

Worksheet to Reprogram Your Brain to Feel Talented



Step 1: Think of an event that is currently causing you to feel a lack of talents without judging if your feelings are justified or not. Maybe you imagine yourself standing in a circle of people that you declare how wonderfully talented you are. Some disagreed with you. Close your eyes and notice how you experience it. Do you see it as an image? Do you feel or sense it in some way? What feelings do you feel? (hints feeling: powerless, unsafe, not loved enough, lack of abilities, controlled by others, not valuable, or not at peace). Do you hear it somehow either in sounds or people saying things to you? Write these down here.

Step 2: Now where do you sense it in relationship to you in space? It could be a visual image, maybe just a sensing of energy or you hear a sound. Is it straight in front of you? Is it in front and upward or downward? Is it directly to your right? Is it upward or downward on the right? Is it directly to your left? Is it upward or downward on the left? Note where that sensing is. Now don't worry if you are not sure, just go with what first comes into Note the images you may see. Note any sounds you hear. Note the feelings or other senses you feel or sense.

Step 3: Now imagine how you would experience your life if you felt being filled with talents. Maybe you imagine yourself in that circle of declaration of talents and there were some who completely agreed with you. Are there any images you see? What do you hear? What feelings do you feel (hints: strong, powerful, safe, loved, capable, in control, valuable, or peaceful)? Note all of these.

Step 4: Now where do you sense it in relationship to you in space? Is it in front of you? Is it in front and upward or downward? Is it straight and to your right? Is it up or down on the right? Is it straight and to your left? Is it up or down on the left? Note where that sensing is. Don't worry if you are not sure; just go with what first comes into your mind. Now note the images you may see and the sounds you hear and the feelings or other senses you feel or sense.

Keep both of these sensing's and their locations in mind as you go about doing the Reprogramming Your Brain to Feel Talented Meditation