

your life · by design



lil omm life academy

WORKBOOK



## WELCOME

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This book is created for YOU. YOUR life. YOUR relationships. Your choices. Your actions. Your soul.

Your inner development, self awareness, self knowledge and growth will shift and evolve, expand and awaken parts of you that are dusty, dull, stagnant or stuck. This is all normal.

Keep it close, visit it often and let it be easy and fun, even when all the feels are rising.

Work with what is here in honor of your relationships and your connection and devotion to the divine inside of you and to the sacredness of each day.

HUGE thank you to all the teachers and authors who have come in my life, opened my heart and my mind to a life full of wonder, curiosity and creativity.

You inspire everything I share, I honor you. May we feast and engage in the energetic power and responsibility of passing on the teachings to all humans. Please share, ask questions, and do the work.

OM SHANTI. PEACE TO US ALL.



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STAGES OF MINDFULNESS

Tolerate

Accept

Welcome

Embrace with Compassion





# BACK TO THE BASICS: CLASSIC PRACTICES FOR YOUR WHOLE LIFE

## **Check in & Set Intentions. ( 5 minutes)**

- body scan journal/ free write

## **Breathing ( 10 minutes)**

- in, in, out – open mouth 3 minutes
- standing open mouth with arms- 3 minutes
- alternate nostril - 3 minutes

## **Moving ( 3-5 minutes each)**

- Back
- Seated
- On all 4's
- Down dog/ Planks/Childs Pose
- Low Lunges
- Standing & squats
- Belly
- Back
- Close with Hand on heart and hand on belly.

## **Sitting ( 5-10 minutes) or laying down**

- arms relaxed, spine tall palms up or down

## **Closing Dedication**

- journal, write, notice, reflect



## **Loving Kindness**

May I be happy.

May I be safe.

May I be healthy.

May I live with ease.

May you be happy.

May you be safe.

May you be healthy.

May you live with ease.

May we be happy.

May we be safe.

May we be healthy.

May we live with ease.



## FIND YOUR F.L.O.W.

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### **Feel** the feels

LOLA women learn how to feel and identify the full range of emotions that humans can experience on the spectrum.

### **Love** your Lifestyle.

LOLA women integrate and implement lifestyle shifts and changes that bring gratitude, joy, acceptance and energy to everyday life.

### **Own** Your Story.

LOLA women honor and acknowledge ancestral dis-ease, contagious emotions and our own stories as a path to healing. We use the basics of neuroscience and neuroplasticity to rewire our brains and personalities.

### **Wholehearted.**

LOLA women are committed to living lives of meaning and purpose. We value all things proactive and are devoted to the path of compassion and wholeness.



## FEAR

**Rabbi Alan Lew explains that in biblical Hebrew, there are several different words for fear.**

Pachad is “projected or imagined fear,” the “fear whose objects are imagined.” That, in contemporary terms, is what we might think of as overreactive, irrational, lizard brain fear: the fear of horrible rejection that will destroy us or the fear that we will simply combust if we step out of our comfort zones.

There is a second Hebrew word for fear, yirah. Rabbi Lew describes yirah as “the fear that overcomes us when we suddenly find ourselves in possession of considerably more energy than we are used to, inhabiting a larger space than we are used to inhabiting.

It is also the feeling we feel when we are on sacred ground.

If you’ve felt a calling in your heart, or uncovered an authentic dream for your life, or felt a mysterious sense of inner inspiration around a project or idea, you recognize this description.

We often conflate or confuse the two types of fear, and simply call what we are experiencing “fear.” But we can discern them more closely, and in doing so, more effectively manage fear so it doesn’t get in our way.

**Next time you are in a moment that brings fear:**

1. Ask yourself: what part of this fear is pachad? Write down the imagined outcomes you fear, the lizard brain fears. Remind yourself that they are just imagined, and that pachad-type fears are irrational.
2. Savor yirah. Ask yourself: what part of this fear is yirah? You’ll know yirah because it has a tinge of exhilaration and awe -while pachad has a sense of threat and panic. Lean into – and look for – the callings and leaps that bring yirah.







SECTION ONE

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**SELF-ASSESSMENT**



## SELF-CARE FILL-IN-THE-BLANK

### Honoring Cycles & Seasons

I track my moon cycles every month and it helps me to feel:

---



---

I noticed that tracking my moons taught me:

---

My current state dosha that I want to balance is:

---

3 strategies that help me pacify each dosha are:

#### Pitta

- 1 

---
- 2 

---
- 3 

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#### Vata

- 1 

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- 2 

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- 3 

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#### Kapha

- 1 

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- 2 

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- 3 

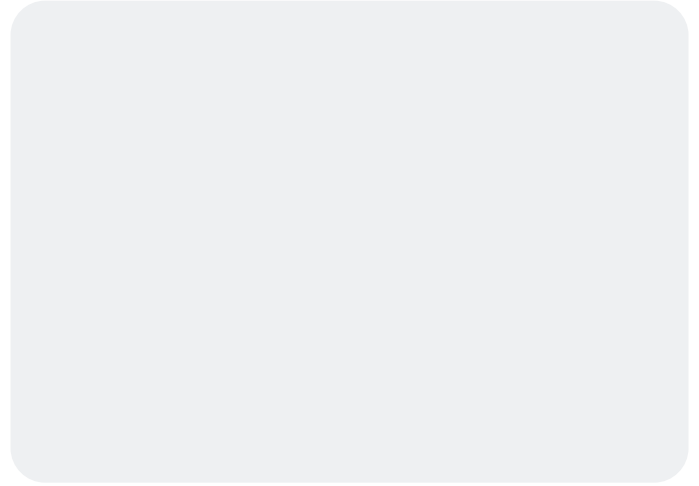
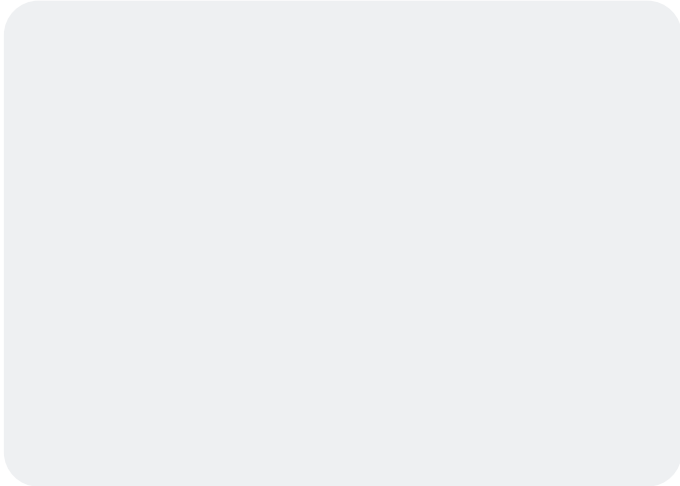
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# SELF-CARE FILL-IN-THE-BLANK (CONT)

## Daily Practices to Start My Day

Ayurvedic Basics

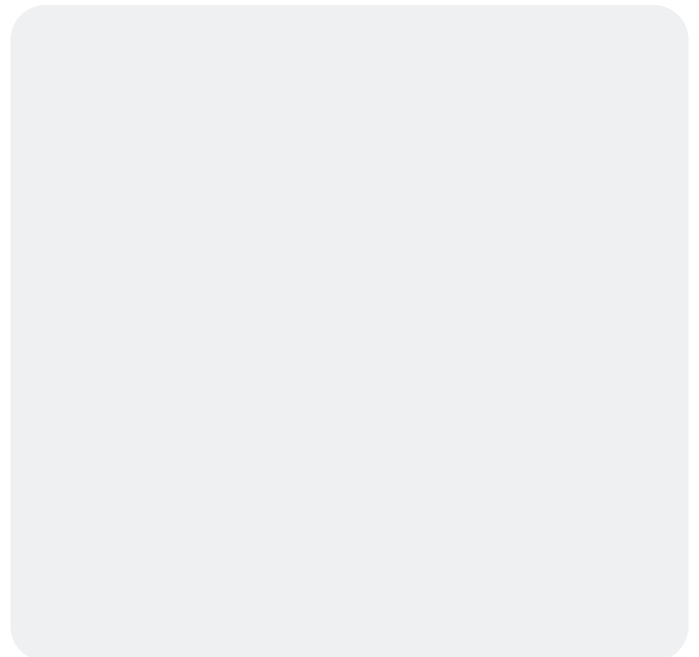
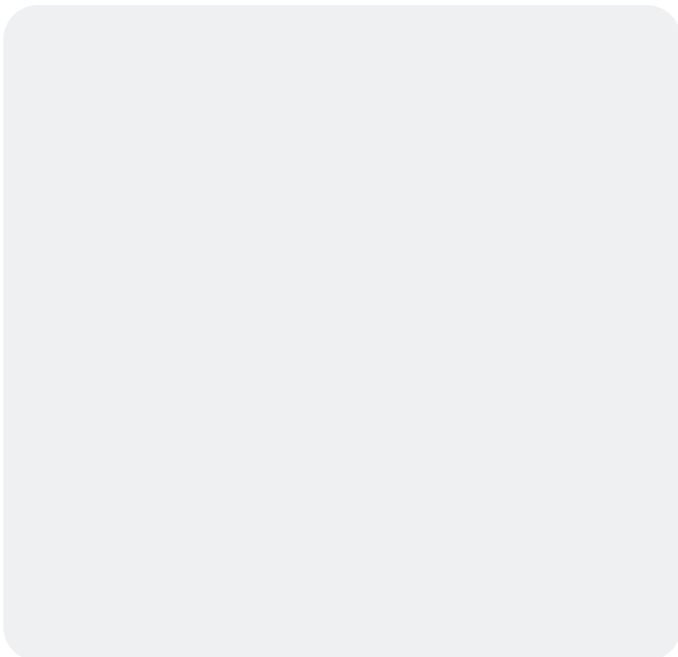
Daily Journaling Prompts



Use the space below to map out your current 168 hours and your ideal 168 hours.  
What steps can you take to move into alignment with your ideals?

Current 168 Hours

Ideal 168 Hours



# SELF-CARE FILL-IN-THE-BLANK (CONT)

## Understanding Mindset

I know to use WOOP whenever I encounter: \_\_\_\_\_  
 \_\_\_\_\_

Woop means:

W \_\_\_\_\_  
 O \_\_\_\_\_  
 O \_\_\_\_\_  
 P \_\_\_\_\_

To me law of attraction is \_\_\_\_\_ and,  
 I use \_\_\_\_\_ to get into alignment

What are the 4 questions for the THE WORK by Byron Katie:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

My Via Strengths include: \_\_\_\_\_

My Enneagram type is: \_\_\_\_\_

I know and practice being in my Zone of Genius. This includes:

\_\_\_\_\_

What tools can I use when I am in a frenzy or panic? What tools can I used when I feel lost, lonely or disconnected:

\_\_\_\_\_  
 \_\_\_\_\_

Fixed mindset is: \_\_\_\_\_

Growth Mindset is: \_\_\_\_\_

# SELF-CARE FILL-IN-THE-BLANK (CONT)

## Mantras, Mudras and Thrive Principles

The success mantra is: \_\_\_\_\_  
\_\_\_\_\_

The abundance mantra is: \_\_\_\_\_  
\_\_\_\_\_

The self-compassion mudra is: \_\_\_\_\_  
\_\_\_\_\_

P.E.R.M.A. is short for:  
\_\_\_\_\_

The Thrive 5 include:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

# SELF-CARE FILL-IN-THE-BLANK (CONT)

## Seasonal Practices

My 3-5 self-care practices for this season are:

My core desired feelings for this season are:

I use these in my life by these specific actions, tasks, and choices: \_\_\_\_\_

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- What are the 4 Desires?
- 1 \_\_\_\_\_
  - 2 \_\_\_\_\_
  - 3 \_\_\_\_\_
  - 4 \_\_\_\_\_

Alignment is :

- 1 Living with my \_\_\_\_\_ and my \_\_\_\_\_
- 2 Creating \_\_\_\_\_ and \_\_\_\_\_ that are unique to \_\_\_\_\_
- 3 Being honest with my calendar and commitments to see \_\_\_\_\_ and \_\_\_\_\_
- 4 Take \_\_\_\_\_ by \_\_\_\_\_ or \_\_\_\_\_





## ALIGNMENT QUIZ

Rate each statement on how true it is for you, with 1 being never or not true, and 10 being always true.

I know and operate on the assumption that ease and joy are always available to me.

1 2 3 4 5 6 7 8 9 10

I know my personality archetype (s) and how to use it so I can be myself.

1 2 3 4 5 6 7 8 9 10

I routinely set my goals or intentions with the idea that I can have what I truly want, not what I think I can get or the minimum of what I “need.”

1 2 3 4 5 6 7 8 9 10

I make sure my state of being feels abundant before I make decisions, take actions or speak with friends, family or co-workers.

1 2 3 4 5 6 7 8 9 10

I do not sacrifice my self-care for work or for others.

1 2 3 4 5 6 7 8 9 10

I have strong foundation for making aligned choices in my life. I know what skills I need to master and get support and skillful advice when needed. I know how to make the best decisions for me, and I follow that.

1 2 3 4 5 6 7 8 9 10

# ALIGNMENT QUIZ (CONT)

I avoid drama within my mind and with others.

1 2 3 4 5 6 7 8 9 10

When something is clunky and isn't working smoothly, I stop and course-correct.

1 2 3 4 5 6 7 8 9 10

I routinely say yes to what's true to me in my life, and no to what isn't true for me.

1 2 3 4 5 6 7 8 9 10

I choose simplicity, rather than complicating things.

1 2 3 4 5 6 7 8 9 10

I know and track my finances regularly.

1 2 3 4 5 6 7 8 9 10

I regularly set clear intentions and am clear on what I want, what I don't want and what I am willing to do.

1 2 3 4 5 6 7 8 9 10

I hone my intuitive skills and never give my power away by asking someone to tell me what to do.

1 2 3 4 5 6 7 8 9 10

## ALIGNMENT QUIZ (CONT)

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When doubts pop up, I address them or take faith-based action. I never let the thoughts fester and grow.

1 2 3 4 5 6 7 8 9 10

When I am not sure what action to take, instead of moving forward, I wait until I find aligned action.

1 2 3 4 5 6 7 8 9 10

I never try to force something to happen; I allow what i want to materialize in just the right time and way.

1 2 3 4 5 6 7 8 9 10

I focus my attention on possibilities, not problems.

1 2 3 4 5 6 7 8 9 10



# LIFE ASSESSMENT

## Truth Time

There are no wrong answers, there is no grade, no rating, not even an interpretation of your responses other than your own thoughtful assessment. Be honest and truthful with yourself. Even when the truthful response is a little embarrassing or painful, remember that no one else need ever see it and that you never succeed by deceiving yourself.

