

LIBERATE YOUR AUTHENTIC SOUL FUNBOOK

By Janice Yap, creator of

- 1) Liberate Your Authentic Soul,**
- 2) Positive Happyness Bundle, and**
- 3) 7 Health Myths Demolished**

www.PositiveHappyness.com

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To my hubby and my partner for life, Jacob Ong, thank you for all the love you have showered over me. Your constant encouragement has helped me to grow and become better. I want to live till 120 years old with you!

To my son, Joshua Ong, mummy hopes that you will grow up to become a man who contributes to the betterment of this earth. Remember that we all have a part to play in making this world better.

To my in-laws, thanks for all the support you have given me in bringing up my little one!



TABLE OF CONTENTS:

INTRODUCTION	5
THE “DO YOU CARE TOO MUCH?” QUIZ	6
3 STEPS TO CARING LESS	9
Know Who You Are!	9
What Are Your Core Values?	9
What Are Some Things You Truly Enjoy?	11
What Do You Want to Accomplish?	12
Keeping It Real...	14
What Are Other People Really Thinking About...	14
Some People Matter...	17
Who Do You Know Who Doesn't Care?	18
Put Yourself Out There	21

INTRODUCTION

This workbook is a companion piece to our main book – *Liberate Your Authentic Soul, 51 Truths to Care Less About Others' Opinions*.

This workbook has been designed to help you figure out if you indeed suffer from caring too much what people think. It also includes some steps/exercises that you can take to help rectify this issue.

It shouldn't take you much time to work through this, but don't feel like you have to finish the whole thing in one sitting.

You can work through this in any order you prefer. However, it's highly suggested you take the quiz first, then work through the rest of the guide as laid out.

THE “DO YOU CARE TOO MUCH?” QUIZ

For each of the upcoming statements, answer using one of the three numbers from below:

1 – This number signifies that you don’t relate to the statement at all. *“This is never me”*.

2 – This number signifies that you kind of relate to the statement. *“This is sometimes me”*.

3 – This number signifies that you really relate to the statement. *“This is often me”*.

So, are you ready to begin???

If so, flip over to the next page!

START QUIZ!

You think people are talking about you _____

You don't feel comfortable expressing your true opinions

You don't stick up for yourself _____

You aim to please _____

You don't act like your true self _____

You can't say no _____

You play it safe _____

You boast or exaggerate _____

You feel taken for granted _____

You are shy in social situations _____

QUIZ RESULTS!

Now add up your “score” from the previous page.

Compare your total to the guide below:

10 - You don't care what people think at all. You live your life marching to the beat of your own drum and are proud to do so.

10-20 - You try not to care what people think, but it is sometimes a struggle. You should probably work on worrying less what people think about you. Follow the steps in this guide to help make sure you don't fall into the trap of worrying too much.

20+ - You worry way too much about what others think. You probably care so much that it is probably negatively impacting your life. Follow the steps below so you can start living your life on your own terms.

3 STEPS TO CARING LESS

So here's some main practical steps you can apply in your every day life as an initial kick off!!

KNOW WHO YOU ARE!

The first step to caring less about what others think, is to figure out what YOU think/believe/etc...

Defining your own values, passions or needs is a required step. If you don't know what you stand for, how can you possibly be true to yourself?

Let's take some time to figure it out now!

WHAT ARE YOUR CORE VALUES?

Your core values are the fundamental beliefs that you have. This are the values you use to govern your life. They are what help you distinguish what's right and wrong as well as keep you on the right path. They go beyond things you simply find worthwhile; they are the driving force guiding you.

Take some time now to think about your core values. Write down as many as you can think of. Just make sure they are deep convictions.

We have provided a few examples for you to get started...

1. I have a belief (or lack thereof) in a higher power
2. Family is of the utmost importance to me
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Once you have your core values defined, remember to always act according to them – no matter what people believe.

WHAT ARE SOME THINGS YOU TRULY ENJOY?

Having true passion is vitally important to our happiness. You should never compromise your own passion and true happiness because of the feelings of others.

Take some time now to list things you are truly passionate about. We have included a few examples to help you out.

1. I love baking
2. Country music is my favourite
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

You now have a list of things you truly enjoy, don't let the thoughts and feelings of others hold you back from doing things you love to do.

