

# REINVENT YOURSELF

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# Introduction

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As time moves on, you may come to the decision that your abilities, talents, and skills should be utilized elsewhere. Or, you might decide that your social self needs to be reinvented. There are many ways in which you can reinvent yourself.

Businesses often reinvent themselves through a re-branding exercise. You can do the same for your personal brand. There are a variety of ways to achieve success, and it's up to you to define the term for yourself.

You can't reinvent yourself if you don't have a deeper understanding of what you value or what you view as a success. This workbook will assist you in the process of becoming more aware of yourself and of where you want to go and who you want to be.

Fear may be a big reason that you have been held back thus far. There's a good chance it has had a major impact on who you are as a person and your success. There are different aspects of your life in which you may want to reinvent yourself. So, before we get into some helpful exercises, let's look at the various aspects of life.

**There are a lot of circumstances that you may find yourself in and feel the need to reinvent yourself. We have put together some examples, though the list is by no means exhaustive.**

- You experienced a nasty breakup
- You didn't reach a goal you had set for yourself
- You find your behaviors are causing you consequences you can no longer accept
- You have character defects that you want to change
- You have low self-esteem and wish to change this
- You're approaching a milestone birthday, whether it's 50, 21, 40 or 30
- It may be a periodic reinvention, perhaps you want to reinvent yourself every five years

- You may just want to explore different areas of your life and aspects of yourself
- You want to grow as a person
- You want to elevate some part of yourself, be it psychological, spiritual or emotional or mental
- You want to attract healthier romantic partners
- You want to develop healthier behavior patterns
- You feel as though you're stuck in a rut
- You've been treading water in life for too long and you're ready to make a change
- It's time for a comeback, like a phoenix rising from the flame

## **Career**

Professionally speaking, are you where you want to be? In a perfect world, we'd all have jobs that played to our talents and spoke to our passions. That's not the case for everyone, sadly. You may be happy at your current company, but you want to advance. It may be that you enjoy your job, but don't like the company that you work for.

Perhaps, it's the industry you're in that you're not happy with. The job market is competitive, in every industry, so a professional reinvention will likely be necessary at some point.

How can you reinvent yourself to enter a new field when you don't have any experience? Or, you might not have the necessary skills. Well, you can get the necessary credentials and skills, no matter what industry you'd like to enter. It's up to you to change the narrative and write your own story. While you're getting the credentials that you need, you can use the opportunity to make valuable connections in the industry.

## **Relationships**

You may want to change things in the bedroom or attract better people. There are all sorts of reasons why you may want a relationship reinvention. There are certain steps you need to take to do it. Now, some of these are only applicable to singletons and others to those who are already in relationships. Simply apply the ones that are applicable to you.

It's important that you let go of the past. If you have had bad relationships, you need to let them go. No good will come from measuring prospective partners against former partners. That's not fair to anyone in the situation. Additionally, when you extend forgiveness to past partners what you are doing is providing yourself with healing.

If you're in a relationship, then you can add a bit of spice to your life by taking a class together, going shopping for each other or going back to where it all began to remember what you were drawn to in the first place.

Why not make a weekly date, whether it's going out for lunch or grabbing coffee together on your work break. You can also play 20 questions with your partner to discover new things about each other.

## **Social**

There's something to be said for meeting new people. Do you feel fear when you walk into a room full of people? You're not alone. It really doesn't matter whether it's a room of professional connections or just a large group of your friends, it can be daunting. This is something that you can improve through practice. Put yourself out there more often and you will meet new people. This can serve you well in your professional life, as well as your social life.

Another great way to reinvent yourself socially is to volunteer. The benefits of volunteering are great – not only is it an opportunity to socialize, but it also

helps you boost your confidence, relieve stress, and it's something else you can add to your resume.

You may also find that you become a more empathetic person as you put yourself in a position to see the hardships that others face. You can choose to help feed the homeless, offer yourself as a mentor for troubled youth or give your time to another because that means a lot to you. All of this can help you in your bid to achieve your ultimate goal of reinvention of self.

## **Bad Habits**

You're a busy person, and as you chase your dreams you have fallen into some bad habits. You drink too much coffee, you always grab lunch from the vending machine, you don't have time to cook so you order in.

All of this can seriously harm your health, mentally and physically. It's so important that you eat healthily to provide yourself with the energy you need to get things done.

You may also want to consider a mindfulness exercise to help improve your mental health and relieve your stress levels. There are a variety of ways to do this, including deep breathing, yoga, exercising, and meditation.

Meditation offers stress relief, and it also helps you change how you cope with stress and conflict. You become more mindful of your emotions and how you respond to certain situations.

# Reinvent Yourself Exercises

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Now that we've covered the areas that people tend to want to reinvent, let's work on some exercises that can help you get in touch with yourself better.

Before you get started you will need to grab a pen or pencil to write with. You may also want some scrap paper handy, just in case you have more to say than the space we have provided.

