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# THE DDA SHIFT METHOD WORKBOOK

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DEFINE DESIGN ALIGN



Welcome!

Here's to you for showing up and making the decision to shift the stories that are standing in the way of living a thriving life!

If we have just met, my name is Leah Goard. I'm a soul-searching business and life strategist, professional organizer, trainer and speaker. I am fascinated by what makes people groove, and I am in hot pursuit of the multi-layered answer to one very important question ... **what does it take to truly thrive in your life and work?**

My journey as an entrepreneur began over twenty years ago and I have worked with hundreds of savvy, soul inspired individuals and businesses across the globe. I deeply understand just how hard it can be to navigate the intimate details of life while developing a career, owning a business and raising children – just a few of the many hats we may wear.

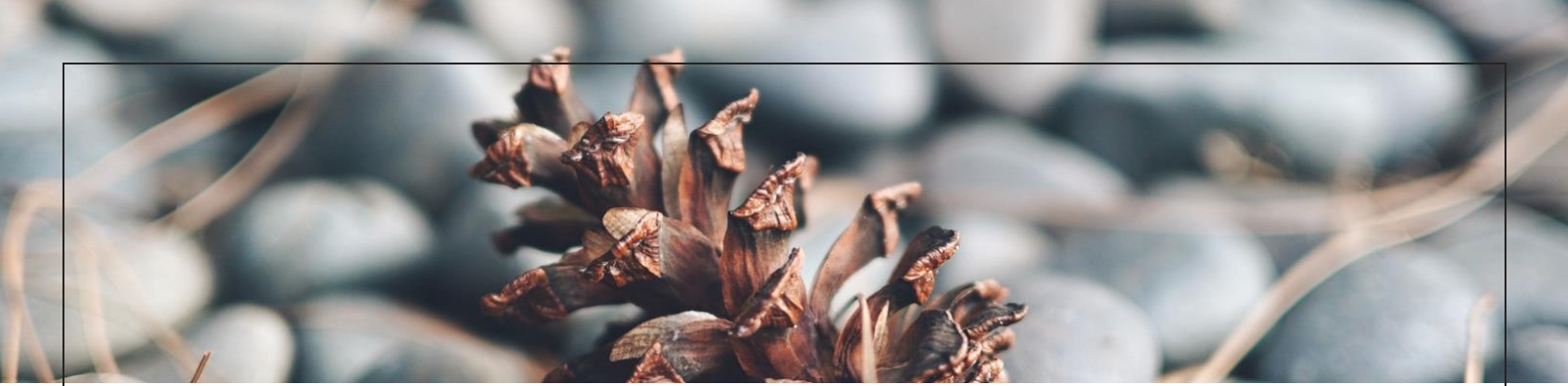
**When you deeply desire change, one of the most powerful things you can do is learn how to change the stories that are blocking your path**

The DDA SHIFT METHOD TRAINING is designed to give you a simple and profoundly powerful step-by-step method, the guidance, inspiration and support to take imperfect action steps towards reaching your goals and creating the experience you so deeply desire.

I am here to answer your questions, and if you choose to accept this mission you will be fully supported along the way! Please don't hesitate to reach out to me.