Rate the following on a scale of 1 to 5, 1 being Least True and 5 being Most True:

RELATIONSHIPS & FAMILY	
I spend at least 10 hours focused time with my family each week	1 2 3 4 5
I get together with friends at least once a week	1 2 3 4 5
There is no one in my life that I haven't completely forgiven	1 2 3 4 5
I am actively engaged in learning how to be a better spouse, parent, and/or friend	1 2 3 4 5
I actively look for ways to support and help advance the success of my friends and family	1 2 3 4 5
I take complete responsibility for all relationship conflicts when they arise	1 2 3 4 5
I easily trust those I live and work with	1 2 3 4 5
I am 100% honest and open with all those I live and work with	1 2 3 4 5
It is easy for me to commit to others and honor their commitments	1 2 3 4 5
I recognize when I need support and am continually seeking help	1 2 3 4 5
<b>TOTAL SCORE</b>	

Notes / Reflections / Celebrations / Challenges:

# LIFE ASSESSMENT (CONT)

PHYSICAL	
I do strength training a few times a week	1 2 3 4 5
I do cardiovascular exercise a few times a week	1 2 3 4 5
I do stretching and/or yoga/dance a few times a week	1 2 3 4 5
During a typical day, I watch no more than 1 hour of TV	1 2 3 4 5
I eat breakfast (more than just coffee) every day	1 2 3 4 5
I don't eat fast food, regularly	1 2 3 4 5
I spend time outside for at least 30 minutes a day, every day	1 2 3 4 5
I sleep well for at least 8 hours each night	1 2 3 4 5
I don't drink multiple caffeinated beverages a day	1 2 3 4 5
I drink plenty of water	1 2 3 4 5
<b>TOTAL SCORE</b>	

Notes / Reflections / Celebrations / Challenges:

# LIFE ASSESSMENT (CONT)

CAREER / SERVICE	
I plan my day out the day/eventing before	1 2 3 4 5
My goals are written, prominently displayed and regularly reviewed	1 2 3 4 5
I love what I do and enjoy getting up most days	1 2 3 4 5
I am continually filled with feelings of accomplishment and satisfaction from my work	1 2 3 4 5
I am actively improving my professional strengths and weaknesses	1 2 3 4 5
If I could, I would still do my job without pay	1 2 3 4 5
I am home with my family on time every day and present with them	1 2 3 4 5
My current business/job has the realistic potential of accomplishing all my financial goals for the next year	1 2 3 4 5
My current business/job has the realistic potential of accomplishing all my financial goals for the next 10 years	1 2 3 4 5
My current business/job gives me a feeling of significance as it makes a positive difference in the lives of others	1 2 3 4 5
<b>TOTAL SCORE</b>	

Notes / Reflections / Celebrations / Challenges:

# LIFE ASSESSMENT (CONT)

FINANCIAL	
I have a budget and stick to it, but flexible to change	1 2 3 4 5
I know my monthly expenses and live in alignment with this	1 2 3 4 5
I save at least 10% of my income every month	1 2 3 4 5
I am credit card debt-free	1 2 3 4 5
I have a dedicated six-month reserve account completely funded and set aside	1 2 3 4 5
II feel that I am compensated completely according to my worth	1 2 3 4 5
I have an updated will and testament	1 2 3 4 5
I have the needed insurance and financial plan in place for my family should something happen to me	1 2 3 4 5
If you were to look at my bank account, the purchases match my core values and core desired feelings	1 2 3 4 5
I am aware of my money blocks and I actively practice mindset shifts for growth and expansion	1 2 3 4 5
<b>TOTAL SCORE</b>	

Notes / Reflections / Celebrations / Challenges:



## LIFE ASSESSMENT (CONT)

SPIRITUAL	
I consider myself a spiritual person	1 2 3 4 5
I take at least 20 minutes each day to meditate and reflect on my life	1 2 3 4 5
Others who experience me would consider me a spiritual person	1 2 3 4 5
I have a personal relationship with a spiritual source	1 2 3 4 5
I study my spiritual beliefs daily	1 2 3 4 5
I practice my spiritual beliefs daily	1 2 3 4 5
I share my spiritual beliefs daily	1 2 3 4 5
I live in accordance to my spiritual to my spiritual beliefs	1 2 3 4 5
I consistently use my spirituality to help resolved my problems	1 2 3 4 5
I consistently use my spirituality to help others	1 2 3 4 5
<b>TOTAL SCORE</b>	

Notes / Reflections / Celebrations / Challenges:

# LIFE ASSESSMENT (CONT)

MENTAL	
I read something instructional or inspirational for at least 30 minutes each day	1 2 3 4 5
I listen to something instructional or inspirational for at least 30 minutes each day	1 2 3 4 5
I stay completely current with my industry news	1 2 3 4 5
When I hit an upper limit, I skill up	1 2 3 4 5
I have a mentor whom I trust	1 2 3 4 5
All my friends are a positive influence in my life	1 2 3 4 5
I never engage in gossip	1 2 3 4 5
I review my major goals every day	1 2 3 4 5
I review what I am grateful for everyday	1 2 3 4 5
I always say no to requests or obligations that don't fit my core values or objectives	1 2 3 4 5
<b>TOTAL SCORE</b>	

Notes / Reflections / Celebrations / Challenges:

# LIFE ASSESSMENT (CONT)

LIFESTYLE	
I have hobbies outside of work that I enjoy and take part in regularly	1 2 3 4 5
I attend cultural events (e.g. opera, museums, theatre) regularly	1 2 3 4 5
I vacation at at least once a year with no work communications	1 2 3 4 5
I spend as much time as I want with my family	1 2 3 4 5
I spend as much time as I want with my friends	1 2 3 4 5
I am constantly seeking adventure, trying something new and creating diverse experiences	1 2 3 4 5
I feel like there is enough time in the day to do what I both need and want to do	1 2 3 4 5
I live life to the fullest every day	1 2 3 4 5
I take time out to daydream every day	1 2 3 4 5
I am present in most conversations and experiences in my life	1 2 3 4 5
<b>TOTAL SCORE</b>	

Notes / Reflections / Celebrations / Challenges:

# LIFE ASSESSMENT (CONT)

## The Wheel of Life

Take your scores from the previous pages and plot them on the wheel below. Start from the center and use the key to mark your current status. Then connect all the dots and you will see areas of adjustment, attunement, and celebration. How does this fit with how you SEE your life?

## Key

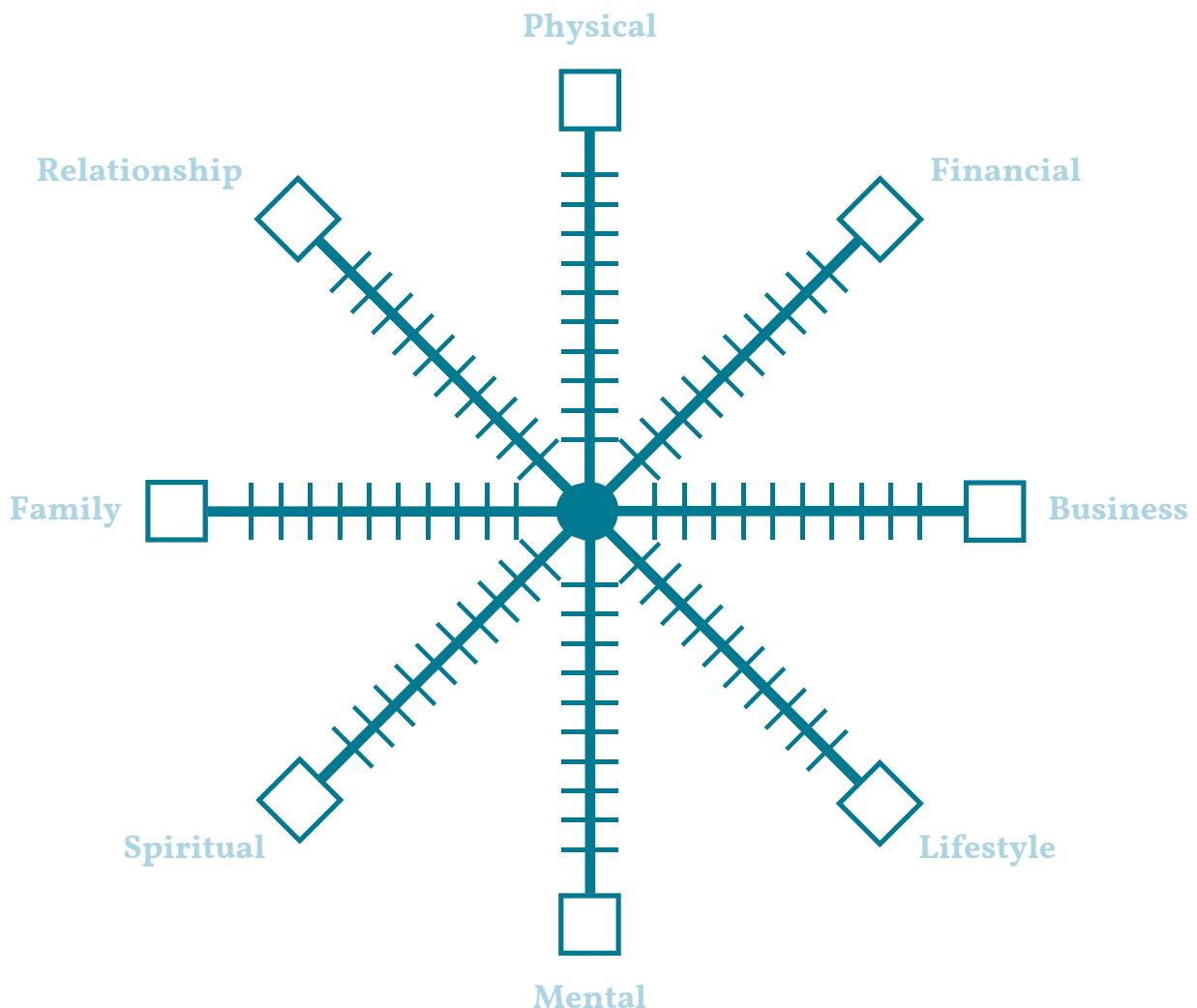
Score of 5 = 1 notch. Score of 6-10 = 2 notches. Score of 11-15 = 3 notches.

Score of 16-20 = 4 notches. Score of 21-25 = 5 notches. Score of 26-

30 = 6 notches. Score of 31-35 = 7 notches. Score of 36-40 = 8 notches. Score of 41-

45 = 9 notches. Score of 46-50 = 10 notches.

Use the same score for both Family & Relationship line.



## STRENGTHS AND BLINDSPOTS

Choose 3 people whom you respect and trust; people who know you in many aspects of your life. Do not choose someone who you have a triggering relationship with, or someone who sees you as you were in the past. Try to choose people who can see you in the present.

Make an appointment with them in private for the purpose of critiquing you. Take notes or record your session. Here are the two guiding inquiries:

"I'd like you to tell me what you feel my strengths are. Tell me what you think I am doing well. Tell me what you think my talents and gifts are, as you see them. Tell me how you see me in this world in terms of my life's work- how can I be of service to the world? Please speak of my strengths first and then we will cover the other areas where I could use some work."

"Now, I'd like for you to offer suggestions on where I can improve. What are my weaknesses and blind spots? Are there ways you see me sabotaging or deluding myself? What are your suggestions on how to remedy these issues?"

### Guidelines

The point of this exercise is to discover the truth, as they see it.

By gathering this information from a group of people you will see common themes, and it will become clear to you what your strengths are, as well as where you are weak and delude yourself.

Do not get defensive or interrupt.

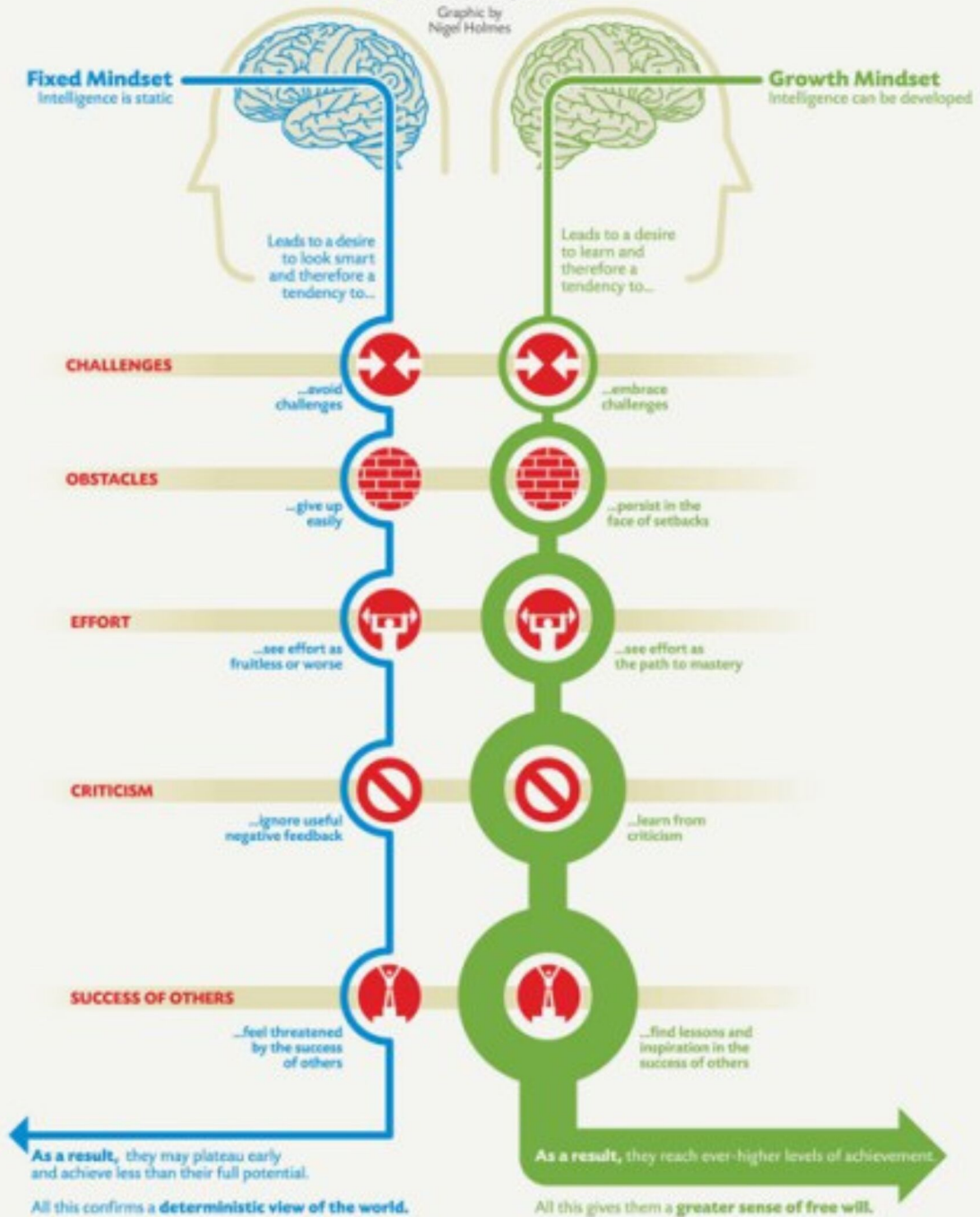
Listen, take notes and record the details.

If you don't understand something they tell- you may ask for clarity but it's very important that you do not argue, disagree with, or interrupt this valuable information they present.

# TWO MINDSETS

CAROL S. DWECK, Ph.D.

Graphic by Nigel Holmes



## PAINTING YOUR PICTURE

---

Lean out into the future 3- 5 years from now....