WHAT DO YOU WANT TO ACCOMPLISH?

Having goals is another key component to a happy and productive life. It is another area of your life you need to define.

Once defined, you will now have a list of goals that you cannot be swayed from due to the thoughts of others.

Take some time to list things you want to accomplish in your life. We have included a few examples to help you out.

1. I want to lose 50lbs this year
2. I want to save up \$10000 to invest
- 3.
- 4.
- 5.
- 6.

7.

8.

9.

10.

You now have a list of goals you want to accomplish. Don't let the thoughts of people hold you back from attacking and reaching these goals!

KEEPING IT REAL...

Now that you know who you are, what you stand for, and what you want, you can take steps to start caring less about what other's think.

A great step towards accomplishing this is to stop living in your head (your thoughts aren't always trustworthy), and taking real tangible steps towards "caring less".

This section will help you do just that!

WHAT ARE OTHER PEOPLE REALLY THINKING ABOUT...

Here is a fact – most people aren't thinking about you much at all. We are all so wrapped up in our own stuff, that actively thinking about other people isn't all that important. This is especially true when it comes to strangers.

In this exercise, you will take some time to think about what the worst thing people could possibly think about you (for this think about times you are most uncomfortable, or fearful of other's thoughts).

Afterwards, hit yourself with a bit of reality and write down why that isn't true.

We provide an example below. We have space for 3 of these thoughts, but feel free to add more.

Worst Thing Someone Could Think About Me: Since I am a bit bigger than average, people probably think I am lazy and unmotivated.

The Reality: I actually lead a fairly active lifestyle, and have been continually working to improve myself.

Worst Thing Someone Could Think About Me:

The Reality:

Worst Thing Someone Could Think About Me:

The Reality:

Worst Thing Someone Could Think About Me:

The Reality:

This exercise might not be easy, and it might bring up some strong emotions.

Power through it though, it is important that you address the biggest fears you have about other's thoughts of you.

You need to know that even if people DO think the worst of you, their opinion is uninformed.

SOME PEOPLE MATTER...

In this section we are going to take a quick look at some of the people in our life that do matter.

Some people in your life are so important to you that you should at least consider their opinion. They may be someone close you care deeply about (your spouse or children), or they may be someone who's opinion you trust and value as wise (a co-worker or mentor)

Take some time now to list the people in your life whose opinion TRULY matters.

- 1.
- 2.

3.

4.

5.

6.

7.

8.

9.

10.

The key to this exercise... If someone isn't on this list ...their opinion doesn't matter! Repeatedly remind yourself about the list of people who matter, and forget the rest!

WHO DO YOU KNOW THAT DOESN'T CARE?

This section is similar to the above section but slightly different. Instead of listing people whose opinion you care about, you will be listing people you admire. Not just people you admire in

general, but people who clearly do their own thing and don't worry about the thoughts of others.

These people can be people in your own life (great friend who marches to the beat of their own drum) or could be a celebrity that you greatly admire (Rihanna).

Take some time to list people you know that are happy just doing their own thing...

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Now that you have this list, spend more time with these people! Learn from their traits and actions. If you listed a celebrity or another person in the public, devour the content they create, follow their social media, etc...

PUT YOURSELF OUT THERE

Now it's time for the toughest exercise... taking actual action.

Before you take action, we need to create one more list. For this list, you need to write down certain activities, actions and goals that make you really uncomfortable. Things that you fear doing, not because they are dangerous, but because you worry about what other people would think.

We include a few examples to help get you started. Try to think of as many things as possible. No thought is too small, nor is any thought too big.

1. I am afraid to dance in public
2. I am scared of heights
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

Now here is the fun (scary?) part? Take this list of fears, and create a “Growth List”. This is a simple to-do list (use an online tool or a notebook).

Everything from the list above becomes something for you to accomplish. **It's now a goal!**

You don't have to do everything right away, but start thinking of ways you can start checking them off. **Create action plans to accomplish each goal.**

As you work through this "Growth List", you will not only begin to cast away the fear of other's thoughts, you will build your own self-worth and esteem.

This will be the most powerful way for you to become a person that truly does what they want, without fearing the thoughts of others.

Congrats in advance!!!