## Ideas For Reinvention

Everyone moves at a different pace so, as you reinvent yourself you will do so at a different speed than others. There is likely healing to be done, and there's no strict timeline for you to achieve what you want to be. If you're having trouble figuring out how or where to start in your reinvention, here are some ways you can reinvent yourself.

### 1. Learn a New Skill

Consider the following. A chef knows how to create delicious meals that are also healthy and nutritious. A lawyer knows how to look at the law and interpret it, analyze it, and apply it. A business owner knows how to operate a profitable business. That isn't your limit, though. You can still add new skills to your repertoire. Lawyers can cook. Cooks can write. You can become a different person, with every new skill you learn.

### 2. Create an Alter Ego

You don't have to completely change your personality, you can create a persona that helps you drive you to meet your goals. This persona will be all of the things that you wish you were. It's a bit like introverts wearing the mask of an extrovert when they leave the house and face the public in their job role. It's a character that you create, a role that you play.

### 3. Change Your Habits

If you sit in front of the television, smoking cigarettes, sipping on whiskey, and don't go to bed until 2 in the morning, then you've got a lot of bad habits. It really doesn't matter if it's one bad habit or a dozen. You can give them up, adopt healthier ones, and reinvent yourself in the process. Changing those habits would certainly be a reinvention of yourself.

#### **4. Attitude Adjustment**

Are you an optimist or a pessimist? Perhaps one of the easiest ways to reinvent yourself is to adjust your attitude and change your mindset. Positivity goes an awful long way. There are vast differences between optimists and pessimists, from how they perceive emotions to how they react to certain events and situations.

#### **5. Personal Projects**

You should think of your personal or passion projects as the foundation that you build your life on. Your personal projects feed into your goals, and those goals can be massive or small. For example, a good example or a small goal would be to eat breakfast every morning. A medium-sized goal would be to start a YouTube channel and attract 1,000 subscribers.

A massive goal would be to become a lawyer. So, make your own list of personal projects and ask yourself whether they align with who you want to reinvent yourself as. If they don't... it might be time to discard that project and find ones that are meaningful.

#### **6. Level Up**

If you have ever played any kind of game, then you will know that as you finish a phase you level up. You win when you finish *all* of the levels. Life doesn't have a limited number of levels, which means there is plenty of opportunity to level up regularly. So, create a level system for your own life and push yourself to the next level.

For example, if you want to reinvent yourself physically you can create levels with weight loss or body definition. Of course, these levels will be



limited as you will eventually hit your ultimate goal. You'll see a change in yourself each time you level up.

## 7. Leave The Comfort Zone

Your comfort zone will have a lot to say about where you are as a person. If you have a small comfort zone, then you will probably lead a relatively uneventful life. If you widen your comfort zone or you're willing to, then you can make an impact.

The further you move away from your comfort zone, the more change you will see in your life. A single step outside of your comfort zone is a great place to start, but build up and take more steps. The more steps the better.

## What Areas Do You Need To Reinvent Most?

Write down the biggest five things that you need to hear from yourself on the subject of reinvention, and keep the list handy so that you can look at when you need to. You can't focus on every reinvention all at once, but you can use this list to prioritize which of them should come first.