- 1 When you look into the future, what do you see?
- 2 Write in PRESENT TENSE. Feel the sensations and feelings AS IF they are happening/ right now! STEP INTO your life in the future.
- 3 Set up a time/ place with no screens or distractions to map this out (give yourself 20 minutes to an hour)

Move outside of comfort zone with your thinking, possibilities, think WHERE are you going.. not HOW are you going to get there...

Review the questions on the next page. Pause. Breathe and Relax. Sit Quietly for 5 minutes before you start to write. Then take out 3-4 pages and write what comes to mind to heart, what do you see for yourself in these areas in 3 years?

# PAINTING YOUR FUTURE (CONT)

## Look into Your Life Areas

(relationships/ personal/ professional/health/wealth/soul/)

How old are you?

How old are your children? spouse? loved ones?

What do you see?

What does your home feel like?

What do your relationships feel like?

What do you hear?

What are you co-workers/ family/employees saying about you?

What do you do every day?

What is your financial situation?

How do your core desired feelings come into life?

How do you feel each day?

Who are your mentors/ supporters/coaches?

What is your communication with my family, friends and at work like?

What is your work life balance/alignment?

What are your core values and how do they show up in your life?

What actions do you need to take?

What is your self talk and how does it mentor you?



## PAINTING YOUR PICTURE (CONT)

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### Put it Together

Your painted picture is a forward thinking vision of your life, your soul, your work, your daily life. It may be very much aligned with current situation or it may not be.

It's all okay. The painted picture is FOR YOU to guide you towards what you want in your life. For all the senses, in all the areas that feel of utmost important to you.

You can divide into areas (I like to keep it simple and work with body, mind, soul) that covers all my life areas but feel free to create your own that make sense for you.

**And these are great prompts to start with:**

My life is ...

I have ...

I love ...

I'm excited about ...

I'm in awe of ...

I created, I dreamed, I tried, I learned ...



## SEASONAL GOAL SETTING

---

- 1 Read these areas on the next page
- 2 Write 1-2 sentences about where you currently are in each of the areas
- 3 Then, write one to 2 sentences about where you want to be over the next 3-4 months or so OR if this is NOT an area that you want to change or add to right now, then just stand in your statement about where you are and own it.
- 4 From these areas where you do want to add in some energy, choose 1 area that you REALLY want to focus on, that you want us to hold you accountable for and build a SMART goal in this area. (Specific, measurable, attainable, realistic, timely)

**Example:** In the area of health and fitness, I am going to FOCUS on 2 classes a week from Sept - Dec at Orange Theory Fitness and partner it with journaling. I am going to experiment with this as a transformation since this is another way to build confidence, strength, power, clarity and health!

## Goal Setting Categories

Your Love Relationships

Your Friendships

Your Adventures

Your Environment

Your Health and Fitness

Your Intellectual Life

Your Skills

Your Spiritual Life

Your Career

Your Creative Life

Your Family Life

Your Community Life

Smart Goal:

## CORE DESIRED FEELINGS

based on Danielle LaPorte's book The Desire Map

You are not chasing the goal, you are chasing the feelings that you think you will attain from this goal.

When you get clear on how you want to feel- the pursuit may become satisfying!

Think of a goal you made for yourself that you accomplished- how did it feel the day after or week after? Were you on to the next thing?

Living in Alignment with your core desired feelings- THIS IS AN ART, NOT A SCIENCE. That means you need to be in relationship with this process for it to feel good. Gratitude guides the process and being specific around our gratitude helps us continue to align and live with intention and be more conscious at every level. This is NOT an ambition list... that can really lead to feeling less than, never enough.... I recommend doing this practice 2x a year.

What if feelings come first and THEN goals....

What are your preferred states of being? What are the aspirations you have in your whole life? What are aspirations that you have? These preferred ways of being have probably been with you for a long time. My core desired feelings are engaged, inspired and connected.. These have been with me my whole life- I see they have been driving me for a long time and guiding me.. In how I interact with my inner and outer world. These are deep, NOT hovering.

Remember.. These are not the fleeting emotions you have throughout the day.. But more the ways in which you communicate with your soul and when you feel the deepest connection to joy and source.

# CORE DESIRED FEELINGS (CONT)

Now, let's find them. Look at every area in your life and put them in categories. You can use these or create your own names for them. Look at each area and ask yourself - How do I want to feel?

## RELATIONSHIPS/ SOCIAL

## WELLNESS/BODY

## CAREER/ LIVELIHOOD

## CREATING/LEARNING

## ESSENCE/SPIRITUALITY

### **Here are some feelings to get your juice flowing...**

CONNECTED. BEAUTIFUL. LOVING. ABUNDANT. STRONG. SPACIOUS. FREE. CREATIVE.  
GROUNDED. THRIVING. COURAGE. INNOVATION. CREATIVITY. FLOW. INEFFABLE.  
INTENTIONAL. POTENT. POWERFUL. THANKFUL. NOURISHMENT.  
FREEDOM. ILLUMINABLE. AFFLUENT. EXPANSIVE. TRUE. VIBRANT. CONTENT.  
PEACEFUL. WORTHY. EMPOWERING. ABLAZE. WHIMSICAL. AGLOW.

## CORE DESIRED FEELINGS (CONT)

Pick 3-5 that repeat in all categories. From there you may actually create a few goals for yourself (but not too many). Start small - a few goals that you see aligned with how you want to feel and who you are at the deepest level.

Now, if you put energized into wellness/body then you ask yourself...

**What do I need to do to feel this way?**

**What are the specific "goals, tasks, to dos" that help me with this feeling?**

So, maybe yoga class 2x a week, getting enough sleep, etc...

Here's the thing - we don't really have control over anything in the world but how we feel. The choices we make with how we feel. So, we can set goals to "Buy a house!", "Write a book!", "Get a new job!", BUT, if we don't investigate the feelings we want from the goal, then all we end up doing is creating task list after task list with no meaning.

The reason I can feel deeply satisfied in Daily Live is because my core desired feelings are guiding me each day. I don't get caught up in "everyone else" or envy or distracted by others lives... I align with my goal at the deepest levels, in my own way.

**AND I WANT THAT FOR YOU!**





## ALIGNMENT

---

Living in alignment is...

- 1 Knowing your core values and core desired feelings for THIS season.
- 2 Identifying and practicing the rituals, routines and self-care practices that support your values and feelings.
- 3 Looking CLEARLY at your calendar, schedule and days to see where you match up and where there is a disconnect.
- 4 Then, TAKE ACTION by adding or subtracting based on what you learned.

This, my friends is the KEY to managing your ENERGY and not your TIME!



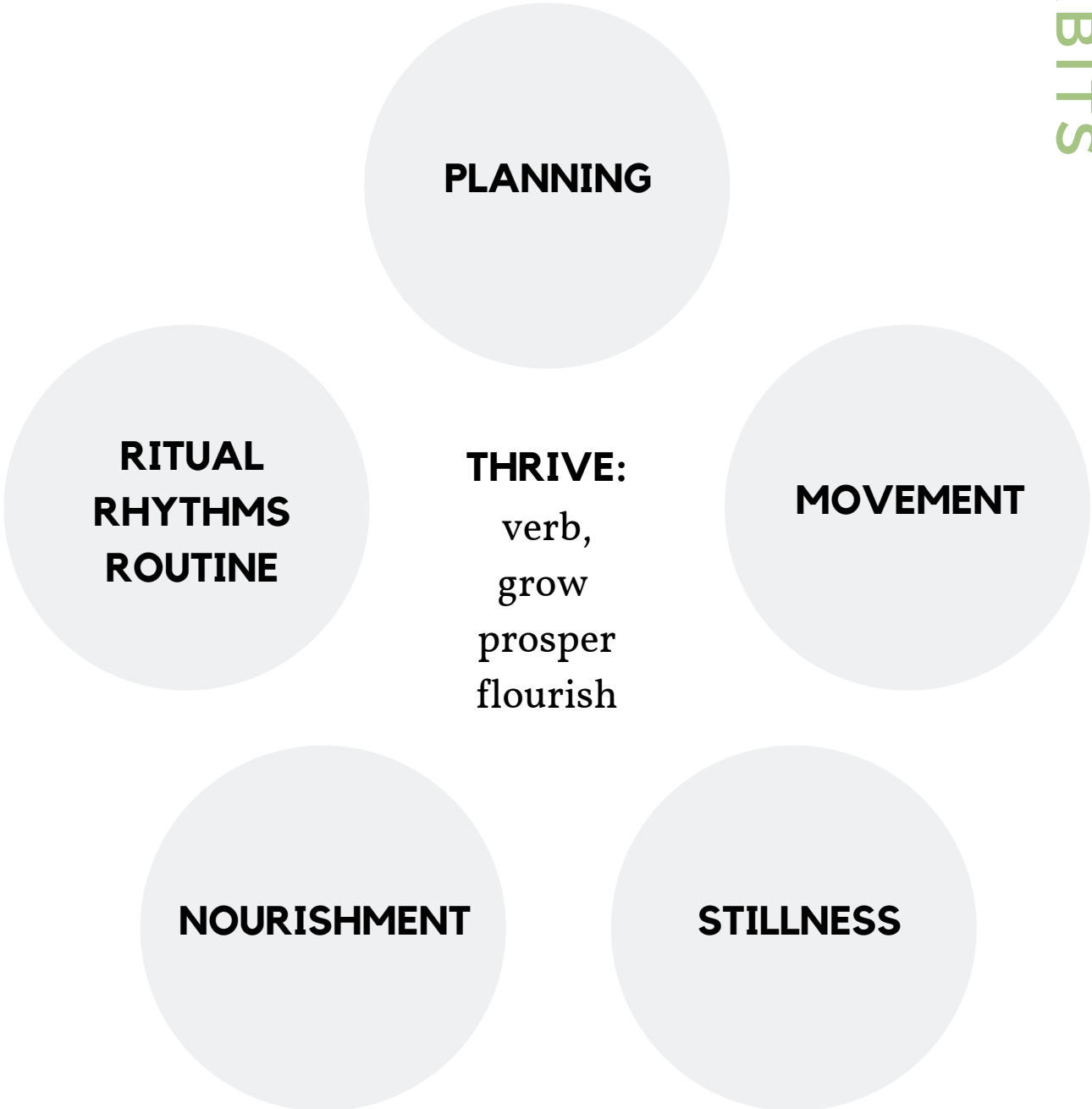


SECTION TWO

---

**DAILY HABITS**







# THRIVE

weekly planner

Date \_\_\_\_\_

Way/s I want to feel this week \_\_\_\_\_

My big vision (word of the year) \_\_\_\_\_

Morning

Midday

Night

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Well being practices** (please add a tally mark when accomplished):

- |                    |                  |                       |                     |
|--------------------|------------------|-----------------------|---------------------|
| _____ affirmation  | _____ joy        | _____ new recipe      | _____ sleep enough  |
| _____ create       | _____ meditation | _____ pause/breathing | _____ visualization |
| _____ healthy food | _____ movement   | _____ play            | _____ other: _____  |
| _____ journal      | _____ nature     | _____ reading         | _____               |

**Gentle compassionate inquiry** (things I feel, want, need, have, experience...) \_\_\_\_\_





## DAILY JOURNALING QUESTIONS

---

What magic will happen today?

What do I want to bring to my life today?

Where do I find joy?

What am I learning?

What do I want more of in my life?

How can I offer peace today?

How can I give love today?

How can I serve today?

What core desired feelings do I have?

Where do the CDF show up in my life, today?

What do I need to let go of today?

How can I mother myself today?

How can I nourish myself today?

Did/Will I do something I love today?

# THE PRINCIPLES OF INTUITIVE EATING



**1** REJECT THE DIET MENTALITY



**2** HONOR YOUR HUNGER



**3** CHALLENGE THE FOOD POLICE



**4** MAKE PEACE WITH FOOD



**5** RESPECT YOUR FULLNESS



**6** DISCOVER THE SATISFACTION FACTOR



**7** HONOR YOUR FEELINGS WITHOUT USING FOOD



**8** RESPECT YOUR BODY



**9** EXERCISE - FEEL THE DIFFERENCE



**10** HONOR YOUR HEALTH



## MAGICAL MORNINGS

---

Do 5-10 minutes of each or...  
Chose your own Adventure!

**Oils**

**Breathe**

**Meditate**

**Move**

**Read**

**Journal:**

I am

I want

I feel

I dream

I see

I desire

**Music for Joyful Movement:**

East Forest, S.Carey, Agnes Obel, Sylvan Esso, Fleurie  
Xavier Rudd, Coyote Oldman, Bonobo



## Abundance Mantra

---

I am whole,  
perfect, strong,  
loving, powerful,  
harmonious, and  
happy

## **Success Mantra**

---

I expand in love,  
abundance, success,  
and creativity every  
day, as I inspire those  
around me to do the  
same

## DISCIPLINED ACTION

---

- 1 I know what I want and I am committed to getting it... if I don't, then I spend time and energy to figure it out.
- 2 I am focused on my vision and try not to get distracted, scattered or drained
- 3 I am willing to experience whatever it takes to achieve what I want. (failure, embarrassment, humiliation, etc)
- 4 I am always doing things I have never done before...
- 5 I don't say "YES" when I really want to say "NO," even if it means upsetting someone.
- 6 I regularly seek support and refuse to discuss my dreams with naysayers.
- 7 I take time to relax so I don't burn out.





## BOUNDARIES

---

### What do Boundaries Feel Like:

It is not my job to fix others.

It is okay if others get angry.

It is okay to say no.

It is not my job to take responsibility for others.

I don't have to anticipate the needs of others.

It is my job to make me happy.

Nobody has to agree with me.

I have a right to my own feelings.

I am enough.

# How are you feeling?



[sobersoulrecovery.net](http://sobersoulrecovery.net)

## GRATITUDE HEALING PRACTICE

Start with meditation. Sit upright. Take a few breaths.

Drop third eye. Breathe from back brain.

Feel the connection in your body - in your vertical alignment between the air above and the earth below.

Feel the lightness of the air above you.

Feel the rootedness of the earth below.

Feel the sensations arise. Relax. Breathe like the air is an internal massage. Creating the space you crave, trust the prana flow.

- 1 Identify a difficult situation or person. Bring them close. Breathe. Sit and relax. Feel the energy of the vertical line, connection to earth and sky. Expand beyond your realm/your aura. And keep it close. If it gets TOO intense, breathe it back a little. Create some space with your breath and then just keep playing with the closeness of this person/situation. Keep the person/situation in mind. WATCH THE FEELINGS. WATCH THE EMOTIONS. WATCH THE THOUGHTS. What is happening in the body? What is happening in the mind. STAY. STAY AND BREATHE.
- 2 Now do same thing with an area of the body that needs some love. Hold it. Warm it. LOVE it. Send the gentle kindness of support and unconditional love beyond this earth. Beyond what is possible. DON'T PUSH past the sensations. STAY WITH THEM. Send them loving kindness and space and earth. CONNECTION to all things. To others in the room. To the pain of the world. Just sit with it and breath.
- 3 Once you have done what you can with healing, love, breath, and space... When you feel you have been present with all that is true... LAY DOWN AND RELAX. Sink and surrender. Let the whole back body melt. OMMMM



A blue-tinted photograph of a mountain range with text overlaid. The text is white and centered. The background shows multiple layers of mountains, with the foreground being the darkest and the background being the lightest. The sky is a pale blue with some light clouds.

