

UNLOCKING YOUR POTENTIAL



THIS WORKBOOK BELONGS TO:



My Dears!

I am so grateful you have invited me into your life to support you in healing your past and unlocking your potential. We cannot change the past, but what we can do is change our relationship with it. You have said YES! to becoming the person you were born to be, free. What an amazing thing to be ready to take the necessary steps to heal oneself. You are an amazing person and I'm so thrilled that your time has arrived. We aren't always ready to allow the healing to happen and to step into our greatness. You are ready because you are here. And I am ready to assist you.

Throughout this workbook, you will see additional questions and practices that I have used throughout my career as a psychologist to assist my patients in finding inner peace and outer joy. As you use this workbook, I hope you can be honest with yourself and really explore what is wanting to be expressed. Together, we are going to go through the grief, through the rage, and find ourselves strong, passionate, and peaceful on the other side. Are you ready?

Let's get going, together!

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UNLOCKING YOUR POTENTIAL

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FINDING YOUR NORTH STAR

Discovering where you want to end up is a vital step for ensuring – no matter what storms come your way - you can stay on course for the life you want to live.

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CREATING A SAFE PLACE TO MEET YOUR PAST

By safely exploring your past traumas, learn to free yourselves from the prison that you put in your own mind, and leave behind what no longer serves you.

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CHANGING YOUR RELATIONSHIP WITH YOUR PAST

Removing anxieties. By cultivating a deeper awareness of your own capacities, you begin to newly see how the past has led to who you are in the present, opening new possibilities for the future.

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LEAVING BEHIND WHAT NO LONGER SERVES YOU

While painful memories may always be with you, the internal narratives you put around them no longer need to control you.

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CHANGE YOUR LANGUAGE CHANGE YOUR LIFE

Begin to integrate a new relationship with your past by learning the impact of your language, as in “I didn’t ‘overcome’ instead I ‘came to terms with it’”.

UNLOCKING YOUR POTENTIAL

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YOUR THINKING LEADS TO YOUR ACTIONS

What you think affects your body chemistry. By finding forgiveness in yourself, discover how to fully experience the beauty, simplicity, and elegance of life. Learn to take action despite your fears.

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Your influence on the people around you and the planet may outlive your death. Explore whom you want to be today so you may be remembered in that way.

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Positive thoughts require positive actions to bring you to that future life. What exciting new experiences will help you grow today?

FINDING YOUR NORTH STAR

Goal: Learn how to focus your thoughts on the positive moments of each day. Focus on joy, love, and passion. Notice these moments every day. Find something you believe in...Be for something.



Listen to the guided visualization, then answer these questions:

01 Describe the scene of harmony and joy where you find your future self. How does it feel to live in this future?

02 Write down your north star and other things that your future self shared with you.

FINDING YOUR NORTH STAR



Listen to the guided visualization, then answer these questions:

03 Describe the life your future self is living. How does it feel? What do you do each day? What has your future self accomplished and achieved?

04 What is the clear achievable powerful thing that your future self focused on that helped propel your future self to achieve your goals?

CREATING A SAFE PLACE TO MEET YOUR PAST

Goal: Inspect moments of challenge and difficulty from your past. Learn to reframe and integrate the lessons into gifts/cherished wounds that can help guide you into your future. Decide not to stay stuck in the past.



Listen to the guided visualization, then answer these questions:

01 Describe the experience of meeting yourself from the past, from a place of strength, full of fortitude, wisdom and peace.

02 Describe a time in the past when you did something challenging and hard and came through on the other side, where you called on strength to get through.

CREATING A SAFE PLACE TO MEET YOUR PAST



Listen to the guided visualization, then answer these questions:

03 What are some of the painful moments that your younger self is asking you to explore and release the hold they have on you?

04 How can you call on that strength to help you right now?

05 What are you holding onto? What are you willing to let go of?

CHANGING THE RELATIONSHIP WITH YOUR PAST

Goal: Learn to find a gift - something positive - in every situation. You cannot change the past but you can learn to change how you think about the past.



Listen to the guided visualization, then answer these questions:

01 Describe a past experience that was memorable and painful. How did you feel? What were you doing? What was going on around you? Is someone causing pain or trauma? What do you want to tell that person? Describe how they hurt you, how you feel about what happened, and the impact on your life.

02 Write a letter to the person who caused pain in your life, without over analyzing or editing. Start with:

Dear _____,

I want to write to you about an experience from our past...

CHANGING THE RELATIONSHIP WITH YOUR PAST

Goal: Learn to find a gift - something positive - in every situation. You cannot change the past but you can learn to change how you think about the past.



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02 Write a letter to the person who caused pain in your life, without over analyzing or editing. Start with:

Dear _____,

I want to write to you about an experience from our past...

CHANGE YOUR LANGUAGE, CHANGE YOUR LIFE

Goal: Learn how to use language as a source of power in your life. Understand that positive language leads to positive thinking and positive action.



Listen to the guided visualization, then answer these questions:

01

Practice 3 days of language reflection, using these two exercises:

When you wake up, go to a mirror, take a deep breath, look lovingly at yourself and say out loud, with deep breaths in between each statement:

- I am powerful, I am kind, I am a person of strength, I am a person of peace.
- Kiss my hand.
- Smile and say "I love you" to your reflection in the mirror.

Check here for each day that I have completed this exercise.