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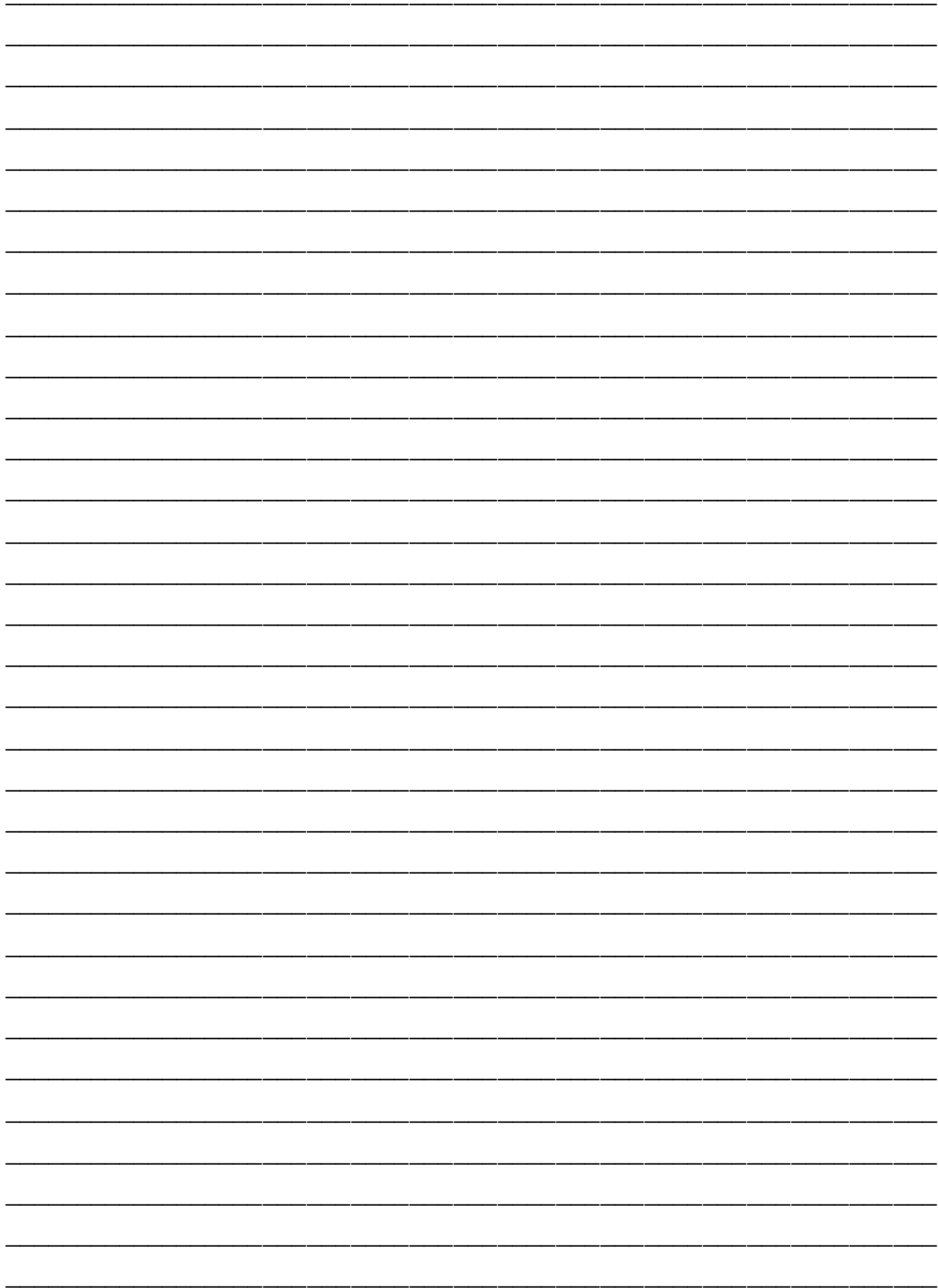
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