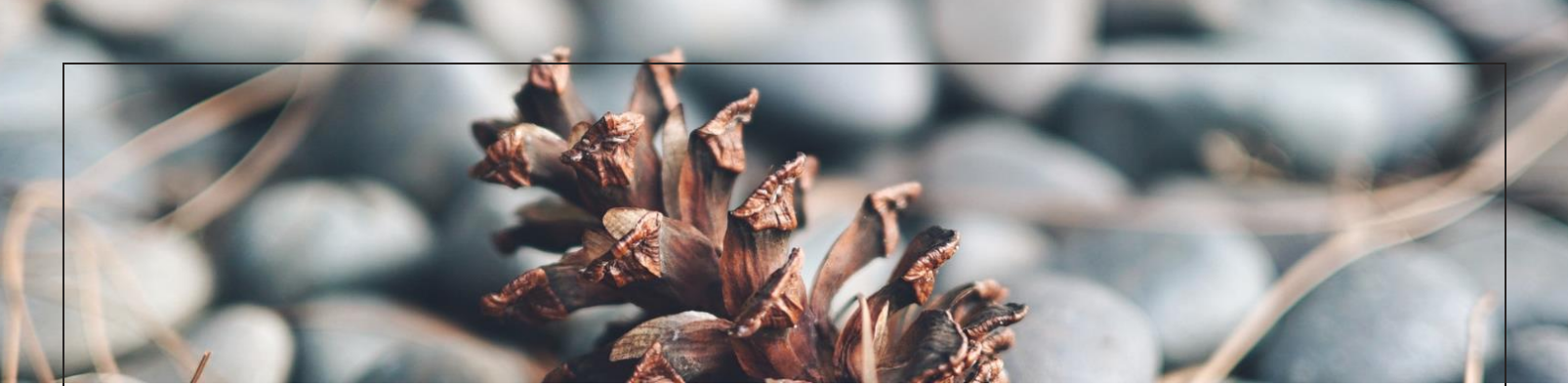
To your freedom,

*Leah*



I am ready to shift the stories blocking  
my path so that I

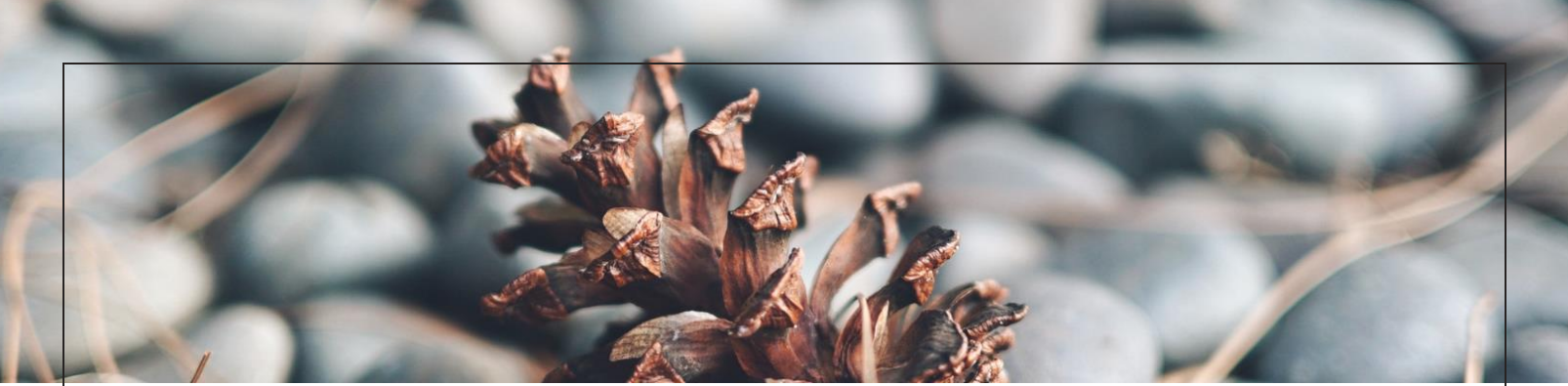
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1. Where do you feel stuck or what are the areas that you want to create more alignment and momentum?