____Day 1

____Day 2

____Day 3

CHANGE YOUR LANGUAGE, CHANGE YOUR LIFE



Listen to the guided visualization, then answer these questions:

- 02** Do this practice throughout the day and once each evening. Keep track of when you use words like: I can't, I need, I should, I'm trying, and yes but. Bring attention to this language so that you may choose what to keep in your vocabulary and what to let go of. When you notice yourself using self-limiting language, pay attention to what you were speaking about and to whom. Notice how it makes you feel to frame your thoughts and actions with limiting words. Is using this type of language in alignment with whom you want to be and getting to your north star? As you notice this language throughout the day, it may be helpful to write down these moments to reflect on later. Be gentle with yourself as you learn to master your language with enhanced awareness.

Day 1 Language Reflection:

Day 2 Language Reflection:

Day 3 Language Reflection:

CHANGE YOUR LANGUAGE, CHANGE YOUR LIFE



Listen to the guided visualization, then answer these questions:

03 Think about how you can replace this type of language with empowering words, such as I can, I am willing, I am doing.

In the evenings, write down some notes about what you experienced to help with the deeper embodiment of the insights that are coming.

Evening 1 Language Reflection:

Evening 2 Language Reflection:

Evening 3 Language Reflection:

YOUR THINKING LEADS TO YOUR ACTIONS

Goal: Learn how to focus my thoughts on the positive moments of each day. Focus on joy, love and passion. Notice these moments every day. Find something you believe in, to be for something.



Listen to the guided visualization, then answer these questions:

01 Reflect on the joyful moments of each day. For 3 days, before you go to sleep, bring to mind experiences of joy.

Close your eyes, take 3 deep breaths in, and bring your mind's eye to the beginning of the day. Pay attention to the joyful moments as you think of my day. When a joyful moment arises, pause and inspect it. Where were you? Was anyone else there? What were you doing? Thinking? Are there aspects of your beliefs and actions that are familiar? Surprising? Think of the state you were in when joy was present in your life. Notice, how that joy lives in your body right now? Is there a place where it resonates with you? Write about the joyful experiences beliefs and behaviors you embodied when joy was present in your life. Repeat this with 2 or 3 joyful moments from your day.

Day 1 Reflections on Moments of Joy

Day 2 Reflections on Moments of Joy

Day 3 Reflections on Moments of Joy

TURNING AND FACING YOUR FEARS

Goal: Identify fears that may be holding you back. Acknowledge your fear and utilize that emotion to help you move forward in life and acknowledge where you stand. Define which fears are worth your attention and which fears you can let go of. Use your fears to help design a plan of action that will allow you to take charge of your life.



Listen to the guided visualization, then answer these questions:

01

List your fears here, each one on a separate line.

Where in your body do you feel the fear?

Next to each fear write down which category they belong to:

1. Clear and present danger. These fears demand immediate action. Write down what immediate actions you can take that are in your power to protect yourself and the ones you love.
2. About a future that you can act upon. Write down a positive action that you can do to address these fears, and by when will you do this? Give it a date.
3. About a future that you cannot control. Does it serve you to fear this future? Does it get you closer to your north star? Is there an action you can do to help release the hold these fears have on you?

Acknowledge the fear and the ability to use emotion to help you move forward in life. What will I do with my fear? How can I use it to help me take positive action in my life? Is my fear holding me back, or informing my life in a healthy way?

CHOOSING WHAT YOU PASS ON

Goal:



Listen to the guided visualization, then answer these questions:

- 01** Write down what you experienced in the visualization. What did you hear your family and friends say about you on your deathbed the first time? What kind of person did they think you were? What did they see in you? How did that make you feel?

What did they say about you when you had fulfilled your North Star? What is the legacy you have left behind? Pay attention to how that lives in your body. Write about these feelings.

INVESTING IN MYSELF WITH HOPE

Goal:



Listen to the guided visualization, then answer these questions:

You decide. You become the designer, creator, producer, and director of your own movie by telling yourself what kind of day you're going to have. You will start each day by telling yourself the positive qualities that you possess. List here what you will tell yourself each day to begin the day, i.e. I am kind, I am generous, I am flexible... Think of several qualities and then say them out loud in front of a mirror. By the evening you want to feel satisfied that you are the one who designed your day.

01 Describe the landscape where your future self lives. Include vivid details of the sights, the sounds, the smells, the tastes, and any physical sensations.

02 Describe the life your future self is living. How does it feel? What do you do each day? What has your future self accomplished and achieved?

INVESTING IN MYSELF WITH HOPE



Listen to the guided visualization, then answer these questions:

03

How are you now defining your North Star?

04

What is the clear achievable powerful thing that your future self focused on that helped propel your future self to achieve your goals?

INVESTING IN MYSELF WITH HOPE



Listen to the guided visualization, then answer these questions:

05 Write down the actions, beliefs, behaviors, results, feelings, sights, and sounds that occurred in the time leading up to realizing/actualizing your north star. What simple, subtle, profound, or pronounced things can you see in yourself at this time that is now embodied?

6-12 months before

One month before

One day before

Turn these actions into SMART goals.

S. M. A. R. T. = specific, measurable, attainable, relevant, time-bound

What limiting beliefs did you encounter? What positive affirmations are you going to be able to take on? What are the ways you can create a North Star that is most powerful for you?

GROWTH COMES FROM NEW EXPERIENCES

Goal:



Listen to the guided visualization, then answer these questions:

- 01** Write down some of your usual routines and think about whether they still serve you or not. What is serving you now and what no longer serves you?

- 02** What new things can you try? What are some new practices, new routines, and changes to my existing routine that will begin to open you to new experiences? See how those new actions make you feel and discover what you learned about yourself. Write down these ideas.

- 03** Describe any limiting beliefs, anxieties and challenges that came up.

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NOTES

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