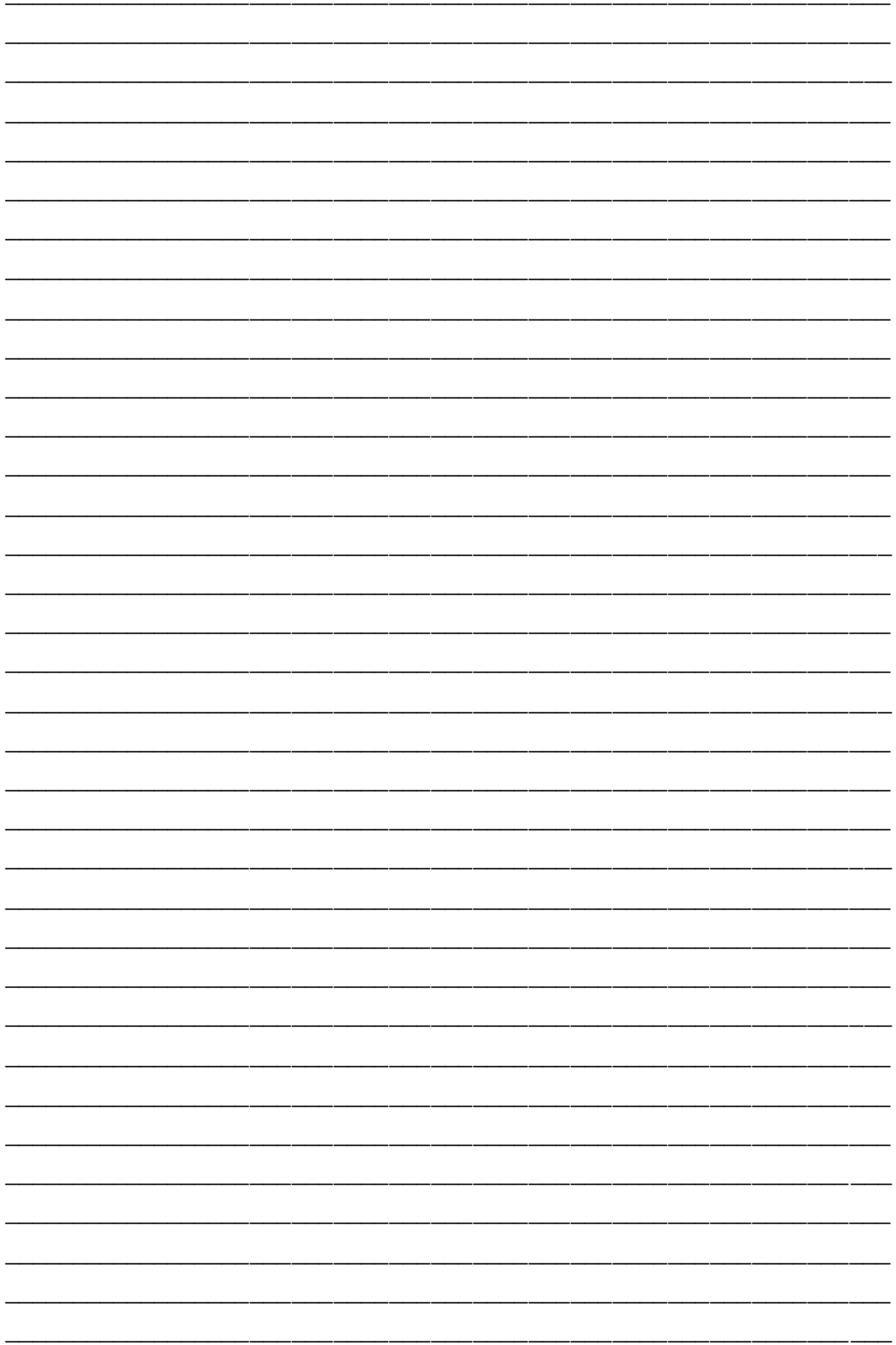
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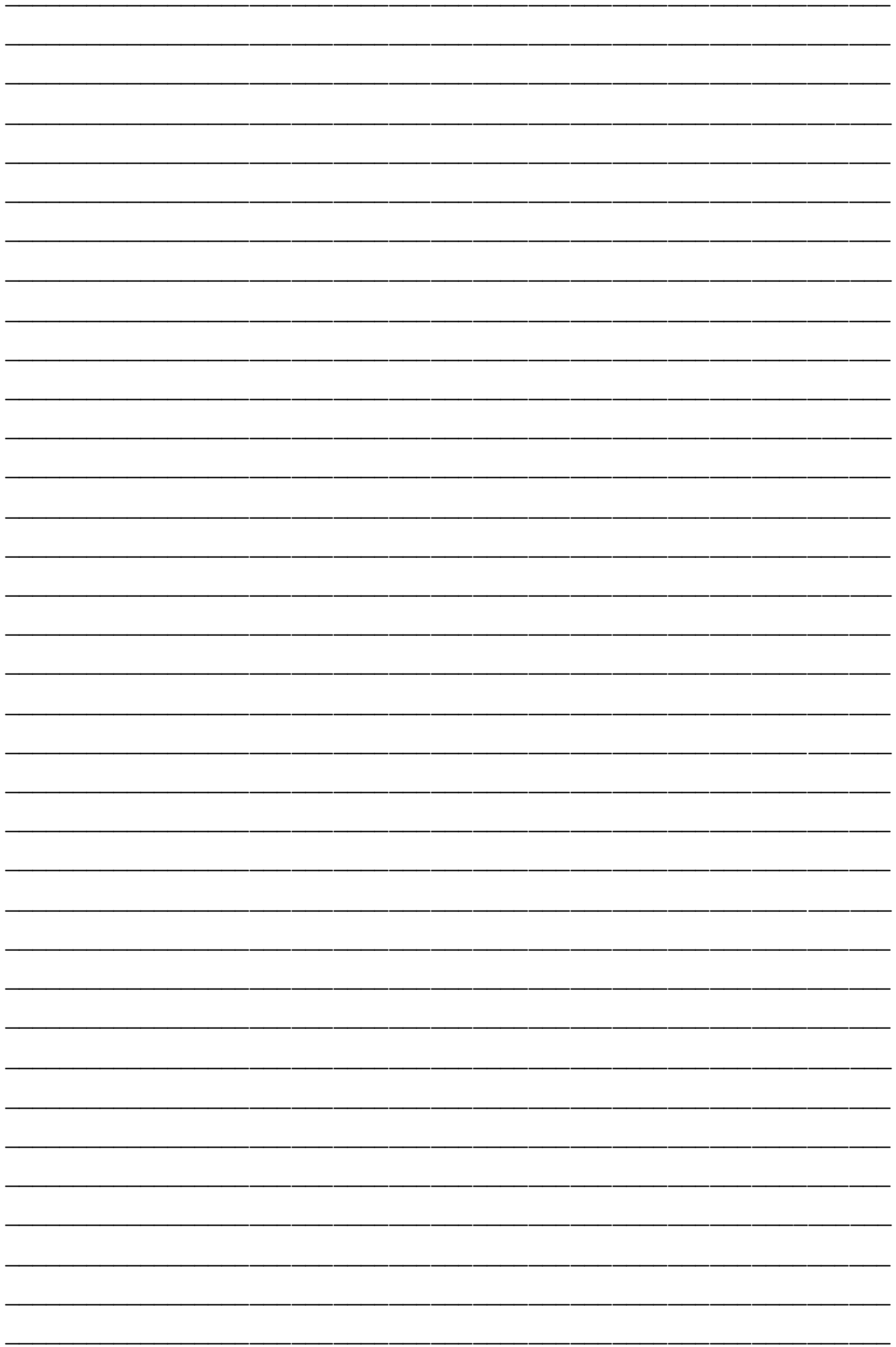










