



SERVICE- CENTERED CHANGEMAKER

AFFIRMATIONS WORKBOOK



CONNECTINGTHECAUSE



INTRO: HERE'S THE DEAL

Hey girlfriend. We have some things in common.

- 1) We use empathy as a form of empowering others.
- 2) Both of our purposes are directly connected to serving our community.
- 3) We have to build and love on ourselves in order to show up and change the world.
- 4) We are service-centered changemakers and **we won't turn back.**

I hear your heart and I understand the joy you get when you are operating in your purpose. Even though our hearts beat to serve, sometimes we can get unfocused and off track. Life happens and we can get busy, burnt out, or even discouraged. I realized that I needed to have a space where I could encourage myself and get my head back in the game. That's why I created this workbook. That's why I wanted to share it.

This workbook is designed for you, the woman who is on fire to change the world and passionate about community. This was created as a one-stop-shop to gain inspiration, have intentional reflection time, and to foster deeper insight as you serve the world. This workbook gives you my personal affirmations as a changemaker, and also gives you the opportunity to connect to these affirmations in your own personal way based on the guided questions and prompts throughout the workbook.

Print this out, or buy your own notebook to jot down notes. I feel there's nothing like going old school and having something tangible you can hold in your hands. I command you to doodle, write notes, draw, scratch, scribble, tear, and color in this workbook. Make this your tool to stimulate your "you betta go out there and change the world" self.

Thank you for allowing me to care for you, and work in my purpose through serving you. I hope this will get you focused, get you lifted, and make you bold. Thanks again woman changemaker. You're my hero(heart emoji).

Yours in Service,
Breana

HERE'S HOW IT WORKS

I have compiled a list of my personal affirmations for changemakers to share with you. Read and use the questions, activities, and prompts associated with each affirmation to meditate on.

This will help you to internalize your reflections and use your insights to enhance your pursuance of your passion.

Pace yourself to ensure you're getting everything you can from each affirmation. Span it over 10 days or 10 weeks, its up to you. Meditate on your thoughts for a day, or create your own activities to incorporate through a month's time.

Here's what you will find scattered throughout the workbook to pay attention to:

Watch Break-Take a break and watch the video given to you! It falls right in line with your mission and purpose! Watch and be inspired!

Quote Break-Read and meditate on the quote given to you and how it relates to your service-centered self.

Date and Time-Make sure you mark the date and time so you can monitor your progress and if you are staying on your timeline for completing the workbook.

Appreciation Break-It's time to give yourself some love. Stop and do this task, because you deserve it! You will see what I mean!

Listen Break-Turn on and meditate on the affirmation that was just covered by listening to the given tune.

Action Items-Do this action BEFORE continuing on. It directly aligns with the affirmation and your growth as a changemaker.

Use this workbook as a forever tool. You will never NOT need encouragement. Use this workbook to serve as that resource for inspiration! Oh, and treat yourself with dessert or wine while you're at it!



Affirmation #1 : I am confident in my abilities, gifts, and talents to change the present state of the world.

(Repeat x3)

Date _____

Time _____

How do you see the present state of the world? Draw a picture to depict what you personally see around you:



You have exactly what you need right now in order to change the present state of the world. The main thing is that you know what you have. What are the abilities, gifts and talents you have and how can you use them?

Action Item: Take one talent that you have listed, and gift someone with it. Write down how it goes.

Affirmation #2 : I am intricately connected and tied to my community and understand its needs. I then use this information to make informed decisions about change.

(Repeat x2)

Date _____

Time _____

By what avenues do you hear your community's needs? Where do you go to get the scoop on what's going on? List them below:

1)

2)

3)

4)

5)

6)

7)



How can you continuously make sure you are tied to your community? How will you use the information you learn from your community to enhance your decision making around service?

Appreciation Break: Go to a mirror. Yes, get up and physically get to a mirror. Put your left hand on your right shoulder. Put your right hand on your left shoulder. Squeeze really really tight. That's from me. Keep GOING!!