2. What are the stories that are coming up for you when you think about what you've written above?

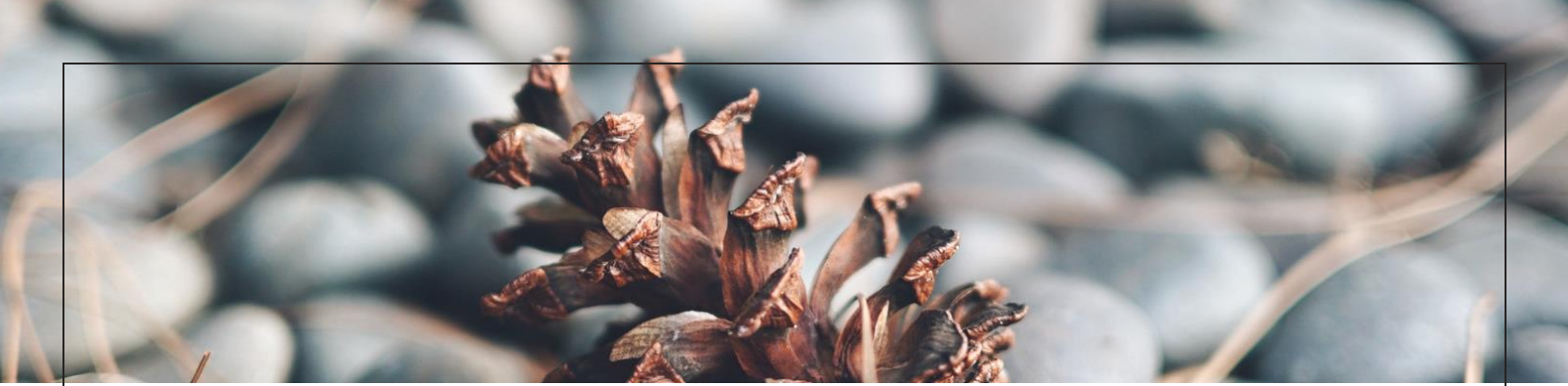




3. Choose one area and one story you're going to focus on.

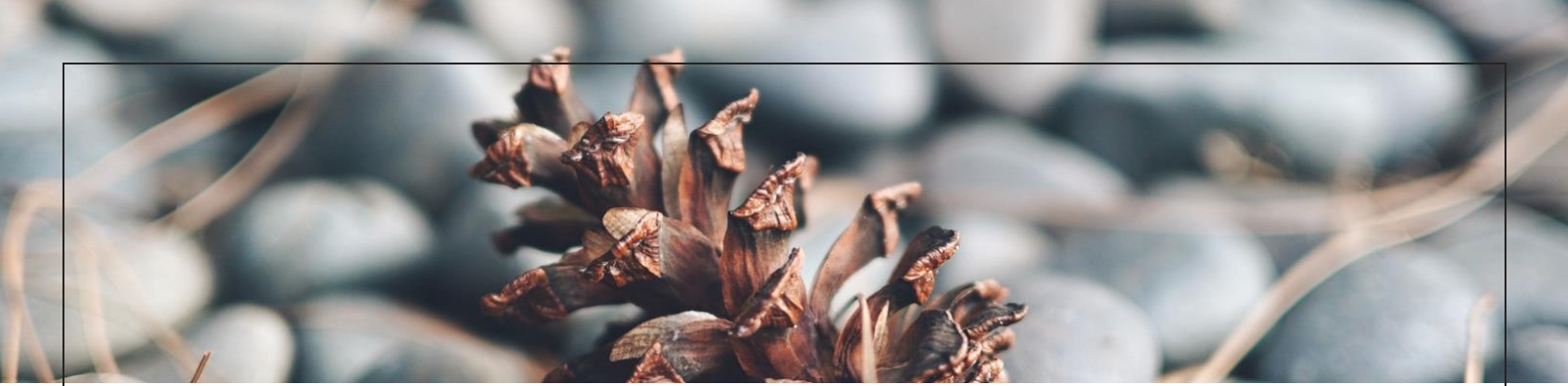
4. What are the payoffs for keeping this story alive?

5. Why is it so important for you to shift this story?



## THE DDA SHIFT METHOD

1. **Stop and breathe.** If you need to, write down all of the thoughts that are flowing through your mind, giving them a place to rest.
2. **Honour your feelings.** Without judgement, write down how you really feel.
3. **Identify the story.** Ask yourself, "What is really happening right now?" What is the story that you are telling yourself?



4. **Focus on the new story and experience.** Write down how you WANT to feel and what is the NEW story that will support how you want to feel, replacing the old one.

5. **Take action and talk "AS IF ".** What decisions are you going to make and actions are you going to take that are in alignment with your new story and will reinforce it?

\* **Track the Magic.** How are you going to gather evidence and track the magic on a consistent basis?