SECTION THREE

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**HOLISTIC  
FRAMEWORKS**



## FOUR DESIRES

### The Yoga of Purpose & Fulfillment

\*this is inspired by ancient yoga text and tantric philosophy

There are 4 aims/areas of our life - we all have a desire for meaningful life and this is the way we can achieve it. A total system. How to engage skillfully in the world. A way of living in balance and they demand reflection

**1 Dharma** - (duty/ethics/truth/responsibility) Your very purpose in life. Stepping up to serve yourself and society. Whatever your roles are & the actions you are engaged in.

"Whatever you are doing, your dharma is to do it well, to serve yourself and serve life in the present moment." - Gary Kraftsow

Questions to contemplate:

What is my role in the world?  
 What are my obligations? Which ones feel right?  
 Am I on the path for good?  
 How can I best serve those around me?

**2 Artha** - (prosperity/wealth) The material comfort you need to live in the world with ease. The stuff you need to get your dharma done! That which supports your life's mission. What do you see as truly valuable and learn to live skillfully in the world and be content with the things you have.

Questions to contemplate:

Knowing my dharma, what do I need to play my role in the world?  
 Where to I place value?  
 Do I have enough?  
 Are things making me happy or stealing my joy?  
 Am I afraid of having more? of not having more?  
 What does wealth mean to me?

# FOUR DESIRES (CONT)

**3 Kama** - (pleasure, gratification) Desire for pleasure is what makes the world go round. Art, beauty, kindness, friendship, love... inquire deeply about your own pursuit of pleasure.

Questions to contemplate:

What am I passionate about

What brings me pleasure?

Am I enjoying my life?

Am I happy?

What do I care about?

Am I hooked on anything?

Are my pleasures leading me toward or away from my life's purpose?

**4 Moksha** - (pursuit of liberation/spirituality) We want freedom - freedom from suffering and freedom to express yourself to live fully and be happy. Taking time to remember your inherent freedom gives meaning to your dharma and everything you do in life!

Questions to contemplate:

What am I doing to free myself from activities and perceptions that make me unhappy?

How can I not get caught in my emotions?

What do I choose to blind myself to?

Do I feel trapped?

Can I be free from blaming myself and others?

How can I make my mind free?



## FOUR DESIRES (CONT)

Yoga is curiosity in being human. Reflection in these areas must happen often. We must meditate on our roles in the world, our values, our relationships, and our passions. These are NOT to cure, extinguish or transcend, they are simply part of being human and embracing them is loving life.

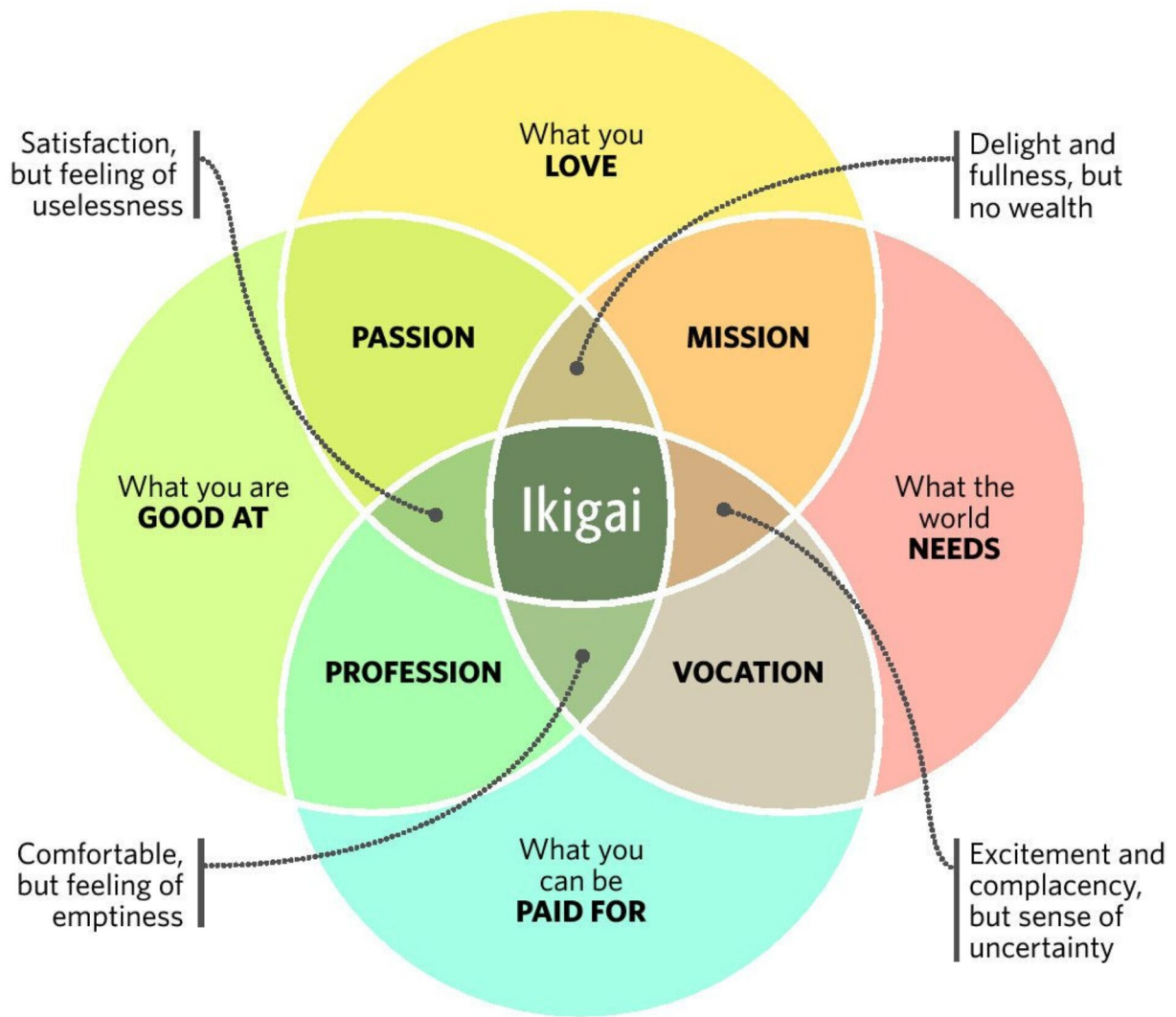
### Weekly Check In:

- Set the space/tone/atmosphere. Go somewhere beautiful, light a candle...
- Reflect on the past week, related to your DHARMA... How did you serve your community? Your self? Your family? What were your obligations? Did you meet them with ease? What ethical tests did you face and how did you deal with them?
- What about ARTHA? What did you do this week for livelihood? For health? What supports did you need to give yourself? Note any concerns or anxieties.
- KAMA - What actions did you take to create more joy in your life and in the world? Where were your greatest pleasures?
- Last, reflect on your MOKSHA - Did you do some yoga? Meditate? Pray? Read something spiritual or do self inquiry? Did you find any feelings of freedom? What areas of your life feel constricted or burdened? What do you need to liberate yourself?

Now look at all four aims. How are they interacting with one another? How are they in balance? Are you working too hard or not enough in the various areas? Create a statement of support for you life... This week, I actively engaged in my dharma but was not able to attend to actions for moksha. Set an intention for the next week... all 4 or just half for the week. Record in your journal and reflect back each week

# Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SOURCE: dreamstime

TORONTO STAR GRAPHIC

THE WORK OF BYRON KATIE 

## Judge-Your-Neighbor Worksheet

**Judge your neighbor • Write it down • Ask four questions • Turn it around**

Think of a recurring stressful situation, a situation that is reliably stressful even though it may have happened only once and recurs only in your mind. As you answer each of the questions below, allow yourself to mentally revisit the time and place of the stressful occurrence. Use short, simple sentences.

**1. In this situation, who angers, confuses, saddens, or disappoints you, and why?**

I am \_\_\_\_\_ with \_\_\_\_\_ because \_\_\_\_\_  
emotion name

*Example: I am angry with Paul because he doesn't listen to me.*

**2. In this situation, how do you want them to change? What do you want them to do?**

I want \_\_\_\_\_ to \_\_\_\_\_  
name

*Example: I want Paul to see that he is wrong. I want him to stop lying to me. I want him to see that he is killing himself.*

**3. In this situation, what advice would you offer to them?**

\_\_\_\_\_ should/shouldn't \_\_\_\_\_  
name

*Example: Paul should take a deep breath. He should calm down. He should see that his behavior frightens me. He should know that being right is not worth another heart attack.*

**4. In order for you to be happy in this situation, what do you need them to think, say, feel, or do?**

I need \_\_\_\_\_ to \_\_\_\_\_  
name

*Example: I need Paul to hear me when I talk to him. I need him to take care of himself. I need him to admit that I am right.*

**5. What do you think of them in this situation? Make a list. (Remember, be petty and judgmental.)**

\_\_\_\_\_ is \_\_\_\_\_  
name

*Example: Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious.*

**6. What is it about this situation that you don't ever want to experience again?**

I don't ever want \_\_\_\_\_

*Example: I don't ever want Paul to lie to me again. I don't ever want to see him ruining his health again.*

Now investigate each of your statements, using the four questions of The Work, below. Always give yourself time to let the deeper answers meet the questions. Then turn each thought around. For the turnaround to statement 6, replace the words "I don't ever want to..." with "I am willing to..." and "I look forward to..." Until you can look forward to all aspects of life without fear, your Work is not done.

**The four questions**

*Example: Paul doesn't listen to me.*

1. **Is it true?** (Yes or no. If no, move to 3.)
2. **Can you absolutely know that it's true?** (Yes or no.)
3. **How do you react, what happens, when you believe that thought?**
4. **Who would you be without the thought?**

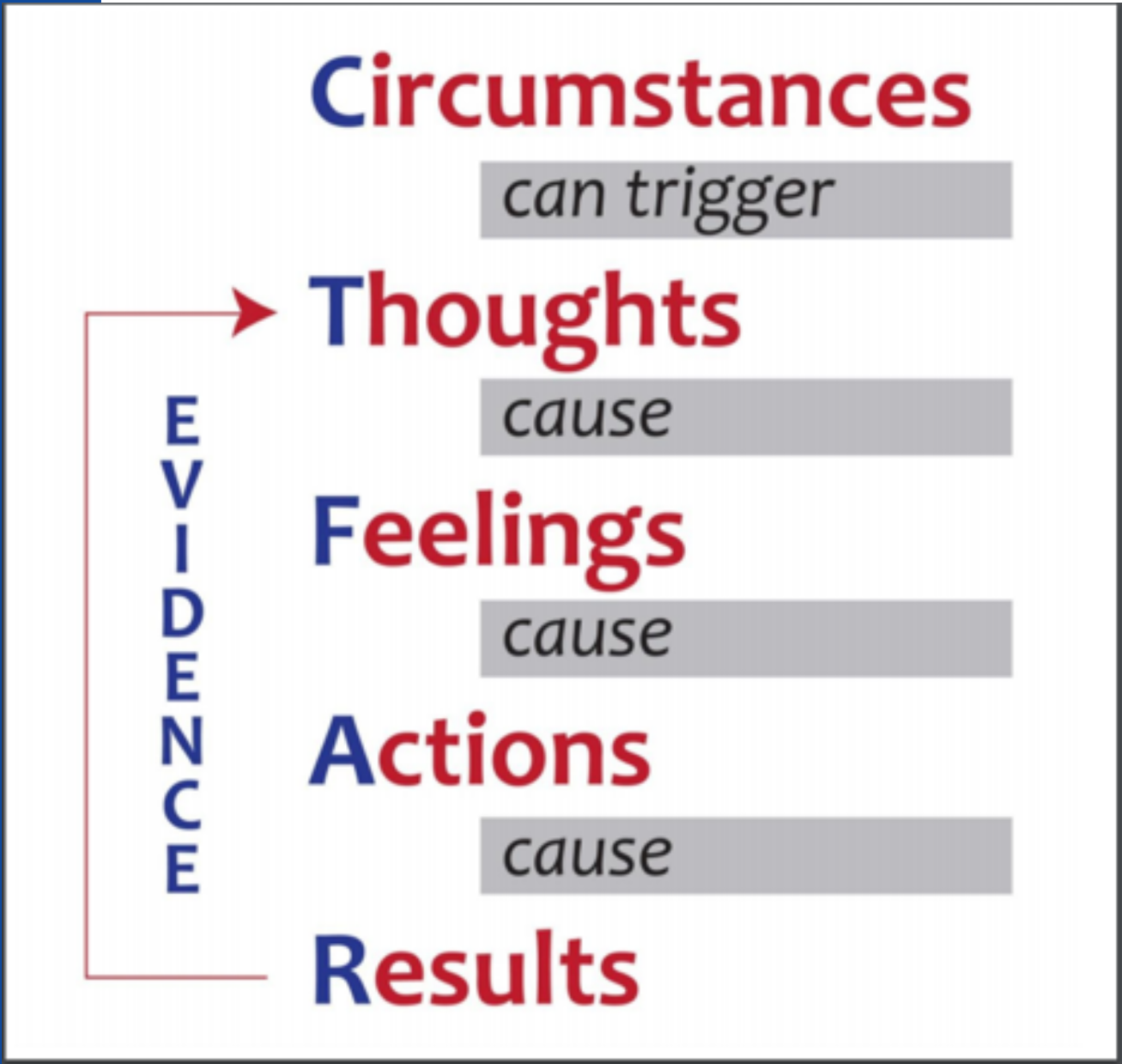
**Turn the thought around**

- a) **to the self.** (*I don't listen to myself.*)
- b) **to the other.** (*I don't listen to Paul.*)
- c) **to the opposite.** (*Paul does listen to me.*)

Then find at least three specific, genuine examples of how each turnaround is true for you in this situation.