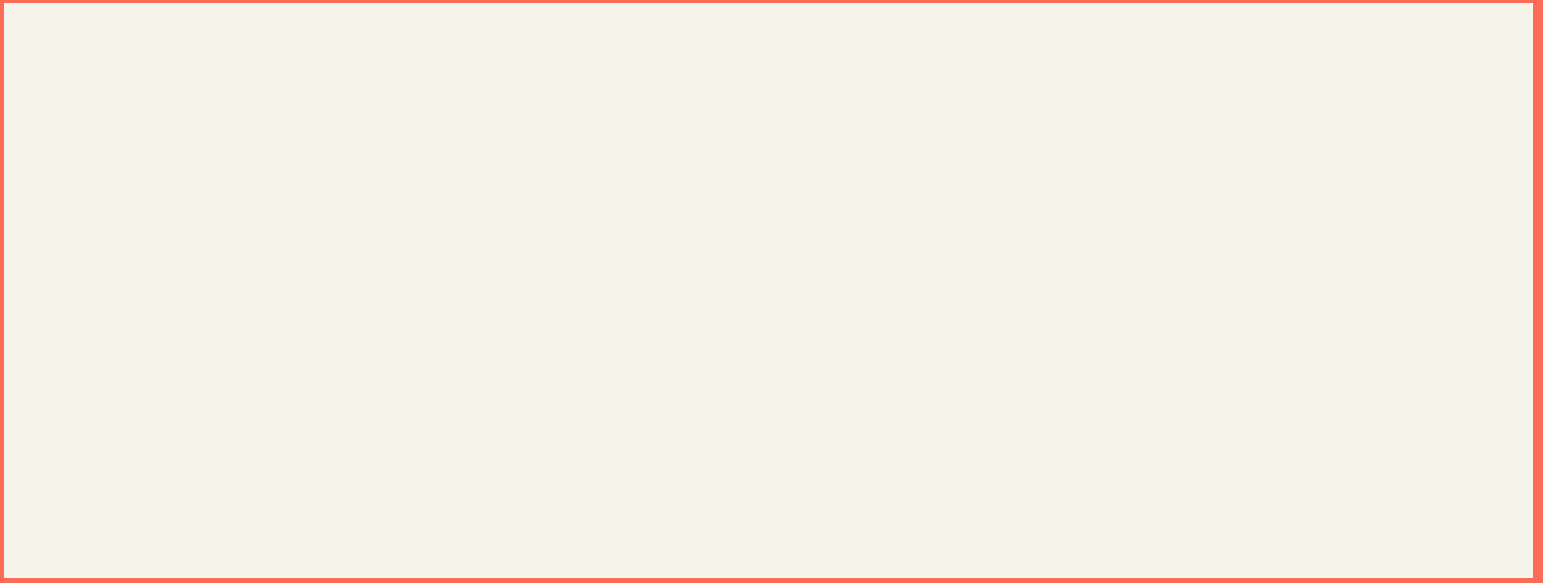
Affirmation # 3 : I continuously help people who are in need and offer my time, knowledge, dedication, and energy to those who are designed to accept them.

(Repeat x2)

Date _____

Time _____

Draw a picture of the last time you helped someone. Where were you? What did you do? How did you serve?



You have to give up something in order to give back. In the situation illustrated above, what did you have to give up?

How can you offer your:

Time:

Knowledge:

Commitment:

Energy:

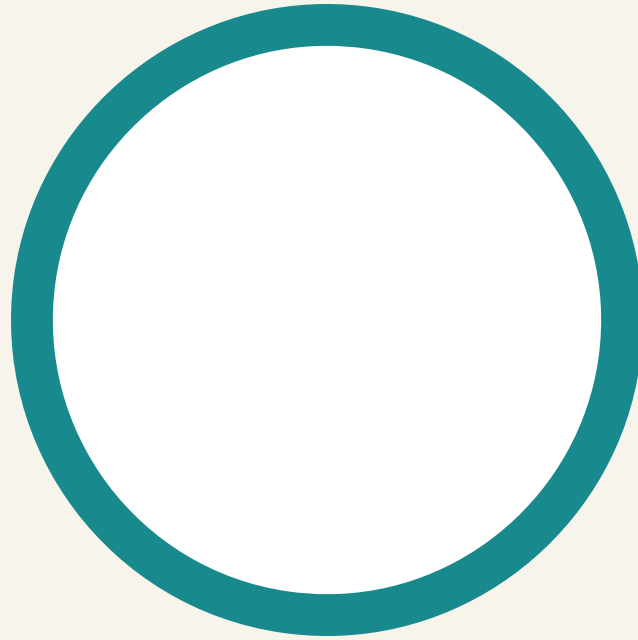
Action Item: Go and offer one of these things to someone you haven't spoken to in over 6 months.

Affirmation #4 : At this moment, I have every characteristic within me to change my community and the support from dedicated loved ones to make it happen.(Repeat x4)

Date_____

Time_____

Who is in your support circle. Who can you call on to be your sounding board and tell it like it is(in love of course)? Jot down their names in your circle of support!