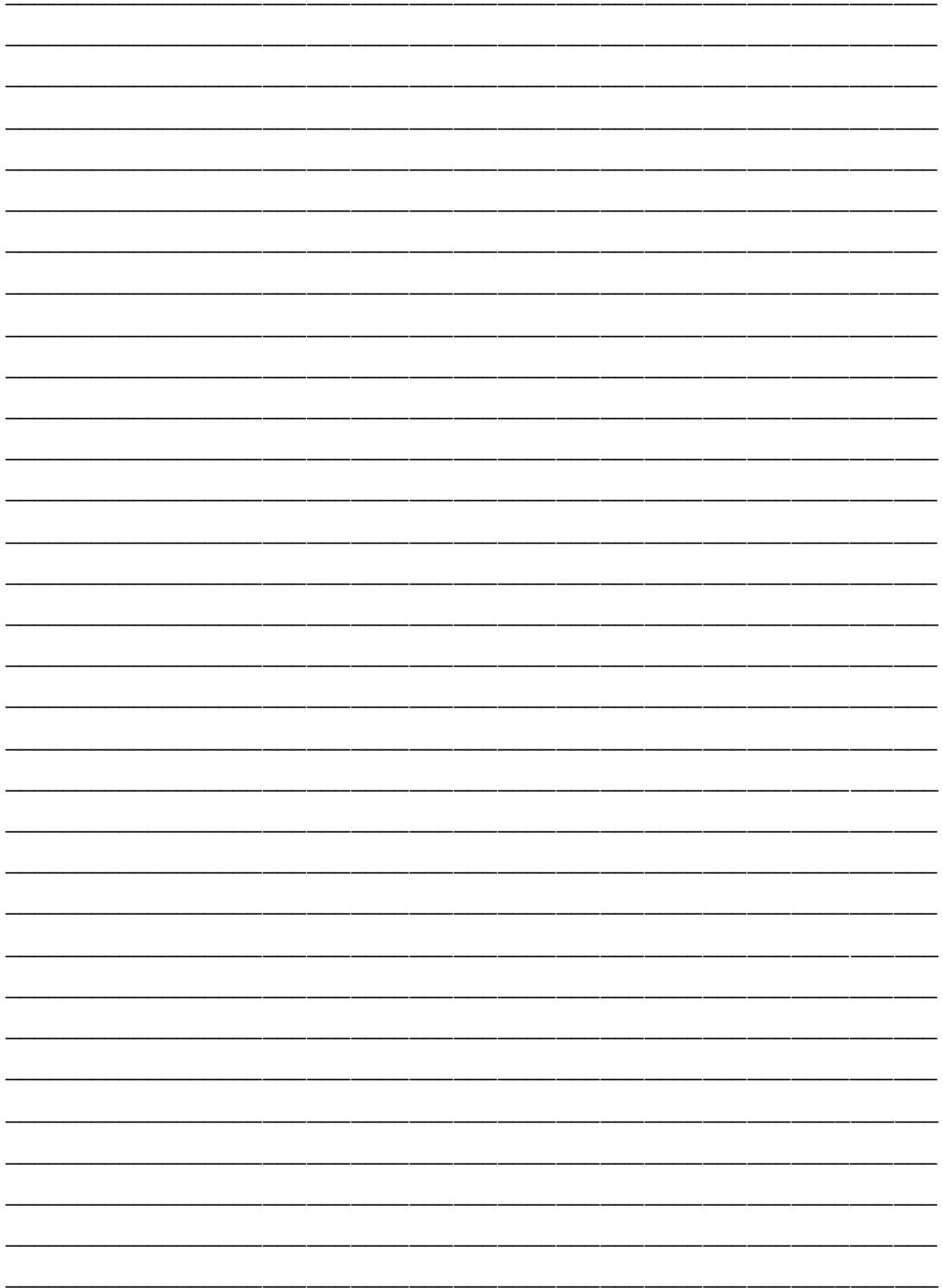


























































































































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My positive affirmation for this year will be...

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I plan to use the following words to motivate and support myself...

