Tracker

Use this page for behaviors that are specific to your current priorities. Keep habits observable: “walk 20 minutes” is easier to track than “be healthier.”

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1							
Habit 2							
Habit 3							
Habit 4							
Habit 5							
Habit 6							

Better question

Do not only ask “Did I do it?” Also ask “What made the action easier or harder today?” That information helps you improve the system.

What support or environmental change would make my most important habit easier?

CONSISTENCY INCLUDES RECOVERY

Habit Reflection & Restart Plan

Which habit was easiest to complete? Why?

Which habit was hardest? What got in the way?

What time, location, or cue helped successful days?

What pattern appears on missed days?

What should I change next week?

Restart Plan

Missing a day is an event. Repeating the miss until it becomes your default is the larger problem. Decide your smallest restart action before you need it.

When I fall off track, the smallest action I will take to restart is:

NOTICE THE SYSTEM, NOT JUST ONE HABIT

Personal Wellness Assessment

	1	2	3	4	5	6	7	8	9	10
Sleep quality / consistency	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Nutrition quality / regularity	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Hydration	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement / activity	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Stress management	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Self care	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Energy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mental rest	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Social connection	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Physical environment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Time outdoors / natural light	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Access to appropriate healthcare	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Which two wellness areas would have the greatest positive effect on the rest of my life if they improved?

CARE THAT SUPPORTS FUNCTION

Self Care Plan

Self care is broader than comfort. It can include rest, boundaries, hygiene, nutrition, movement, medical care, solitude, social support, planning, or asking for help.

DAILY

What helps me stay regulated and functional?

WEEKLY

What restores me or keeps life organized?

MONTHLY

What needs maintenance, review, or planning?

WHEN STRESSED

What can I do before stress becomes overwhelm?

WHEN OVERWHELMED

Who or what helps me return to safety and stability?

RECOGNIZE EARLIER SIGNS

Stress & Reset Plan

Stress responses can show up in the body, thoughts, emotions, and behavior. The earlier you recognize your personal signs, the sooner you can choose a useful response.

BODY

Tension, headaches, fatigue, restlessness, appetite changes...

THOUGHTS

Racing thoughts, catastrophizing, poor concentration...

EMOTIONS

Irritability, fear, sadness, numbness, overwhelm...

BEHAVIOR

Avoiding, snapping, isolating, scrolling, overeating, overworking...

My reset sequence: 1) Pause 2) Reduce immediate stimulation 3) Breathe / move / hydrate / step away 4) Identify the problem 5) Choose the next useful action or ask for support.

DAILY FOUNDATIONS

Nutrition, Sleep & Movement Check In

This page is for self observation, not medical diagnosis or a universal prescription. Needs vary by person. Use qualified health guidance when you have medical questions.

NUTRITION

Am I eating in a way that supports energy, nourishment, regularity, and my health goals?

SLEEP

Do my schedule, environment, and habits give me a realistic opportunity for adequate rest?

MOVEMENT

Am I moving often enough for my current ability, health status, and goals?

RECOVERY

Do I allow recovery after periods of physical, mental, or emotional demand?

One realistic improvement I can test this week:

YOUR ENVIRONMENT SHAPES BEHAVIOR

Digital & Physical Environment Audit

The spaces and devices around you can reduce or increase friction. Instead of relying only on willpower, change the environment that repeatedly cues the behavior.

Phone notifications*Helpful / distracting / neutral*

Social media*Educates / connects / compares / drains*

Workspace*Supports focus / creates friction*

Bedroom*Supports rest / disrupts rest*

Food environment*Makes desired choices easier / harder*

People around me*Support / pressure / distraction / accountability*

Subscriptions / spending*Intentional / automatic / unclear*

One environmental change that would make a valuable behavior easier:

06

SECTION 06

Relationships

Meaningful relationships benefit from honesty, communication, boundaries, and self respect.



LOOK AT THE PATTERN, NOT ONE MOMENT

Relationship Inventory

Choose several important relationships. Rate each area from 1 to 5 or write brief notes. This is a reflection tool, not a clinical assessment.