You have a story to tell and that story needs to be spread and shared. Throughout your life's journey, what have you learned about yourself? What parts of your story helped you develop the characteristics you have now? How can you use those characteristics for good? Dig deep.

Quote Break: "No one is useless in this world who lightens the burdens of another."

— Charles Dickens

Affirmation #5 :I am a part of transformational change and I see the impact of my work on the world daily.

(Repeat x3)

Date _____

Time _____

What does transformation mean to you? Look up the definition and write it here: _____

Now create your own definition for what "transformation" means for you:

How to you celebrate your impact? How do you recognize your strengths and appreciate your work?



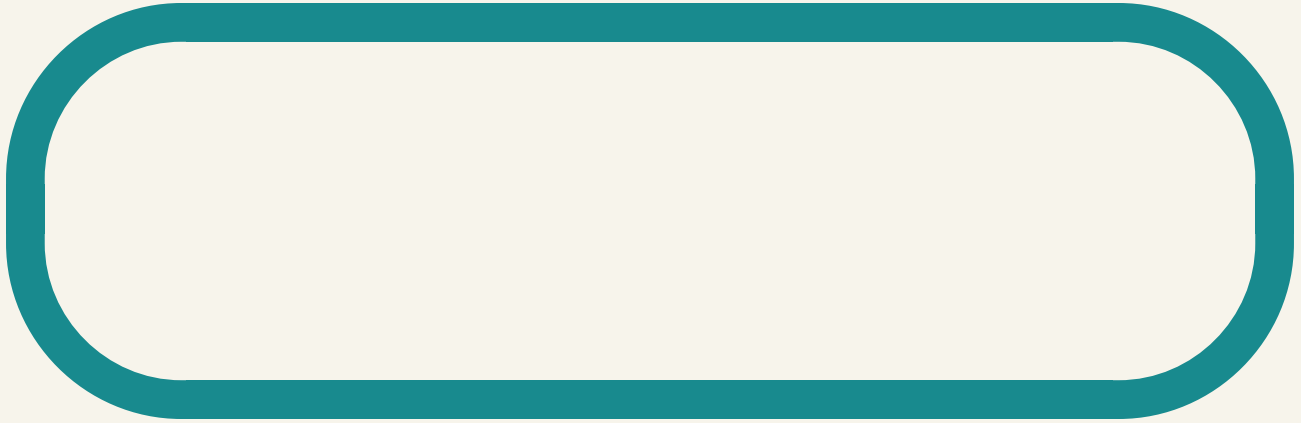
Listen Break: Pour your favorite glass of wine, go on a walk, or exercise as you listen to "Golden" by Jill Scott. Put it on repeat if you have to!

**Affirmation #6 : I create love, I design impactful ideas,
and I implement effective plans that change the lives of
the individuals I serve. (Repeat x3)**

Date _____

Time _____

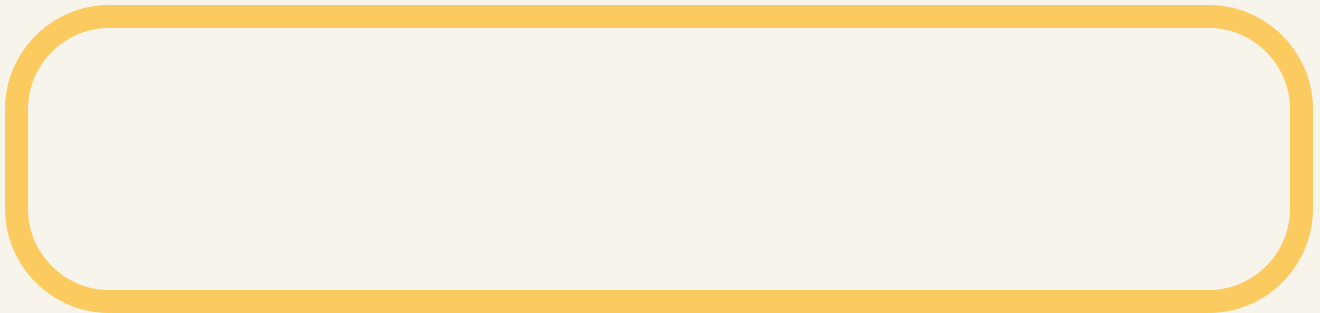
Describe how your last idea made you feel? Use words and pictures!