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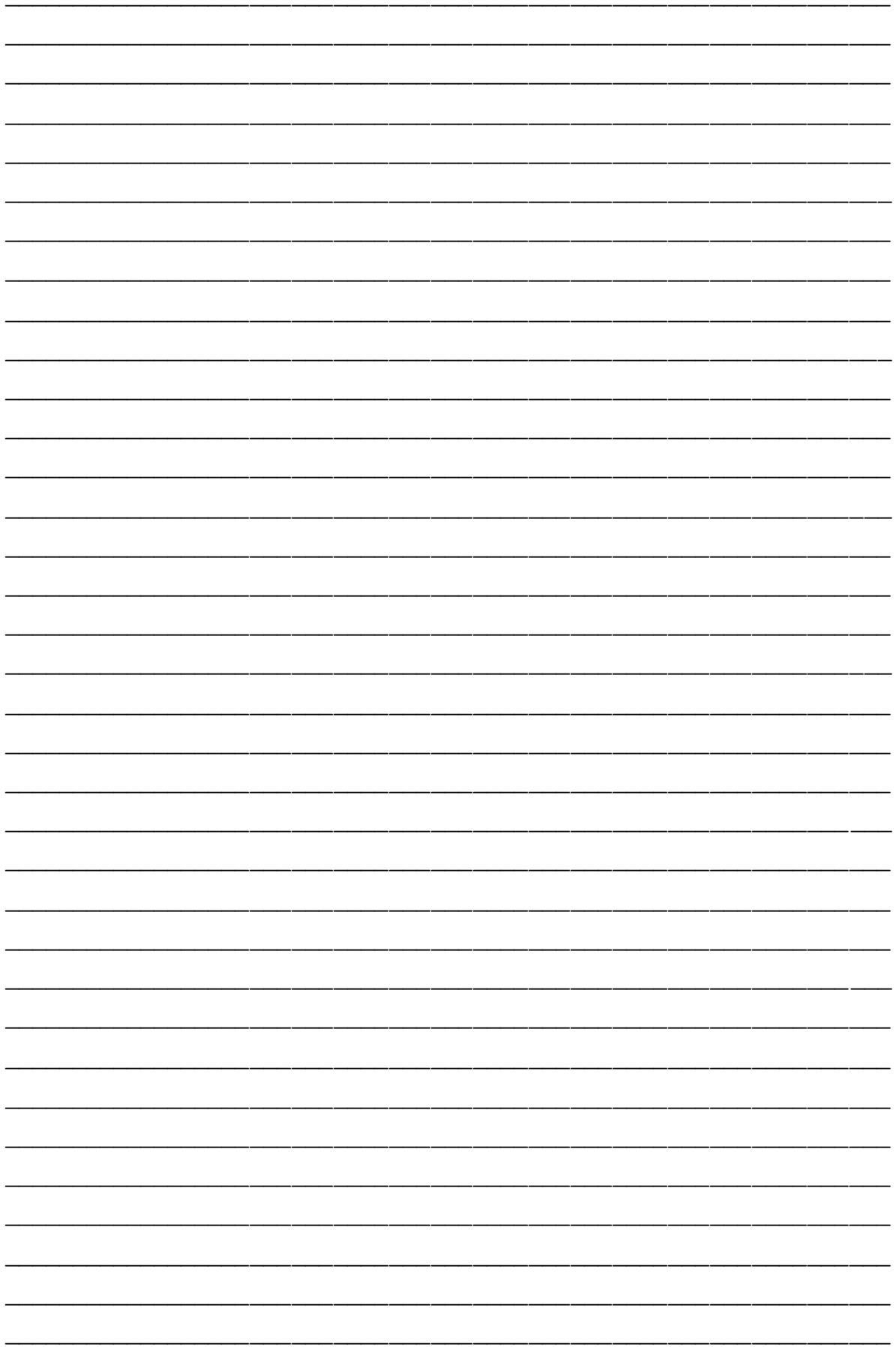
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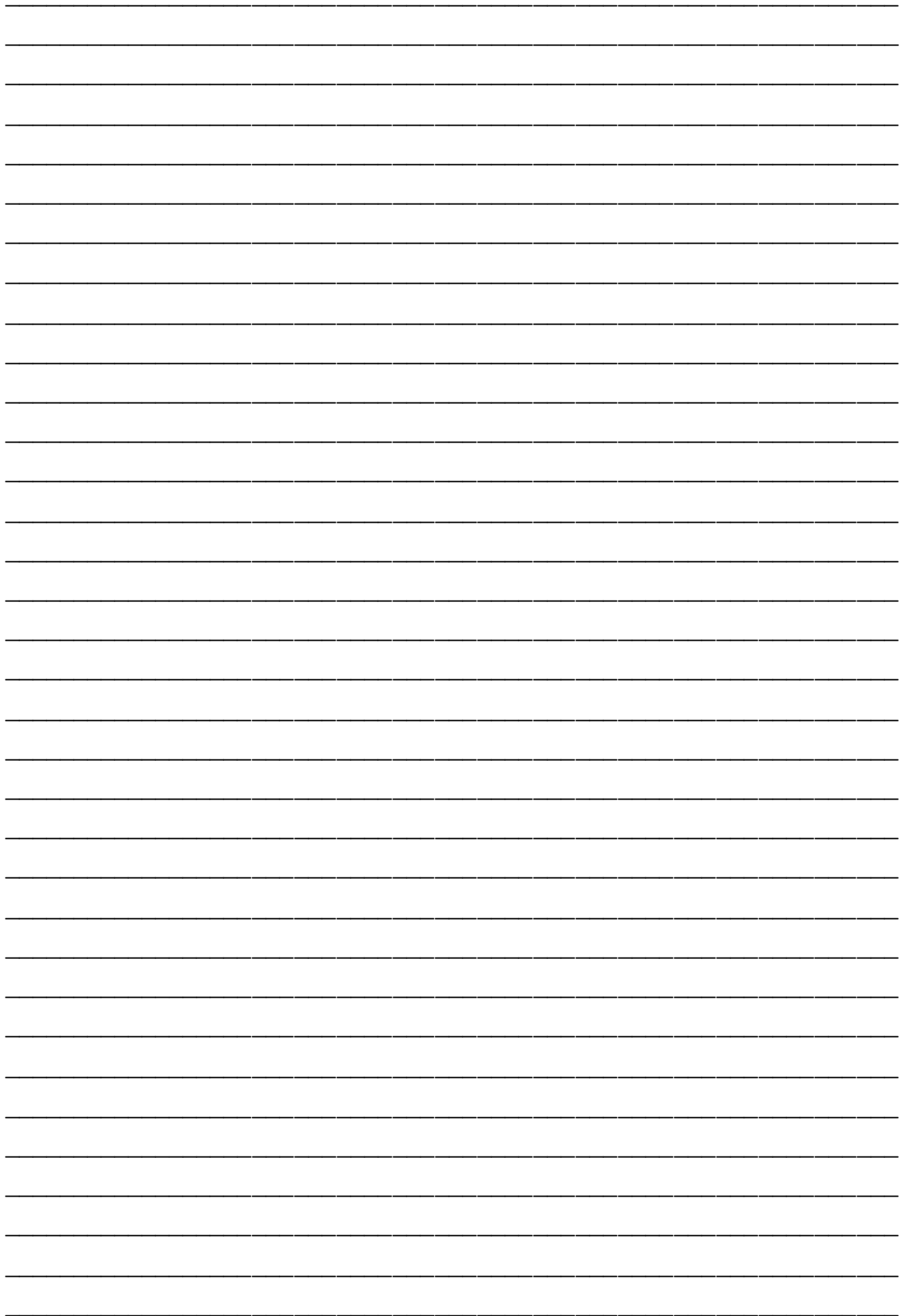
