

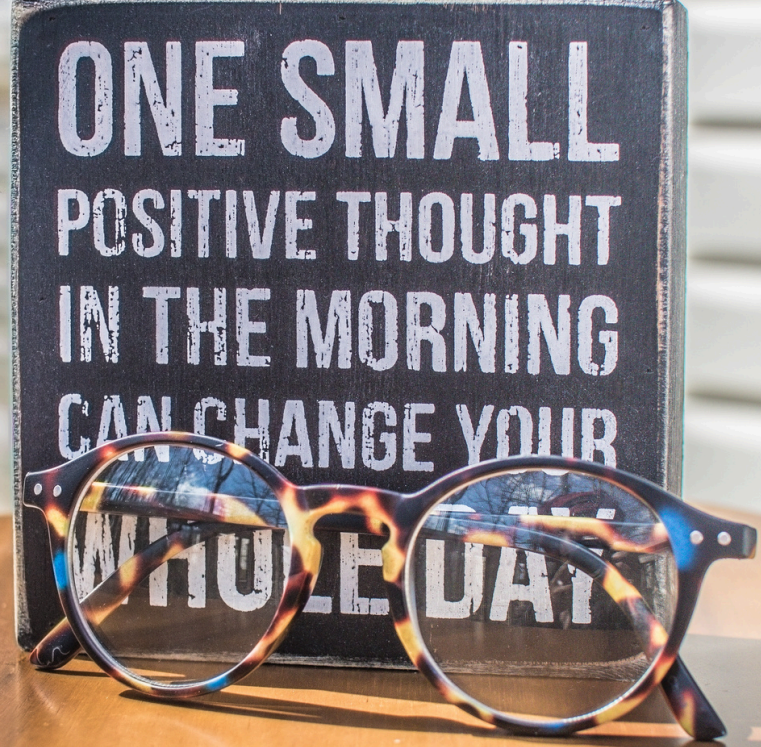


6-Week Crown Vision Workshop Book



SESSION 1

MEET YOUR MINDSET



Self Check:

- Do I believe I can improve?
- What do I tell myself when I fail?
- Where do I feel most fixed?

Journaling Prompts:

- What mindset do I currently wear?
- What mindset do I want to wear?
- What action can I take this week to grow?

Affirmation: “I am a King in progress. I grow every day.”

Notes

SESSION 2

REWRITING YOUR SCRIPT



REWRITE

Script Rewrite Worksheet:

- What limiting belief do I repeat?
- What is the truth I choose to speak now?

New Script Statement:

- “I used to believe _____. Now I know _____.”

Practice Dialogue:

Speak your script to a partner and let them reflect it back.

Affirmation:

“I am not my past. I am who I choose to become.”

Notes

SESSION 3

EMBRACING CHALLENGES



Current Challenge:

- Describe your current challenge:
- What 3 lessons can it teach you?

Mini-Hack Action Plan:

Step 1: _____

Step 2: _____

Step 3: _____

Affirmation:

“This challenge is shaping my crown.”

Notes

SESSION 4

FEEDBACK AS FUEL



Reflection:

- What's one piece of feedback you've avoided?
- What truth might be in it?

Affirmation:

"I receive correction as a crown adjustment."

Feedback Response Plan:

Next time I receive feedback, will:

1. Breathe
2. Listen
3. Filter
4. Apply what helps me grow

Notes

SESSION 5

BUILDING BOUNCE-BACK



Bounce-Back Reflection:

- Last setback I experienced:
- What did I learn from it?
- What will I do differently next time?

Affirmation:

“Setbacks are setups for my comeback.”

Create Your Bounce-Back Ritual:

- **Reset method:**
- **Reflective question:**
- **Restart action:**

Notes

SESSION 6

HABIT-IFY GROWTH



Pick a Habit to Build:

- My new growth habit is:
- I will do it every:
- Will track it by:

Celebration Plan:

When I complete my habit this week, I will celebrate by:

Tracking Box

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6
- ☐ Day 7

Affirmation:

"I grow every day, in every way."

Notes