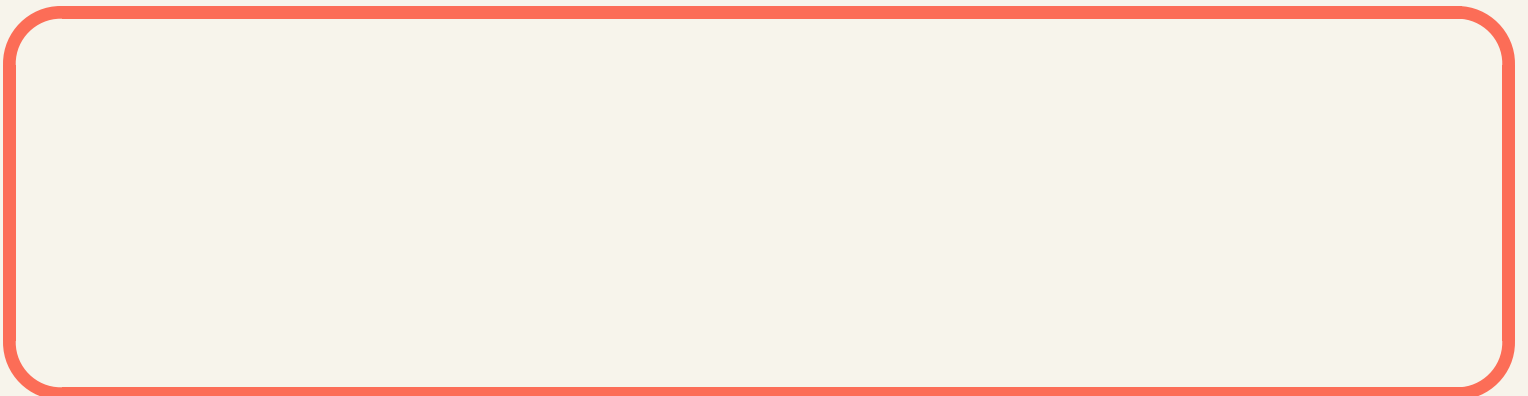
Did you act on that idea? (Circle One)

YES or NO

Why did you act on that idea? If you didn't put action behind it, why not?



What does it mean to change a life? Draw a picture of what it looks like
for you to be a part of effective change.



Affirmation #7 :Giving back is not a burden for me. I find ways to serve every day in the smallest ways that in turn make the highest impact. (Repeat x4)

Date _____

Time _____

Write down 5 things you can give RIGHT NOW:

- 1)
- 2)
- 3)
- 4)
- 5)

Next, select 5 people who you are going to give those things to:

- 1)
- 2)
- 3)
- 4)
- 5)

Now, jot down 5 barriers that may prohibit you from giving those things to those people you selected:

- 1)
- 2)
- 3)
- 4)
- 5)

Lastly, make a plan for how you are going to combat those 5 barriers!!!!

- 1)
- 2)
- 3)
- 4)
- 5)

What's your timeline? When's the deadline for you to get this accomplished?



Affirmation #8 : I am unselfish in my pursuit to give back and seek nothing in return as my service is my gift to the world. (Repeat x5)

Date _____

Time _____

What things are you going to have to give up in order to give back? Time? Money? Selfish ambition? Write them down below:

What do you gift to the world on a daily basis? Think about your positive attributes, and where those are present in your daily life:

Be honest with yourself.

- 1) What have you usually looked for in return when helping others? Money, fame, a pat on the back? A sense of accomplishment?
- 2) How can you condition yourself to no longer look for these things when serving others?

1) _____

2) _____

Watch Break: Go to Youtube and type in "Beyonce I was Here." Watch this video and reflect on how you will show up for the world.

**Affirmation #9 : My mind is open to learning new information about myself and how I see the world in order to make effective change.
(Repeat x3)**

Date _____

Time _____

What was the last thing you learned? How did learning make you feel? Once you learned it, how did you use the information you were given?

What things can you start to learn right now to enhance your service to others? What books can you read to increase your knowledge? What people do you need to meet in order to learn from? Write them in your brain below:



Quote Break: 1 Peter 4:10- Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.

Action Break: Go and read 3 articles that will enhance your knowledge around servitude to others

Affirmation #10 :I am not only serving, but I am also the one being served. Through my gifts to the world, God and the universe bless me over and over again with love that feeds my soul. (Repeat x4)