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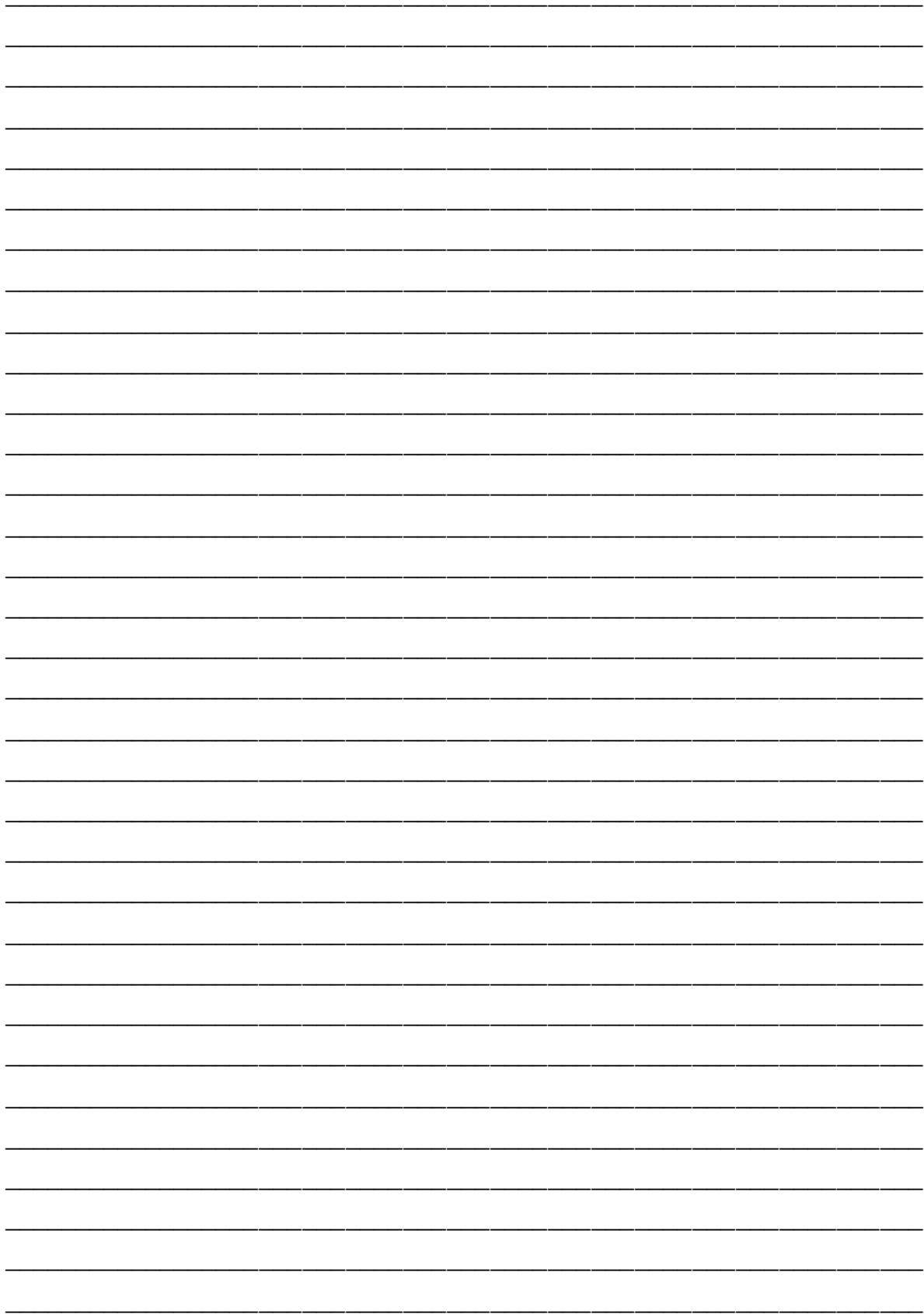
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## Put It Into Practice