**For more information on how to do The Work, visit [thework.com](http://thework.com)**

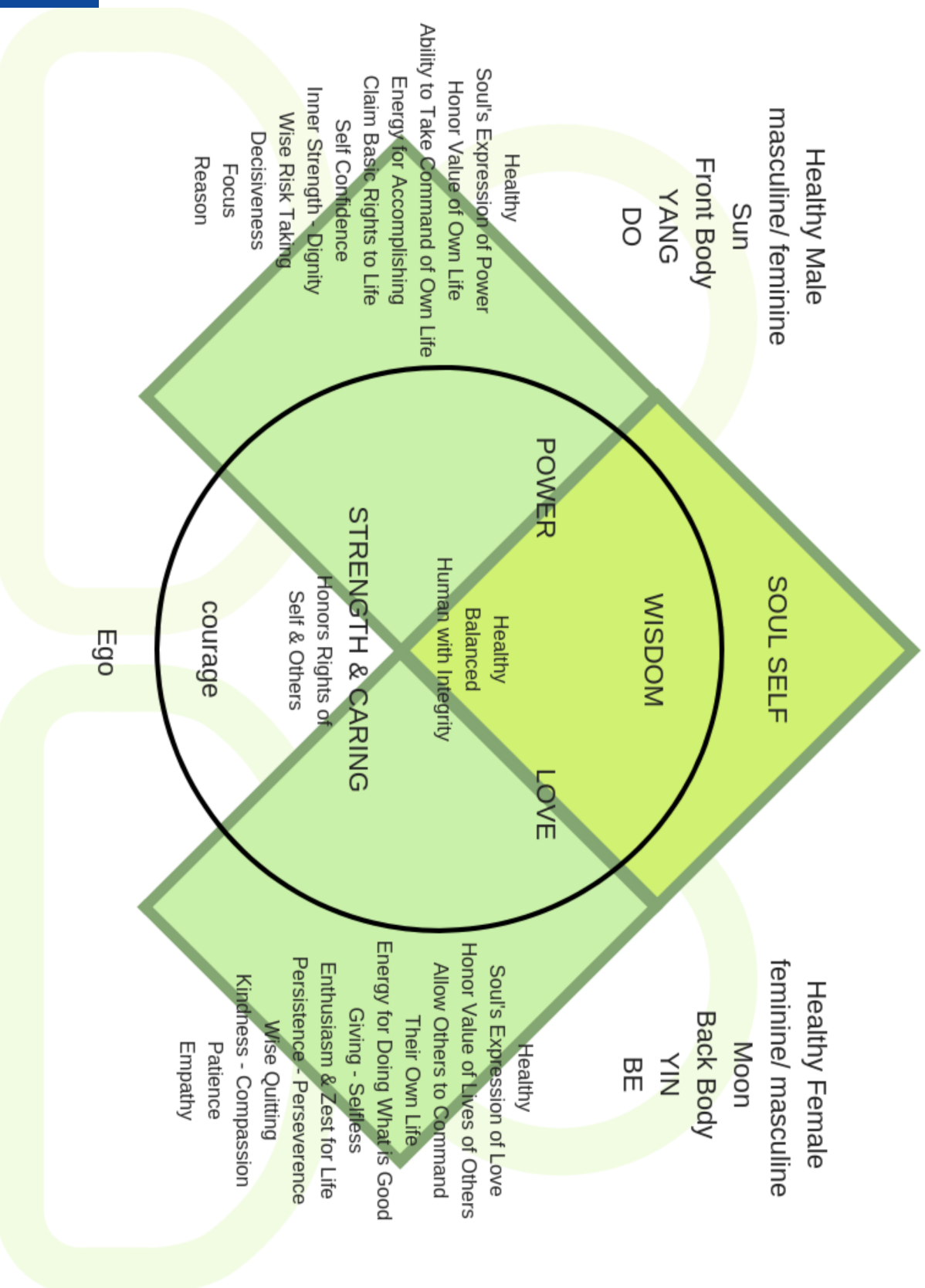






## MASCULINE/FAMININE ENERGY

### Masculine/Feminine Balance







# MOON TRACKING

Record sleep habits, energy levels, hunger ranges, moods and emotions 24-48 hours before/after the Full or New Moon. White is Full, Black is New.

Month \_\_\_\_\_

Date \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Date \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
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Month \_\_\_\_\_

Date \_\_\_\_\_

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Date \_\_\_\_\_

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 \_\_\_\_\_  
 \_\_\_\_\_

Typical Full Moon: BIG Emotions, expansion, fiery, full, restlessness, interrupted sleep, trouble falling or staying asleep, think dancing around a fire and yelling, releasing, burying things in the fire that you no longer need... or that don't serve you. This has a communal feel. Yang.

Typical New Moon: Quiet. Soft. Dark. Gentle emotions, maybe weepy, isolated, lonely, sad, REST, reflect, journal, and set intentions for the upcoming cycle. This has a more individual feel. Yin.

# BUDDHIST CHEATSHEET (minimal edition)

## THE NOBLE EIGHTFOLD PATH

*The Buddha taught that to attain liberation one must practice Wholesome:*

- |              |                  |
|--------------|------------------|
| 1. View      | 5. Livelihood    |
| 2. Intention | 6. Effort        |
| 3. Speech    | 7. Mindfulness   |
| 4. Action    | 8. Concentration |

## THE FOUR NOBLE TRUTHS

*This was the Buddha's first and fundamental teaching about the nature of our experience and spiritual potential*

1. Ordinary life brings about suffering
2. The origin of suffering is attachment
3. The cessation of suffering is attainable
4. Suffering can cease, by following the Eightfold Path

## THE SEVEN POINTS OF POSTURE

*Attend to each in turn when you first take your meditation seat. If you become uncomfortable while sitting, you may go through these points again*

- |              |           |
|--------------|-----------|
| 1. Legs      | 5. Hands  |
| 2. Shoulders | 6. Tongue |
| 3. Back      | 7. Head   |
| 4. Eyes      |           |

## THE SIX WHOLESOME AND UNWHOLESOME ROOTS OF MIND

*The mind is always under the influence of one of these states*

- |               |             |
|---------------|-------------|
| 1. Generosity | 4. Greed    |
| 2. Love       | 5. Hatred   |
| 3. Wisdom     | 6. Delusion |

## THE SIX SENSE DOORS AND THREE FEELING TONES

*Everything we experience comes through these portals*

- |                    |                     |
|--------------------|---------------------|
| 1. Eye (Seeing)    | 4. Tongue (Tasting) |
| 2. Ear (Hearing)   | 5. Body (Touching)  |
| 3. Nose (Smelling) | 6. Mind             |

*Experience is felt as one of three tones*

1. Pleasant
2. Unpleasant
3. Neutral

## THE FOUR METTA PHRASES

*Send loving kindness to yourself and others by using these phrases or words that have personal meaning for you*

1. May I be free from danger
2. May I be happy
3. May I be healthy
4. May I love with ease

## THE EIGHT VICISSITUDES

*According to the Buddha, we will experience these vicissitudes throughout our lives no matter our intentions or actions*

1. Pleasure and pain
2. Gain and loss
3. Praise and blame
4. Fame and disrepute

## THE FIVE PRECEPTS

*An ethical life is founded on these standards of conduct*

To refrain from

1. Killing
2. Stealing
3. Sexual Misconduct
4. False, harsh, and idle speech
5. Intoxicants that cloud the mind

## THE FOUR BRAHMA-VIHARAS

*These four "best abodes" reflect the mind state of enlightenment*

1. Loving Kindness
2. Compassion
3. Joy
4. Equanimity

## THE THREE KINDS OF SUFFERING

*The Buddha taught that we can understand different kinds of suffering through these three categories*

1. The suffering of pain
2. The suffering of change
3. The suffering of conditionality

## THE FIVE HINDRANCES

*These are the classical hindrances to meditation practice*

1. Desire, clinging, craving
2. Aversion, anger, hatred
3. Sleepiness, sloth
4. Restlessness
5. Doubt

## THE SIX STAGES OF METTA

*Expand your circle of loving kindness by starting with yourself and moving gradually outward*

- |                     |                        |
|---------------------|------------------------|
| 1. Yourself         | 4. A difficult person  |
| 2. A good friend    | 5. All four            |
| 3. A neutral person | 6. The entire universe |

## MID-YEAR REVIEW

- 1 What is your Word of the Year? Did you reflect on it over the year so far? Do you need or want to change it? How is it showing up in your life?
- 2 What were your goals at the beginning of this year?
- 3 Are your goals the same or have they changed?
- 4 Is there something you've been doing lately, like a writing project, a business project, or any kind of project/commitment that's not feeling "right anymore? Do you need to keep doing it? What would happen if you just stopped?
- 5 What's something you are sick of hearing yourself say over and over? For example, "I really need/want to start...", "I really want/need to stop...", "Seriously, for real, this week I will..." I want to hear what these are!
- 6 What's something you definitely want to create, achieve, or experience before the end of this year?
- 7 Who is someone that has been an important part of your life this year? An amazing friend, mentor, or colleague? Have you said "thank you" to that person recently?
- 8 So far this year, one of the best decisions I made was \_\_\_\_\_
- 9 So far this year, I feel proud of myself because \_\_\_\_\_
- 10 I am so excited for \_\_\_\_\_



## MINDFUL YOGA

### Key Questions for Practice

Do you have a space that's easy to access?

Do you need to establish a routine? Add to your calendar?

What tips can you give yourself for practice?

Do you want music/ candles/ blankets/oils?

### Mindful Yoga Principles

Focus on the Present Moment

Being Fully Present

Openness to Experience

Non-Judgement

Acceptance of Things as They Are

Connection

Non-Attachment

Peace and Equanimity

Compassion

Savasana is STATE OF BEING. Not a Pose.

# The Four Agreements

1

## BE IMPECCABLE WITH YOUR WORD

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

2

## DON'T TAKE ANYTHING PERSONALLY

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the options and actions of others, you won't be the victim of needless suffering.

3

## DON'T MAKE ASSUMPTIONS

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.

4

## ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

Transforming...

Negative to Positive

Confusion to Curious

Failure to Learning

Furious to Passionate

"I Hate" to "I Prefer"

Lonely to Available

Overwhelmed to Many Opportunities

Rejected to Misunderstood

Stressed to Energized

# TOOLS FOR THE TOOLBOX

- 1 R.A.I.N. - Recognize, Allow, Investigate, Natural Awareness / Non-Identification
- 2 Alignment - Am I in alignment? What needs to shift?
- 3 Ayurvedic Lens - Nothing good / bad just how does it feel?
- 4 Worst Case Scenario
- 5 Rampage of Appreciation
- 6 What if it Were Easy?
- 7 Alignment Mix / MUSIC
- 8 Look for Evidence of What You are Thinking, IS IT TRUE?
- 9 Release Emotions / Thoughts to a Trusted Supporter
- 10 Is There a Gray Zone? Am I Stuck in Black/White/Binary Thinking?
- 11 Dig Deeper - What's the Root? Personal Responsibility.
- 12 Use WOOP for Problem Solving Your own Dead End/Habit  
OR USE the Work for Relationships / Stories you are telling yourself
- 13 Go to [self-compassion.org](http://self-compassion.org)
- 14 Talk to Yourself like a Trusted Friend / Beloved Child / Advisor / Coach
- 15 Positive Interventions - What Needs to Shift / Change?
- 16 Humans Being Human - Is this Part of the Story?
- 17 Remember the Areas of Fear

- Pessimism
- Self Sabotage
- Martyrdom
- Perfectionism

## And How to get Out

- Access the Body
- Listening without Attachment
- Reframing
- Reach Out and Create Community



### **For uplifting and energizing your mood**

Grapefruit, Wild Orange, Citrus Bliss, Peppermint, Elevation

### **For grounding, relaxing and promoting sleep**

Serenity, Balance, Lavender, Vetiver, Sandalwood, Cedarwood, Roman Chamomile

### **For overall health, germs and immune support**

On Guard, Cinnamo, Cove, Frankincense, Eucalyptus, Breathe

### **For digestion**

Digest Zen, Fennel, Ginger, Cinnamon, Peppermint

### **For cleaning**

Lemon, Lime, Grapefruit, On Guard, Wild Orange

### **For promoting wellness and vitality**

Rose, Align, Anchor, Arise, Frankincense

I use doTerra essential oils primarily.

Email me to order or learn more at [mydoterra.com/pleasancesilicki](https://mydoterra.com/pleasancesilicki)



## MONTHLY CYCLES

Every body is different, so the days below are just for example. The magic and art of this approach is paying attention to your body and learning about your own patterns. If you are in a phase and feeling stuck or low vibe/ energy it's a great idea to wait for action or decisions until the next phase begins and let things flow/ unfold.

Following your cycles and seasons rather than expecting yourself to be the same day in and day out is the secret to living in alignment. Living this way, you see there's a time for all things—intense productivity, planning and goal setting, play, adventure, rest, and reflection. It's a holistic, Ayurvedic approach that will help you work with your body instead of pushing against her all the time. It might just change your life.

\*Resources: Mind Body Green

### **Winter (menstruation) Cycle Days 1-5**

Winter is a time to rest, go inward, and conserve energy. During your period, your hormones are at their lowest, which means you'll often feel withdrawn, internal, and reflective. Your body is also busy shedding the innermost layer of your uterus, and that will leave you feeling more tired than usual. This phase is all about easing up on your schedule and slowing down. It's perfect for staying in, journaling, reflecting, and going inward. Give yourself full permission to rest and recharge so you can be ready for the month ahead.

### **Spring (follicular phase) Cycle Days 6-12**

Spring in nature, is a time of growth, birth, and renewal, and creation. As your body begins maturing eggs for ovulation, your estrogen levels start to increase. This leaves you feeling energized, confident, and outgoing. Your brain is also wired to learn things faster in this phase, and you tend to be future-focused and optimistic. This is also a great time to learn or try something new. This is the perfect time to get planning, take bold action, and try new things. Connect to your big visions and goals, and get clear on what action steps you want to take this month.

# MONTHLY CYCLES (CONT)

## **Summer (ovulations) Cycle Days 13-18**

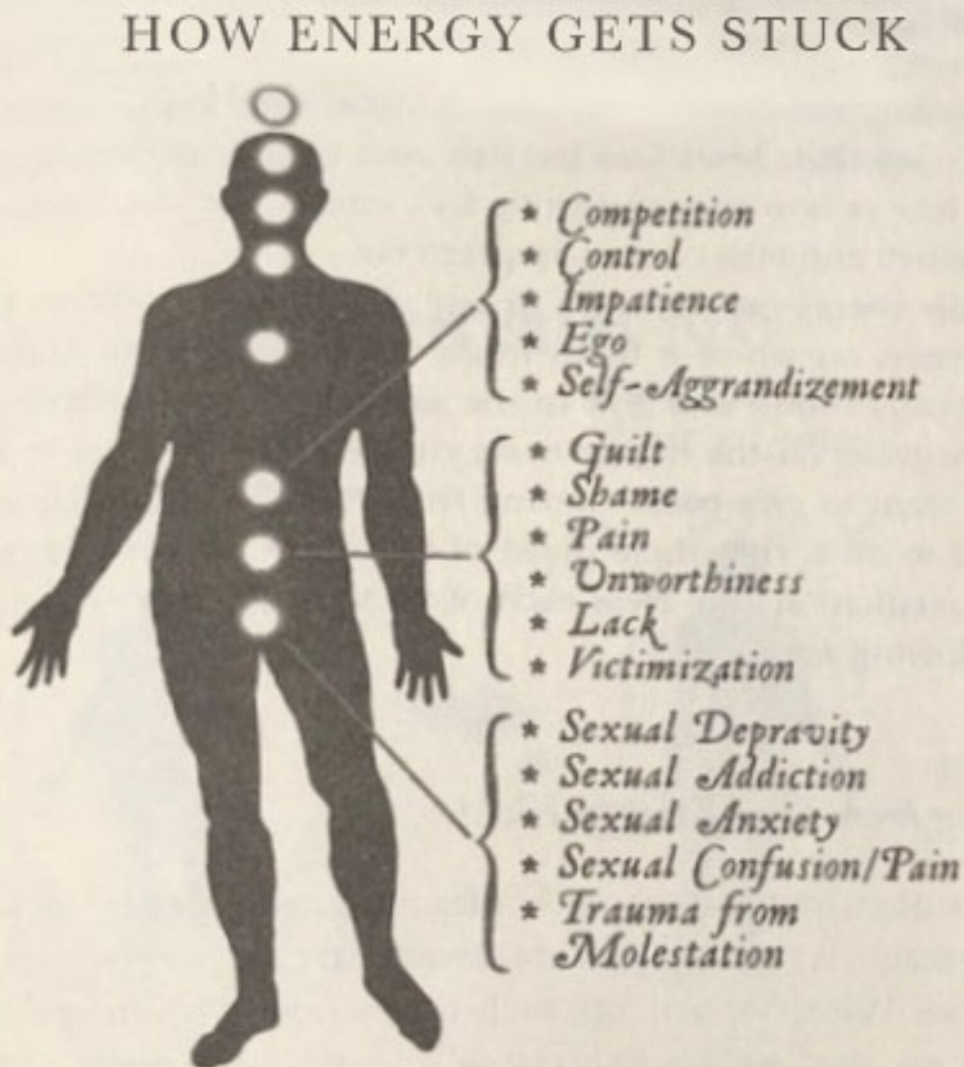
Summer is the season for fun. This is a great time for socializing, going out. Your body is all about connection, pleasure, and play. As your body gets ready for the final push to ovulation, your estrogen levels are peaking. This means your social skills are at their highest. A burst of testosterone also boosts your libido, so you're feeling sensual, confident, and sassy. You're also more inclined to seek out pleasure and variety in this phase. This is the perfect time for spending time with your friends, family, or your intimate partner. It's a time to prioritize pleasure and enjoyment, whether that's eating out at your favorite restaurant, having a romantic weekend away, or hanging with your friends.