Date_____

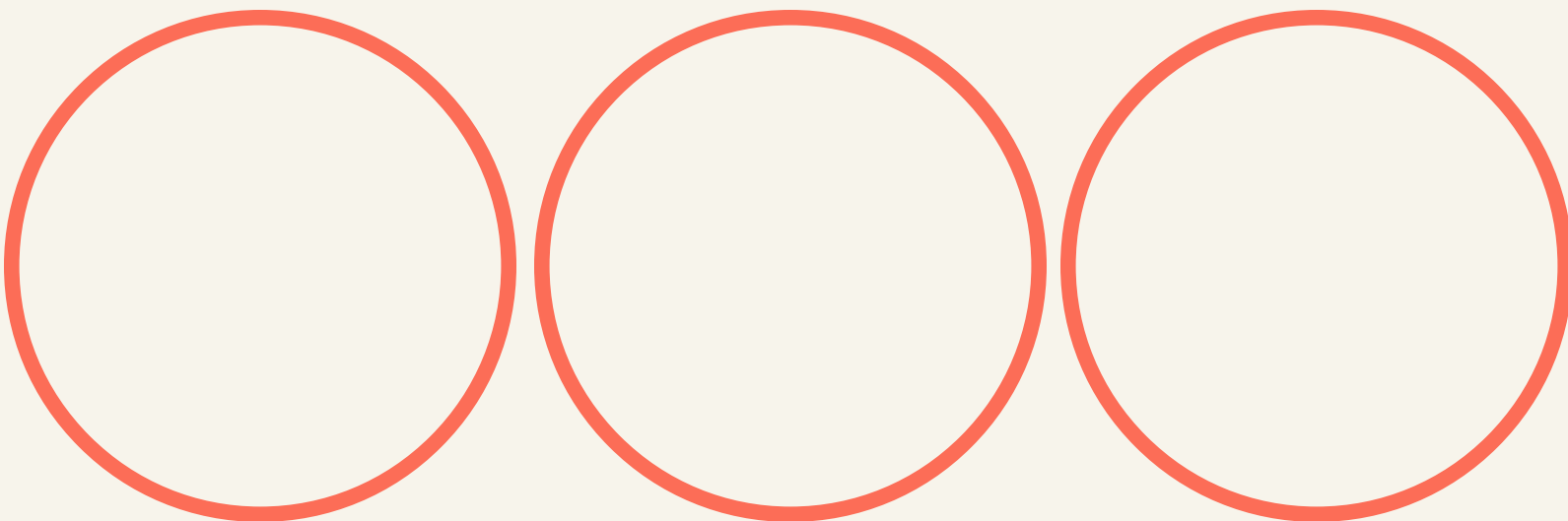
Time_____

Reflection Time!

When was the last time you sought to help someone, and they ended up helping you?

What did they teach you about yourself and about how you serve others?

Draw 1 thing you are grateful for in each circle:



BONUS AFFIRMATION:

I ask for advice and help when needed, and do not vie for any accolades and honors that come with giving back. I serve because that is my purpose on this earth. When I fulfill my purpose, I am in turn, a better human. This is my reward.

Action Break: Tweet this affirmation, put it as your status on Facebook, or make it your caption for your next Instagram Post.

Quote Break: “You cannot do a kindness too soon because you never know how soon it will be too late.” —Ralph Waldo Emerson

Watch Break: Type in “A Pep Talk from Kid President to You” on YouTube and be encouraged!

Appreciation Break: Write a faith biography. Write your own biography as if someone, generations from now, were reading it. Add where your your were born, what your hobbies were, and how you impacted the world. It’s called a faith biography because some of the things may not have happened yet. Add it anyway. It’s a written vision for where you see yourself in the future once you’ve acted in your service-centered purpose.

Well ladies, that's the end. I hope you all were motivated, moved, and empowered by your work within this book. You are on fire and you will change the world. Thank you for letting me be a part of your journey!

This Affirmations Workbook was created by Breana Dorelus, Founder and Chief Cause Consultant of Connecting the Cause.

Breana Dorelus is the Chief Cause Consultant at Connecting the Cause, where she is dedicated to building effective volunteer programs for nonprofits through transformative volunteering strategies. As a service-driven millennial, she is dedicated to igniting others to serve through the power of volunteerism, and passionate about connecting people to their purpose.



The Connecting the Cause mission is twofold:

1

We help women develop and implement service-centered ideas that impact their communities. by empowering and building them through coaching, mentorship and uniquely crafted resources in order to align their purpose with action. We help you develop and actualize that unique service-centered passion project of yours. Through the use of tailored strategies, we are dedicated to cultivating your individual skills and using them to help develop your community and world on your terms.

2

We help nonprofits and organizations effectively engage their volunteer base. The main goal for any organization engaging volunteers is that they become super connected to the mission and feel important, encouraged, and nurtured while serving. Many times that goal is derailed due to training and orientation challenges, lack of staff support, miscommunication, and poor systems throughout their engagement.

Connect with us on Instagram and Facebook
@connectingthecause

www.connectingthecause.com