Person / relationship	Trust	Communication	Support	Respect	Boundaries	Overall

Which relationship deserves appreciation, a conversation, a boundary, repair, or more distance?

HOW DO I SHOW UP IN CONVERSATION?

Communication Assessment

	1	2	3	4	5
I listen without preparing my rebuttal.	☐	☐	☐	☐	☐
I ask clarifying questions instead of assuming.	☐	☐	☐	☐	☐
I can state a need without attacking.	☐	☐	☐	☐	☐
I can hear feedback without immediately becoming defensive.	☐	☐	☐	☐	☐
I notice my tone and timing.	☐	☐	☐	☐	☐
I address important issues instead of avoiding them indefinitely.	☐	☐	☐	☐	☐
I can disagree without disrespect.	☐	☐	☐	☐	☐
I repair after I communicate poorly.	☐	☐	☐	☐	☐
I know when a conversation should pause.	☐	☐	☐	☐	☐
I can say "I do not know" or "I was wrong."	☐	☐	☐	☐	☐

The communication skill I most want to practice:

CLARIFY WHAT YOU WILL DO

Boundaries

A boundary describes what you will do to protect your well being, time, safety, or values. It is different from trying to control another person's choices.

REQUEST

"Please do not call me after 10 PM."

BOUNDARY

"If calls continue after 10 PM, I will silence my phone and respond the next day."

CONTROL

"You are not allowed to call anyone after 10 PM."

A boundary I need to establish:

Why it matters:

How I will communicate it clearly:

What I will do if the boundary is ignored:

Conflict Reflection and Repair

What happened? Describe facts before interpretation.

What did I contribute to the conflict?

What did the other person contribute?

What assumption did I make?

What did I need or want in the situation?

What could I communicate better?

Is repair appropriate and safe? If yes, what would meaningful repair require?

DIFFERENT PEOPLE CAN SERVE DIFFERENT ROLES

Support Network Map

Healthy support rarely comes from one person meeting every need. Identify who you can appropriately contact for different kinds of support.

Emotional support

Practical help

Professional guidance

Health / medical support

Career / business perspective

Financial education

Emergency contact

Fun / recreation

Spiritual / values support

Accountability

Support is not dependency

Knowing when to ask for help can be a form of responsibility. The goal is to use support appropriately while continuing to build your own skills and judgment.

07

SECTION 07

Financial Well Being

Financial awareness supports stability, confidence, planning, and wiser decisions.



START WITH VISIBILITY

Financial Awareness Snapshot

This section is educational and reflective, not individualized financial, tax, or investment advice. Use verified account information and qualified professionals for decisions that require them.

Monthly take home income

Essential monthly expenses

Flexible / discretionary expenses

Minimum debt payments

Savings / emergency reserves

Recurring subscriptions

Upcoming irregular expenses

Current financial priority

What money related issue creates the most stress or uncertainty for me right now?

Money Habits & Goals

What do I spend on automatically without thinking?

What purchases consistently feel worth the money?

What spending tends to create regret?

Do I know what recurring bills and subscriptions I have?

What financial habit would reduce stress most?

What is one short term financial goal?

What is one long term financial goal?

What information or professional guidance do I need before making my next major financial decision?

08

SECTION 08

Values and Ma'at

Values have the greatest impact when they are visible in everyday behavior and decision making.



42 Ideals of Ma'at

The 42 Ideals of Ma'at represent a way of living in balance, truth, and integrity. Reflecting on these principles can guide your personal journey toward greater self awareness and ethical living. These ideals can serve as daily affirmations, reflection points, or guiding principles in the workbook.

Historical context

The affirmation style “42 Ideals” list used in modern personal development settings is a modern interpretation inspired by Ma'at and the declarations associated with ancient Egyptian funerary texts. It should not be presented as a single ancient document literally titled “The 42 Ideals of Ma'at.”