## **Autumn (luteal phase) Cycle Days 19-28**

This is a time to cut back on your busy schedule and slow down. Your estrogen levels have dropped off, and a new hormone is running the show—progesterone. Progesterone has a calming, Valium-like effect on the body, causing your mind to slow, your blood sugar levels to stabilize, and your energy levels to decrease. Your brain is primed for detail-oriented tasks rather than big-picture thinking, and you're more inclined to want to nest and self-care. This is the perfect time to get your life in order. Use this time to catch up on bookkeeping, sort through your wardrobe, or get your meal prep for the month organized. Many women find this stage challenging with the onset of PMS. But PMS is often a sign of an underlying imbalance.

After a few months of living this way, see what you notice about your relationships, intensity of your periods and your energy levels. Many women feel a deep sense of connection to self, have less mood/ food swings, and learn how to deeply trust themselves and their lives. ENJOY!

# HOW ENERGY GETS STUCK



*Figure 4.4B*

When energy becomes stuck in our body, it cannot flow to the higher centers. Since emotions are energy, these emotions get stuck in different centers and we cannot evolve.





SECTION FOUR

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**AYURVEDA**





# DOSHA COLORING QUIZ

For each row color in one box:

BODY STRUCTURE	THIN, SMALL	ATHLETIC, MEDIUM	THICK, HEAVY
APPETITE	IRREGULAR	STRONG	SLOW
PHYSICAL ENERGY	FAST - HARD TO STOP MOVING	MEDIUM	SLOW - HARD TO START MOVING
MENTAL ENERGY	QUICK	INTENSE	ORGANIZED & METHODOLOGICAL
EMOTIONAL ENERGY - BALANCED	CALM, ENERGETIC, ENTHUSIASTIC	MOTIVATED, COURAGEOUS, GOOD DIGESTION	EXPRESSIVE, SOCIAL, OPTIMISTIC
EMOTIONAL ENERGY - UNBALANCED	ANXIOUS, FATIGUE, UNBALANCED	ANGRY, AGGRESSIVE, INDIGESTION	DEPRESSED, ISOLATED, PESSIMISTIC
THIRST	MODERATE	HIGH	LOW
SLEEP	POOR SLEEP	VARIABLE SLEEP	SLEEP TOO MUCH
WEIGHT	HARD TO GAIN WEIGHT	EASY TO LOSE WEIGHT	HARD TO LOSE WEIGHT
Based on colored boxes, your primary Dosha is...	VATA	PITTA	KAPHA

nisargayoga.com

# Tamas



Dull mind

Obscures Awareness

Veiling power

Apathetic, lazy,  
sluggish, foggy,  
heaviness, prone to  
depression

Fear / Avoidance

Allows for rest and  
sleep

Hinders Self-inquiry  
& meditation

# Sattva



Clear, calm mind

Reveals Awareness

Revealing power

Easy-going,  
balanced, peaceful,  
harmonious,  
contented

Truth / Beingness

Allows for  
discernment

Facilitates Self-inquiry  
& meditation

# Rajas



Energetic mind

Distorts Awareness

Projecting power

Busy, passionate,  
aggressive, frustrated,  
excited, prone to  
anxiety

Desire / Anxiety

Allows for motivation

Hinders Self-inquiry  
& meditation

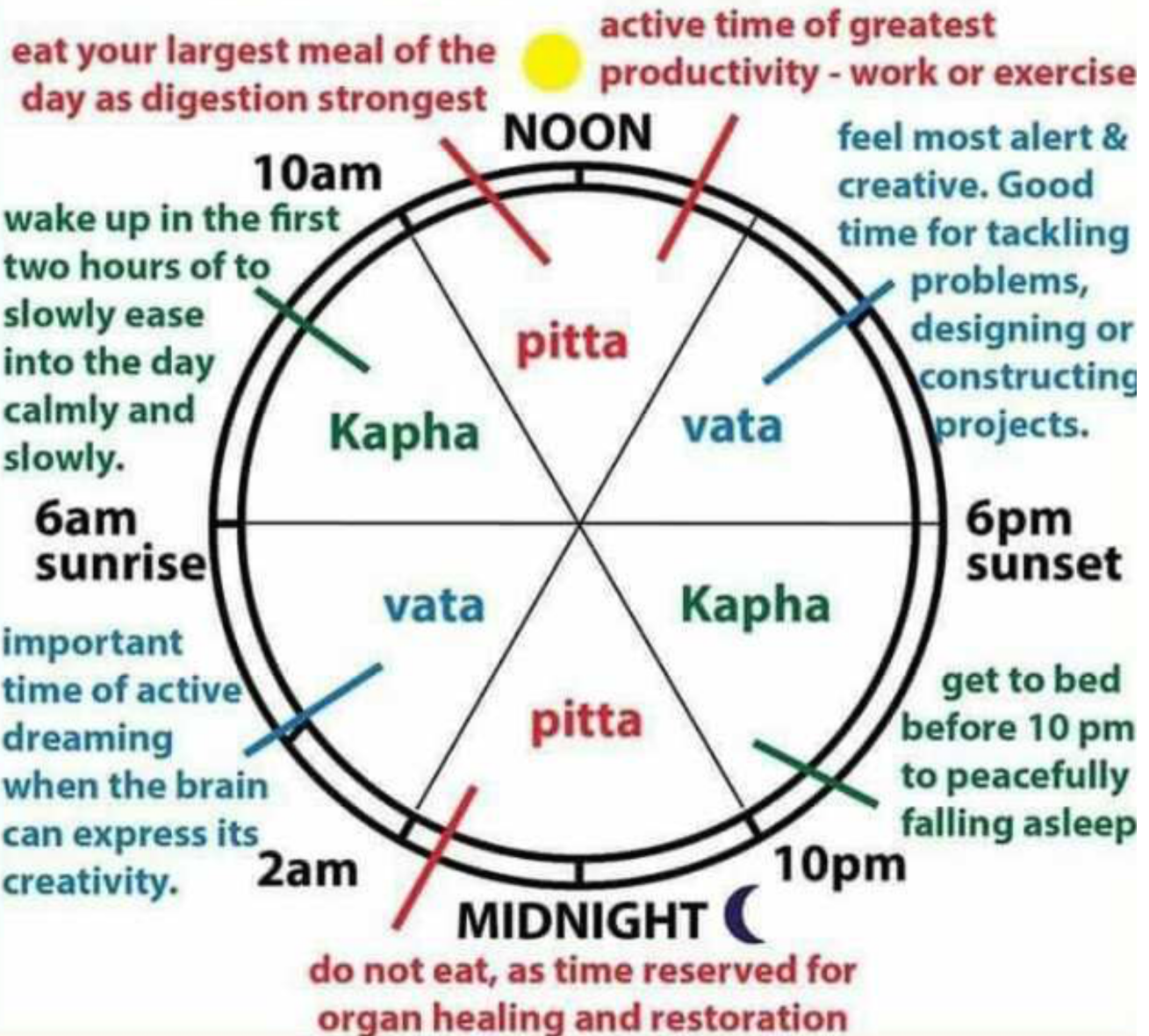
# TEN TIPS FOR VATA

## Elements: Ether & Air

**Keywords:** airy, light, dry, irregular, moving, quick, changeable, energetic, creative mind, lively, enthusiastic

IMBALANCE	BALANCE
Exhausted	Colors: warm, earth colors, pastels
Indecisive	Daily routines & schedules
Feel out of Control	Sit on the ground, connect with the earth, houseplants
Racing mind	Journaling
Anxiety	Meditation
Insomnia	Deep Breathing
Skipping meals	Music: calm & soothing
Irregular digestion	Eat small meals throughout the day
Poor memory	Yoga, Qi-gong, Tai Chi
Sore muscles	Massage with warming oils

# The Ayurvedic Clock

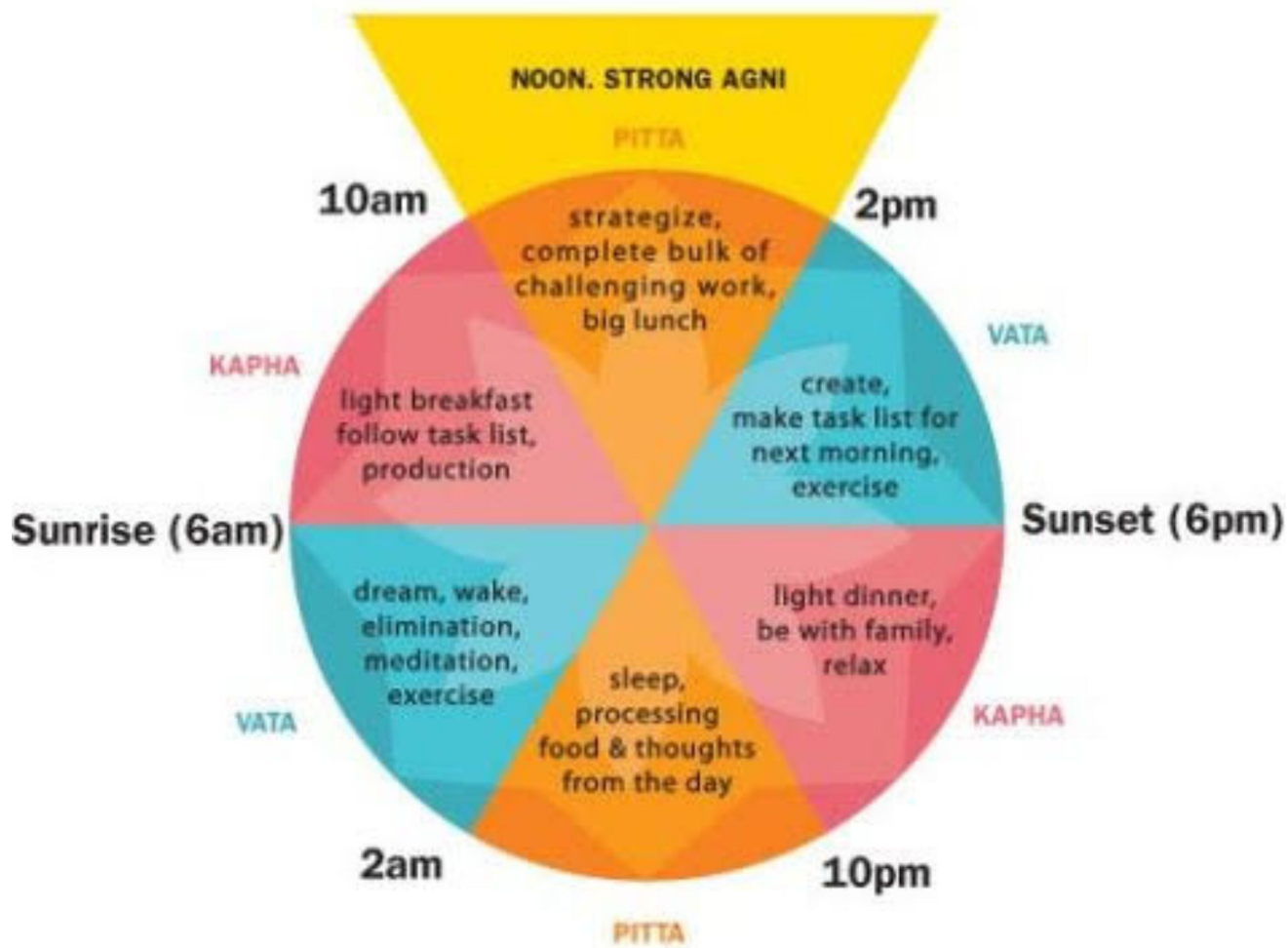


# TEN TIPS FOR KAPHA

## Elements: Earth & Water

**Keywords:** heavy, slow, steady, solid, cold, soft, oily, strong, loyal, patient, steady, supportive

IMBALANCE	BALANCE
Congestion, cold, flu	Aerobic exercise - move!
Weight gain	Clear your space
Lethargy	Colors: warm and bright - yellow, orange, and red
Fluid retention	Dance - move!
Food sensitivities / allergies	Music: upbeat & up-tempo
Sleeping excessively	Dry massage to stimulate circulation
Diabetes	Seek stimulation - new sights, sounds, and experiences
Depression	Yoga, hiking, biking
Slow digestion / metabolism	Use a neti pot to prevent congestion
Headaches	



# TEN TIPS FOR PITTA

## Elements: Fire & Water

**Keywords:** hot, intense, penetrating, sharp, energetic, joyous, courageous, confident, focused, perceptive, passionate, inspired, intelligent, enterprising

IMBALANCE	BALANCE
Argumentative	Water therapy: baths, pool, beach, lake
Controlling	Art therapy
Overworking	Colors: blues, greens, and silver
Irritable	Eat regularly - no meal skipping
Aggressive	Music: calm & soothing
Inflammation	Laughter, humor, comedy
Addictions	Massage with cooling oils: coconut or olive
Anger	Meditation
Skin problems	Spend time in nature
Hypertension	Yoga, Qi-gong, Tai Chi