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Now it's time to put it all into practice. Here are some of the ways that you can ensure that what you have written in this workbook becomes a reality. *Your reality.*

- **Make a vision board.** It could be words that motivate you or describe the reinvented version of yourself, it may be pictures or images. Whatever you want to become your reality, that's what should go on your vision board. Create the perfect image of your reinvented self and what that looks like for your future.
- **Hire a Coach.** A life coach can help you remain focused on your goals and help you maintain your motivation to keep pushing. It's like having an accountability partner, but because you pay this person you know that they will have the guts to challenge you when it's necessary. They can also offer a bit of guidance.
- **See a Therapist.** One of the greatest benefits of therapy is learning about yourself. Therapy is a journey of self-awareness.
- **Use SMART goal planning**
- **Practice just generating ideas.** Creative and introspection muscles atrophy when they are not used, so practice using them before making big decisions. Spend a week just creating as many new and exciting options and ideas as possible, without judging any design for any reasons. Focus on quantity, and practice every day to build up those habits of mind.
- **Remember to take it one step at a time.** Reinventing yourself is a lengthy process. It can take years to reach your ultimate goals. Instead of just focusing on the result, remember to concentrate on what you can do today. Put one foot in front of the other, and focus on today.

- **Learn from a mentor** - There are many different types of mentors, and they are everywhere. You can learn directly from people in your life, from authors, from online communities, through new experiences, by traveling, and by watching videos online. Soak it all up, and learn from everything you can. If you've got a general idea of what you want to do, you can start homing in on sources of information and expertise. Those sources can be people who are knowledgeable or experienced with the subject matter, profession, hobby, whatever it is that's appealing to you. If you know you want to reinvent yourself, but haven't got a lock on a destination yet, there's no worry. Many people go through the renewal process without any hint of a fixed destination or end-point in mind when they start off. That said, it's good to have someone around who can give you ideas, feedback, and support that's related to your journey.
- **Set your priorities** - You won't be able to accomplish everything you need to all at once when reinventing yourself. Decide what is most important, and work on that goal first. Prioritize your most-needed or important goals and new habits first so you can make the most from your change process.
- **If you are struggling to identify your passion in life, try this exercise.**  
Go to a bookstore and walk through the shelves. Browse all the topics. Which of these would you be willing to read 500 books about? In what area are you intrigued and curious? If you pick a focus and find a few weeks later that perhaps that wasn't really your passion, try again. There's no deadline. You have as much time as you want to pick your passion.
- **Keep learning** - Read books, take classes, go to conferences, but always keep learning, no matter what. Reinvention means you need to become a new person, and that means learning new things. Continuous learning allows you to develop new mental habits, consider new ideas and perspectives, and learn what you need to help you accomplish your dreams.
- **Experiment** - Trying new things, like continuous learning, experimentation exposes you to a whole new world. Experimentation also helps you take risks, which is important for stretching you beyond your current capabilities.

- **Get out of your comfort zone** - If you really want to reinvent yourself, break out of all those habits and comforts of your former life. Break the mold to explore all the possibilities that life has to offer. Trying new things is the only way to explore new options.