Use the list in this workbook as a reflection tool:

- ☐ Notice which statements feel natural to you.
- ☐ Notice which statements challenge your behavior.
- ☐ Choose principles to practice rather than merely agree with.
- ☐ Use real examples from your week when reflecting.

Before reading the full list: What does “living with integrity” mean to me in observable behavior?

42 Ideals of Ma'at

- 01 I honor virtue.
- 02 I benefit with gratitude.
- 03 I am peaceful.
- 04 I respect the property of others.
- 05 I affirm that all life is sacred.
- 06 I give offerings that are genuine.
- 07 I live in truth.
- 08 I regard all altars with respect.
- 09 I speak with sincerity.
- 10 I consume only my fair share.
- 11 I offer words of good intent.
- 12 I relate in peace.
- 13 I honor animals with reverence.
- 14 I can be trusted.
- 15 I care for the earth.
- 16 I keep my own counsel.
- 17 I speak positively of others.
- 18 I remain in balance with my emotions.
- 19 I am trustful in my relationships.
- 20 I hold purity in high esteem.

Which of 1 through 21 requires the most practice from me right now?

42 Ideals of Ma'at

22 I do the best I can.

23 I communicate with compassion.

24 I listen to opposing opinions.

25 I create harmony.

26 I invoke laughter.

27 I am open to love in various forms.

28 I am forgiving.

29 I am kind.

30 I act respectfully of others.

31 I am accepting.

32 I follow my inner guidance.

33 I converse with awareness.

34 I do good.

35 I give blessings.

36 I keep the waters pure.

37 I speak with good intent.

38 I praise the Goddess and the God.

39 I am humble.

40 I achieve with integrity.

41 I advance through my own abilities.

Which of 22 through 42 requires the most practice from me right now?

ORIGINAL EXERCISE EXPANDED

Ma'at Reflection & Weekly Practice

Reflection Questions:

1. Which of these ideals resonate most with you?

2. How can you apply these principles to your daily life?

Weekly Practice Exercise (optional):

Choose 1 to 3 ideals to focus on each week. Reflect on actions taken to embody these ideals.

Week	Ideal of Focus	Actions Taken	Reflections on Progress
Week 1			
Week 2			
Week 3			
Week 4			

Additional reflection: Which ideal challenges me most? Which one do I already embody consistently?

09

SECTION 09

Gratitude and Growth

Progress deepens when you reflect, learn, recover from setbacks, and continue with intention.



Gratitude Practices

Purpose: Foster a positive mindset.

What am I grateful for today?

What small wins did I achieve today?

How can I show appreciation to someone in my life?

Weekly Reflection Prompts:

What were the highlights of my week?

How has practicing gratitude impacted my mindset or relationships?

EVIDENCE OF GROWTH IS OFTEN QUIET

Wins I Normally Overlook

List ten things you have accomplished, survived, learned, improved, repaired, attempted, or handled that you rarely give yourself credit for.

01

02

03

04

05

06

07

08

09

10

Do not confuse gratitude with denial

You can acknowledge difficulty and still recognize progress. Gratitude is not a requirement to pretend that harmful or painful circumstances are acceptable.

ORIGINAL SECTION EXPANDED

Progress Chart

Purpose: Measure and celebrate milestones.

Use the chart on the next page to help you track your monthly progress in self improvement, health & wellness, and relationships. Use the spaces provided to note milestones, challenges, and achievements.

Monthly Check In

Progress toward priorities ___/10 _____	Consistency ___/10 _____
Mental state ___/10 _____	Physical wellness ___/10 _____
Relationships ___/10 _____	Confidence / self trust ___/10 _____
Biggest win this month: _____ _____ _____	Biggest challenge this month: _____ _____ _____
Biggest lesson + next adjustment: _____ _____ _____	

[illegible]

SELF TRUST IS BUILT THROUGH EVIDENCE

Promises to Myself

PROMISES I KEPT

PROMISES I BROKE

What patterns do I notice? What kinds of promises am I most likely to keep or break, and why?