# OILS TO BALANCE DOSHA

## VATA



Lavender



Frankincense



Pine Needle

## PITTA



Rose



Jasmine



Sandalwood

## KAPHA



Clove



Juniper Berry



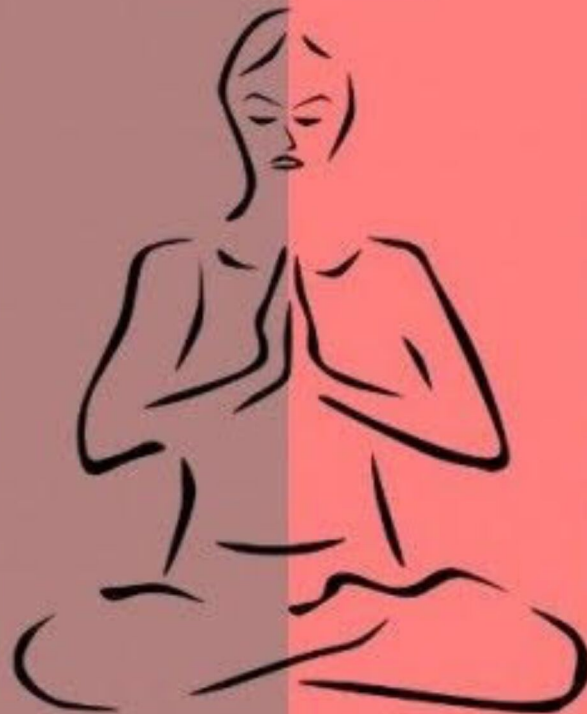
Eucalyptus

# SATTVA

## TAMAS

SELFISH AVERSION

DULL  
DEPRESSED  
REPRESSED  
DAMAGED  
NEGLECT  
DENIED  
UNDERACTIVE



## RAJAS

SELFISH DESIRE

OVER EXCITED  
MANIC  
OBSESSIVE  
ADDICTED  
GREED  
SELFISH LUST  
OVER-ACTIVE

## KITCHARI KITCHEN RECIPE

### Ingredients:

- 1/2 cup basmati rice
- 1 cup mung dal
- 6 cups water
- 1/2 to 1 inch ginger root, chopped or grated
- 1/4 tsp. mineral salt
- 2 tsp. ghee
- 1/2 tsp. coriander powder
- 1/2 tsp. cumin powder
- 1/2 tsp. whole cumin seeds
- 1/2 tsp. mustard seeds
- 1/2 tsp. turmeric powder
- 1 pinch asafoetida (hing)
- Handful fresh cilantro leaves
- 1 & 1/2 cups assorted vegetables (optional): zucchini, asparagus, sweet potato

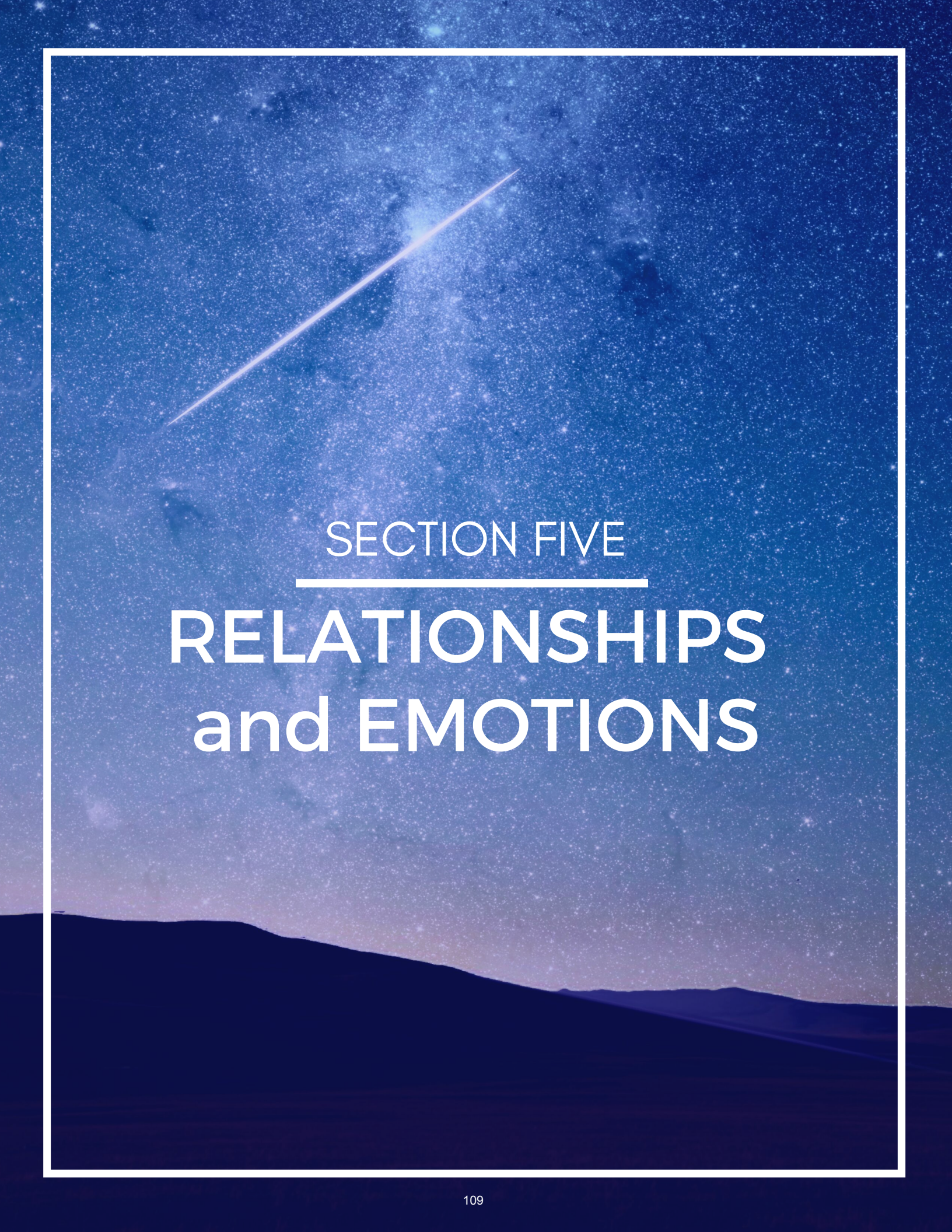
**For vata or kapha:** add a pinch of ginger powder

**For pitta:** leave out the mustard seeds

### Steps:

- Carefully clean rice and dal by wash each separately in water
- Add the 6 cups of water to the rice and dal in a pot
- Cook covered until it becomes soft, on medium heat about 1 hour
- While that is cooking, chop vegetables into small pieces
- Add the vegetables and cook everything until the consistency is to your liking
- In a separate saucepan, sauté the mustard seeds in the ghee until they pop
- Add the other spices and stir to spark the flavors
- Stir the sautéed spices into the cooked dal, rice, and vegetable mixture.
- Add the mineral salt and chopped fresh cilantro and serve!





SECTION FIVE

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**RELATIONSHIPS**  
and **EMOTIONS**



## GENOGRAM

Take a blank piece of paper, and fold it in half, from top to bottom and then in half again. Opening the paper out again, you see you have created 4 sections. Using the symbols shown in the chart, put your grandparents in the top section; your parents and their siblings in the second section; you, your siblings, spouses partners in the third section; and your children, nieces and nephews in the bottom section.

The patterns of behavior you learned growing up can have a profound impact on your physical and emotional well-being. Because so much of who you are comes from what you observed or were taught as a child, creating and examining your Genogram provides you with the opportunity to identify your vulnerabilities and draw on your strengths to make new and different life choices.

Genogram is a visual and symbolic representation of 3 generations of your family.

You come from somewhere and your personal identity is linked to the family. The Genogram unfolds a legacy. When you work with the Genogram you become a witness. You are able to see the forces that have shaped you. Then, you can then decide what behaviors or patterns you wish to continue and what parts of the family legacy you would like to leave behind. You may see a personal issue with new eyes or be able to clarify family patterns and messages. Sometimes working with a picture of your family unblocks the energy in the family emotional system. You may be able to connect with your family in a new way

You can use the genogram....your family tree....to tell the story of your life through the lens of your family of origin and to deepen your awareness of how your story has shaped who you are today. From this vantage point, you can see both the richness of your family heritage and the limiting patterns you may no longer want to perpetuate in your life or in the lives of your children.

# GENOGRAM (CONT)

Sharing your history out loud is not only freeing but it connects everyone in the group. It helps us realize we are not alone with our family histories and that we share common threads.

Acknowledge that creating a genogram can bring up strong emotions or troubling memories. Encourage them to continue with the exercise focusing on themes as much as possible knowing they can take a break at anytime should they feel the need to do so.

Now you can begin to look at your genogram to get information about yourself and your family. You may want to write about the relationships in your family and how they have influenced your life. As you consider themes and patterns, you might want to ask some of these questions and look to your genogram for answers:

What are the challenges that I face in my life and what are my strengths?

Have other members of your family faced the same difficulties?

How have they dealt with them?

Are there patterns, connections or conflicts across the generations that have shaped who you are today?

Depending on the kind of information that is important to you, consider using colored markers to highlight family patterns. For example, you might note who went to college, who has alcohol problems, who participates in a particular religious tradition, or who suffers from depression.

Are there any patterns of being that are a part of you that you also see as a pattern in your family that you no longer need or are in the process of changing?

Is there someone whose strength and creativity has inspired you?

What strengths do you see in your family?

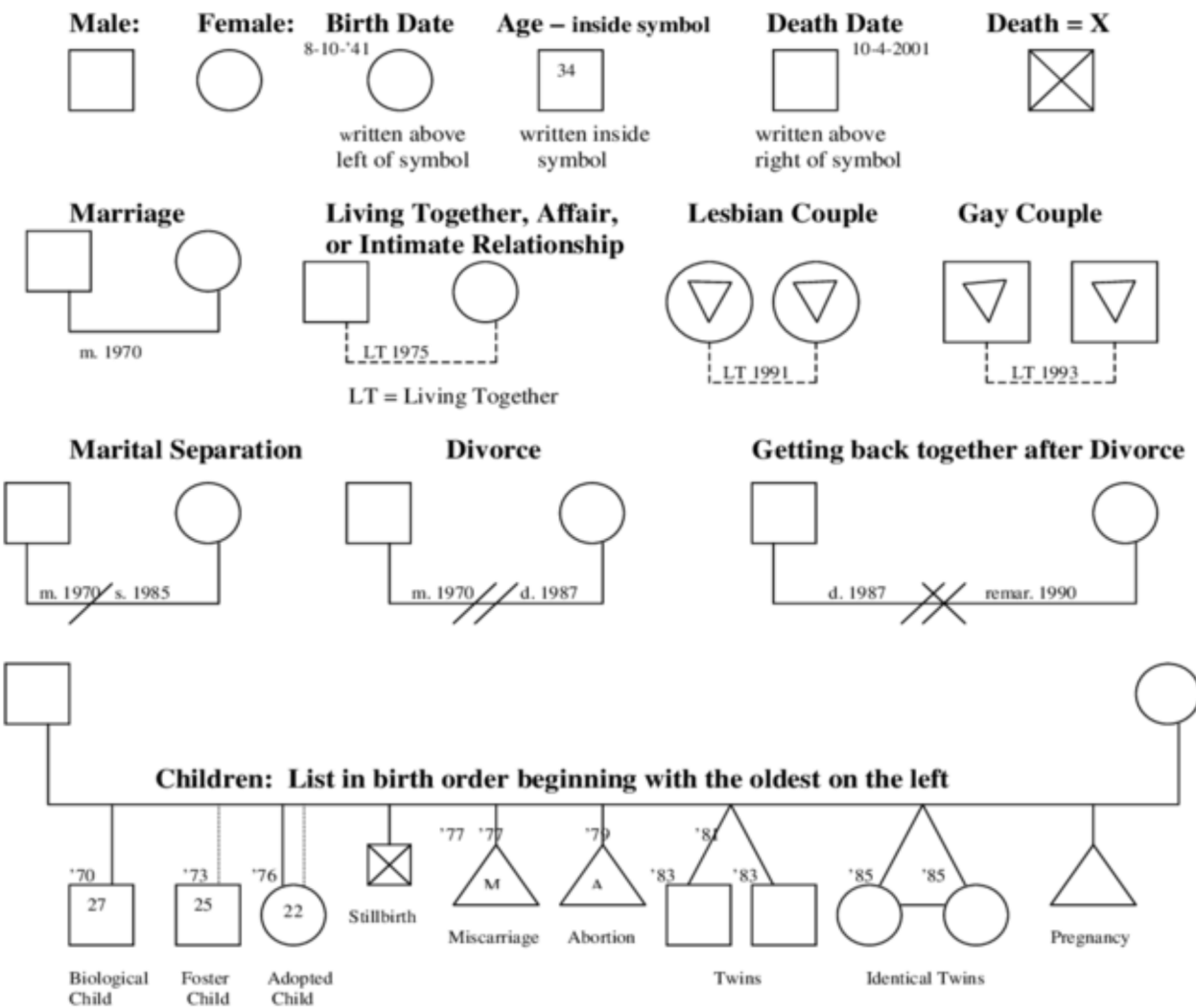
What strengths did you develop out of necessity or was learned?

Is there anything that surprised you?



# GENOGRAM SYMBOLS

## The Basic Genogram Symbols



- Two people who are married are connected by lines that go down and across, with the husband on the left and the wife on the right.
- Couples that are not married are depicted with a dotted line.
- Children are drawn left to right, going from the oldest to the youngest.

CMP 105  
Family / Child Assessment  
12/2005  
SJ

Adapted from: Power, Thomas A., ACSW.  
*Family Matters: A Layperson's Guide to  
Family functioning.* Hathaway press,  
New Hampshire, 1992



## ANCESTRAL HEALING

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In Ayurveda, we honor our ancestors after mapping our family history.

This practice is called Tarpana and is a way to connect with our cells, our roots, our lineage, in a powerful and loving way.

You may find compassion, anger, rage, shame, love, fear, pride or any other emotions rise as you invite support and connection to your living and non living ancestors.

From the Wisdom of Ayurveda:

TARPANA (Relationship Healing) Is a healing ceremony that is used to release constraining thoughts about our relationships to others and to empower ourselves as an active co-creator of our lives. While Ayurvedic practices embrace foods, herbs, oils, and lifestyles as crucial healing modalities, it also acknowledges that our sense of connectedness to all things may be the most powerful factor in our well-being. By freeing us from the power of the negative thoughts that we hold about our relationships to others, Tarpana is a way to experience our true connectedness with all of creation. The ceremony helps us understand that it is possible to change how we view the world and how we feel about ourselves and our connection to others in the universe.

Begin the ceremony alone in a quiet and dimly lighted space. Light candles and incense and begin a form of breathing called the “re-birthing” or “connected” breath by breathing in through the nose and out through the mouth. Allow the inhalation and exhalation to be connected and don’t control the exhalation, allow it to escape at its own pace like a long sigh. When you are in a relaxed frame of mind, begin the unblocking process by first calling forth your ancestors and then anyone you have ever been in a relationship with.

# ANCESTRAL HEALING (CONT)

Begin with your mother or father, then continue through each ancestor and other significant people. Visualize them standing before you looking into your eyes. Remember what they looked like, using your own memory or images from photographs. Remember your experiences with them or stories you have heard about them. Visualize them receptive to listening to what you want to say to them. Begin the clearing by saying “What I want you to know is \_\_\_\_\_.” Then tell the ancestor what you have felt about them. Are you grateful for gifts or genetic tendencies that you inherited? Do you feel yourself victimized by them in some way? Discuss with them your role in the co-creation of your relationship. Take this opportunity to forgive yourself and your ancestor. If you truly forgive then you are able to leave the experience behind you and no longer carry it with you. With forgiveness comes the ability to turn adversity into a catalyst for growth and a new sense of gratitude for the gifts they have given you.

Conclude with visualizing them, perhaps bowing to give them an offering. Then look directly into their eyes and see if you can experience them giving you a blessing—wishing you success in life, blessing you as you find your path, freeing you from obligations to them, and freeing you to pursue your own passion and purpose. Accept their blessing and visualize them walking in the light of their own path. Bless their path as they leave.