PLAN FOR THE DAY MOTIVATION IS LOW

Setback and Recovery Plan

Setbacks are easier to navigate when you decide in advance how you will respond. A recovery plan protects your long term direction from one difficult day or week.

My common warning signs that I am getting off track:

What usually causes me to abandon the plan?

What is the smallest version of my routine I can maintain during a hard week?

Who can I contact for perspective or accountability?

What will I NOT do after a setback?

What will I do within 24 hours of noticing I am off track?

CONDENSE WHAT YOU LEARNED

My Gifted Mind State Personal Blueprint

My core values

My top priorities

My strengths

My growth areas

My boundaries

My health commitments

My relationship commitments

My financial priority

My daily / weekly habits

My warning signs

My reset strategy

My support people

Who I Am Becoming

I am becoming someone who...

I no longer accept...

I protect...

I prioritize...

I practice...

I believe...

I am learning to...

I commit to...

COMPARE WITH YOUR EARLIER SCORES

Repeat the Baseline Assessment

Rate the same areas again. Do not force improvement. A lower score can also reflect greater self awareness. Compare the numbers with specific evidence from your behavior and circumstances.

	1	2	3	4	5	6	7	8	9	10
Self awareness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Self confidence	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Self respect	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Self discipline	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Emotional regulation	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mental wellness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Physical wellness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Nutrition	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Communication	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Relationships	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Financial wellness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Purpose / direction	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Integrity / values alignment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Overall life satisfaction	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Where did my score change most, and what evidence explains the change?

Reflection and Feedback

Purpose: Encourage self awareness and gather client insights.

What have I learned about myself through this process?

What am I most proud of achieving?

What steps will I take to maintain my progress?

What surprised me?

What challenged me most?

What belief or assumption changed?

What behavior changed?

What remains unfinished?

CONTINUE THE PRACTICE

Commitment to Myself

I understand that growth is not a one time decision. It is something I practice. I commit to continuing the work of knowing myself, caring for myself, holding myself accountable, and becoming more intentional about the life I create.

My next 90 day commitment

The result I am committed to creating:

The behavior I will practice even when motivation is low:

Signature:

Date:

Inspirational Message



Remember, progress is a journey, not a destination. Stay aligned with your truth, and trust in your ability to grow and evolve.

Progress does not require you to become a different person overnight. It asks you to keep seeing more clearly, choosing more intentionally, and practicing what matters.



CONTINUE LEARNING

Resources and Next Steps

The original workbook included “Recommended books, apps, or tools for continued growth.” This edition turns that placeholder into a curated starting point. Use resources selectively. More information is not automatically more progress.

HABITS

Atomic Habits by James Clear | Use for practical habit design and environment cues.

COMMUNICATION

Nonviolent Communication by Marshall B. Rosenberg | A framework for observations, feelings, needs, and requests.

SELF COMPASSION

The Mindful Self Compassion Workbook by Kristin Neff and Christopher Germer | Structured exercises for self compassion.

FINANCIAL ORGANIZATION

A simple budget spreadsheet, calendar reminders, or a reputable budgeting app can help make cash flow visible.

JOURNALING

A notes app, paper journal, or calendar can be used for daily check ins, trigger tracking, gratitude, and weekly reviews.

HISTORICAL STUDY

For Ma’at and ancient Egyptian funerary texts, consult museum and academic sources such as the British Museum and The Metropolitan Museum of Art.

PROFESSIONAL SUPPORT

Use appropriately credentialed professionals for medical, mental health, legal, tax, or individualized financial questions.

Your next step

What will I review, practice, or act on within the next seven days?



GIFTED MIND STATE

KEEP BUILDING WITH INTENTION

Self awareness gives you information. Values give you direction. Action gives you evidence. Accountability helps you adjust. Repetition gives change a chance to become part of your life.

Disclaimer

This workbook is a self help and educational resource. It does not replace medical care, mental health treatment, legal advice, tax advice, or individualized financial advice.

Gifted Mind State | Life Coaching Workbook

Created as a free premium self help workbook for personal growth, wellness, and meaningful relationships.