Conclude the Tarpana session by being centered and repeating positive affirmations: “I am love, I am one with all things, I am peace, I am joy, I am prosperity, I am forgiveness, I am trust, I am fulfillment.” And so it is.

## AREAS OF GROWTH AND SUPPORT

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Make a chart with 3 columns

Label them A, b, C

In column A, write down the names of people who support you unconditionally. People who encourage you to grow, to heal, to expand, to live in your full awesomeness. They hold you accountable. They uplift you.

In column B, list the people who sometimes are advocates for change and growth and sometimes are status quo. People who can at times inspire you but are themselves, not fully present or expanding.

In Column C, list the people who are negative, pessimistic, sarcastic and cynical. People who stunt your growth potential.

From this list, think about how much time you spend with these people. How much influence do they have on your life?

can you schedule conversations and get the support you need from the people who uplift and inspire you? can you cut back the time you spend with people who bring you down?

We are ALWAYS either regenerating or Degenerating and who we spend our time with, matters.

P.S. I count my author, Podcast, thought leaders as " Column A" peeps and try to spend as much time as I can learning from them.



## COURAGEOUS CONVERSATIONS

This basis for a courageous conversation is choosing to bring up the things you're most nervous to share with important people in your life, where no sharing is self-denying and even riskier. And, to speak lovingly - without blame, making others wrong, or attacking anyone.

### The Conversation Framework

The general path a courageous conversation will take includes the following elements in this rough order:

- Pre-conversation journaling
- Set up/schedule the conversation
- Intro the actual conversation
- Share don't want/afraid that
- Share do want/desired outcome
- Describe your experience
- Ask if they have anything to share
- Make your ask/present your solution
- Establish expectations/agreements, boundaries, or how you both want to do things differently moving forward.

# COURAGEOUS CONVERSATIONS (CONT)

## Step One: Pre-Conversation

Sometimes, in the heat of a moment loaded with fresh emotion, we say things we don't mean. Taking the time to get clear and honest with yourself first ensures you only say things you truly mean, from a place of considered feelings, clarity and calm.

### **Answer the questions below:**

What's going on between me and this person that isn't OK with me right now?

What are the things I'm feeling that I don't want to feel?

How do I want to feel in relationship with this person?

The thing I'm most afraid to say to (friend, family member, partner, co-worker, etc) is ...

What I don't want to happen is... (What I'm afraid of is...)

What I do want to happen/My desired outcome is...

What support do I need? (this may or may not relate to the person or conflict)

What change am I trying to create?



## COURAGEOUS CONVERSATIONS (CONT)

### Step Two: Setting up the Conversation

Depending on who this conversation is with, and your relationship with him or her, you may want to set it up ahead of time. You might be able to just bring it up while you're together sometime soon. It's your call.

This section assumes you're scheduling it in advance. A lot of us (humans) are wired to immediately assume something is wrong when someone asks, "Can we talk?" You want to be received fully, and have the person you want to talk to show up to the conversation without feeling dread, worry, or assuming the worst.

That said, be sure to have the conversation in a place where you can both feel safe. A crowded Starbucks or other public place might not be the best choice. Make sure you have privacy and give yourself and the other person dignity.

Use this script to set it up (this can be a text or email if you want, but the actual conversation needs to be a real live conversation, meaning over the phone or in person).

"Hey (name), I've been working on some personal stuff lately, and there are a few things I'd love to share with you. Would you be up for a chat? Nothing's wrong, I'm just noticing some areas where I'd like to show up better, and toward that, I would really value your thoughts and feelings."

## Step Three: Conversation Script

The purpose of a script is to eliminate the chances you'll overthink this, especially at first while you are learning. You obviously don't have to follow this verbatim. In fact, I encourage you to make it your own. This just gives you the model so you can get to the conversations, and worry less about what to say.

**1 Open up:** "Thank you so much for taking the time to chat with me, (Name), it means a lot. Like I mentioned, I've been working on some personal stuff lately, and there's a few things I'd love to share with you. Nothing's wrong, I'm just noticing some areas where I'd like to show up better and would really value your thoughts and feelings. Here's what's going on..."

**2 Share the fears, don't wants, do wants, and desired outcome you wrote down in Step One:** "I'm a bit nervous/afraid to share this with you, because I don't want (insert thing you don't want to happen, thing you're afraid of). What I do want is (insert thing you do want to happen, your desired outcome)."

**3 Describe your experience:** I can't fully script this out for you, because I don't know what your situation or experience is. Use these prompts to navigate your way through sharing your experience in a way *that*—this is important—*doesn't blame them, shame them, or make them wrong*. Your goal is simply to clearly communicate what's going on with you. *Whatever is the issue or experience you're addressing, describe:*

- What feels good about it, and what doesn't?
- What's making you comfortable or uncomfortable?
- What you want to be available for, or no longer want to be available for?
- What hurts your feelings?
- How do you want to feel?
- What do you never want to feel again?
- What have you been doing? (This is a great place to bring up expectations or introduce the idea that you are trying to change some part of yourself.)
- What do you want to do differently?

## COURAGEOUS CONVERSATIONS (CONT)

- 4 Be as specific as possible:** Again, you make this all about you in this conversation. Start addressing behaviors or scenarios with the other person, instead of attacking their character. Use statements like:
- “When this happens I feel...”
  - “My feelings get hurt when...”
  - “When you say things like ... I assume it means...”
  - “I realized I’ve been having an expectation that...”
- 5 Thank them for listening and ask if they have anything to share:** “How is all of that landing for you?” or “What’s present for you after hearing all of that?”
- 6 If they choose to answer right then (some people might want to sit with things and revisit later on, which is 100% respectable) -- listen, like REALLY LISTEN to what they have to say.** The same way you want them to listen to you. In fact, if they aren’t the best listener, the best thing you can do is demonstrate really present, active listening when it’s your turn. Do your best to hear what they are saying, keep your heart open, breathe, and not take anything personally.
- 7 Make your ask/present your solution:** “I’d love to share what I’d like to experience instead now, hear what you’d like to experience instead, and come to an agreement that feels good to both of us, cool?”
- 8 Verbally confirm any new agreements to be certain you’re both on the same page** moving forward OR agree to another conversation to do that if they want some time and space to process and consider what you’ve discussed. Be sure to acknowledge and appreciate them for having the conversation with you: “To be clear, moving forward, we both agree that...(insert whatever you agree upon). Thank you so much for doing this with me, (insert something you genuinely appreciated about the experience or the way they showed up for it) I know it’s not easy and it really means a lot.”

## Closing Thoughts

This practice is largely about doing your very best, showing up with beautiful intentions when you are also feeling clear about where you stand and have a desire to have better connection and relationships with someone. Just because that's what you want, doesn't mean other people will be ready for it, however, it's always much more worth a shot than stifling your voice or your feelings.

Again, I want to remind you, if you've stumbled upon this worksheet separate from the book, there are supporting examples and greater context in the book around having these conversations, creating boundaries, using discernment, identifying where your expectations lie, where you want to have better agreements, certain emotions or feelings you may want to process on your own before you have conversations like this, and navigating the before and after experience more thoroughly.

Last but not least, it's super normal to feel nervous or anxious about having the conversation you worked through in this sheet - whether or not you actually have it is up to you, just know the outcome is always exactly what's needed. That includes if the conversation doesn't go "well" - as referenced in the book, when Grace intervenes, it doesn't always feel good, it is however, always right and necessary. And of course, life never gives you more than you can handle.

# BOUNDARIES WORKSHEET

Use this to set your own boundaries on the next page

## HOW TO SET BOUNDARIES

I Value:	So I Need:	& Will Honor By:
CREATIVE FLOW	→ MINIMAL CALLS & MEETINGS	→ SCHEDULING ONLY WHEN CRITICAL
QUALITY TIME	→ FOCUSED 1-ON-1 CONNECTION	→ WEEKLY DATE NIGHT W/O TECH
FOCUS & DEPTH	→ A FEW "HELL YES" PROJECTS	→ SAYING "NO" TO EVERYTHING ELSE
MY WELLBEING	→ REST, PLAY & "OFF" HOURS	→ NO WORK ON WEEKENDS

# BOUNDARIES WORKSHEET (CONT)

I VALUE	SO I NEED	I WILL HONOR IT BY

## FORGIVENESS MEDITATION

### **There are 3 dimensions of forgiveness:**

- The harm we've done to ourselves
- The harm we've done to others
- The harm done to us by others

Forgiveness is not sentimental, quick, or a superficial obligation to smile and say, 'I forgive.' It is a deep practice and process of the heart. And in that process, acknowledge the violation of yourself or others—the grief, the anger, the hurt, the fear. It takes time and it's takes practice to heal.

### **Principles of Forgiveness**

Be willing to grieve. Be willing to reflect the wide emotional spectrum: feelings of loss, fear, resentment, anger

Discover that you do not need to identify with or be committed to your suffering

Sense the suffering in yourself, of still holding onto lack of forgiveness for yourself or for another. Notice that it's not compassionate, putting weight on your heart

Reflect on the benefits of a loving lighter heart

Accept that forgiveness is a process

Small acts of care and compassion open the heart. Opening the heart heals. What opens your heart? Whatever that is, do more of it!

Forgiveness involves a shift of identity. We all have capacity for love and freedom that is untouched by what happens to us. To come back to this true nature is the work of forgiveness

Forgiveness involves perspective. We are in this drama in a life that is so much bigger than our 'little stories.' When we can open this perspective, we see it's not just our hurt, but the hurt of humanity

# FORGIVENESS MEDITATION (CONT)

## **Forgiveness Practice:**

Set the intention to forgive by touching your heart and doing 1 deep breath

For 20 minutes, write about 1 BIG ISSUE that you would like to heal with forgiveness.  
Be raw, be real, and be open.

Write your forgiveness intention on a piece of paper. Who you forgive. What you forgive them for, and why.

For closure and release, place the paper in the sacred circle forgiveness box to seed the intention, sit in silent meditation for 3 minutes



Access the Body

Listen without Attachment

Reframe Stories

Reach Out or Create Community

Forgiveness

I love you.

I am sorry.

Please Forgive Me. Thank You.

- Hawaiian Ho'oponopono Practice





SECTION SIX

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# SELF-CARE



# SELF CARE SUNBEAM





## SELF-CARE ASSESSMENT

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996).  
Transforming the pain: A workbook on vicarious traumatization. Norton.

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.

Rate the following areas according to how well you think you are doing:

- 3 = I do this well (e.g., frequently)
- 2 = I do this OK (e.g., occasionally)
- 1 = I barely or rarely do this
- 0 = I never do this
- ? = This never occurred to me

# SELF-CARE ASSESSMENT (CONT)

## Physical Self-Care

- \_\_\_\_\_ Eat regularly (e.g. breakfast, lunch, and dinner)
- \_\_\_\_\_ Eat healthily
- \_\_\_\_\_ Exercise
- \_\_\_\_\_ Get regular medical care for prevention
- \_\_\_\_\_ Get medical care when needed
- \_\_\_\_\_ Take time off when sick
- \_\_\_\_\_ Get massages
- \_\_\_\_\_ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
- \_\_\_\_\_ Take time to be sexual - with myself, with a partner
- \_\_\_\_\_ Get enough sleep
- \_\_\_\_\_ Wear clothes I like
- \_\_\_\_\_ Take vacations
- \_\_\_\_\_ Other:

## Psychological Self-Care

- \_\_\_\_\_ Take day trips or mini-vacations
- \_\_\_\_\_ Make time away from telephones, email, and the Internet
- \_\_\_\_\_ Make time for self-reflection
- \_\_\_\_\_ Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
- \_\_\_\_\_ Have my own personal psychotherapy
- \_\_\_\_\_ Write in a journal
- \_\_\_\_\_ Read literature that is unrelated to work
- \_\_\_\_\_ Do something at which I am not expert or in charge
- \_\_\_\_\_ Attend to minimizing stress in my life
- \_\_\_\_\_ Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
- \_\_\_\_\_ Be curious
- \_\_\_\_\_ Say no to extra responsibilities sometimes
- \_\_\_\_\_ Other:



## SELF-CARE ASSESSMENT (CONT)

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### Emotional Self-Care

- \_\_\_\_\_ Spend time with others whose company I enjoy
- \_\_\_\_\_ Stay in contact with important people in my life
- \_\_\_\_\_ Give myself affirmations, praise myself
- \_\_\_\_\_ Love myself
- \_\_\_\_\_ Re-read favorite books, re-view favorite movies
- \_\_\_\_\_ Identify comforting activities, objects, people, places and seek them out
- \_\_\_\_\_ Allow myself to cry
- \_\_\_\_\_ Find things that make me laugh
- \_\_\_\_\_ Express my outrage in social action, letters, donations, marches, protests
- \_\_\_\_\_ Other:

### Spiritual Self-Care

- \_\_\_\_\_ Make time for reflection
- \_\_\_\_\_ Spend time in nature
- \_\_\_\_\_ Find a spiritual connection or community
- \_\_\_\_\_ Be open to inspiration
- \_\_\_\_\_ Cherish my optimism and hope
- \_\_\_\_\_ Be aware of non-material aspects of life
- \_\_\_\_\_ Try at times not to be in charge or the expert
- \_\_\_\_\_ Be open to not knowing
- \_\_\_\_\_ Identify what is meaningful to me and notice its place in my life
- \_\_\_\_\_ Meditate
- \_\_\_\_\_ Pray
- \_\_\_\_\_ Sing
- \_\_\_\_\_ Have experiences of awe
- \_\_\_\_\_ Contribute to causes in which I believe
- \_\_\_\_\_ Read inspirational literature or listen to inspirational talks, music
- \_\_\_\_\_ Other:

# SELF-CARE ASSESSMENT (CONT)

## Relationship Self-Care

- \_\_\_\_\_ Schedule regular dates with my partner or spouse
- \_\_\_\_\_ Schedule regular activities with my children
- \_\_\_\_\_ Make time to see friends
- \_\_\_\_\_ Call, check on, or see my relatives
- \_\_\_\_\_ Spend time with my companion animals
- \_\_\_\_\_ Stay in contact with faraway friends
- \_\_\_\_\_ Make time to reply to personal emails and letters; send holiday cards
- \_\_\_\_\_ Allow others to do things for me
- \_\_\_\_\_ Enlarge my social circle
- \_\_\_\_\_ Ask for help when I need it
- \_\_\_\_\_ Share a fear, hope, or secret with someone I trust
- \_\_\_\_\_ Other:

## Workplace or Professional Self-Care

- \_\_\_\_\_ Take a break during the workday (e.g., lunch)
- \_\_\_\_\_ Take time to chat with co-workers
- \_\_\_\_\_ Make quiet time to complete tasks
- \_\_\_\_\_ Identify projects or tasks that are exciting and rewarding
- \_\_\_\_\_ Set limits with clients and colleagues
- \_\_\_\_\_ Balance my caseload so that no one day or part of a day is “too much”
- \_\_\_\_\_ Arrange work space so it is comfortable and comforting
- \_\_\_\_\_ Get regular supervision or consultation
- \_\_\_\_\_ Negotiate for my needs (benefits, pay raise)
- \_\_\_\_\_ Have a peer support group
- \_\_\_\_\_ (If relevant) Develop a non-trauma area of professional interest

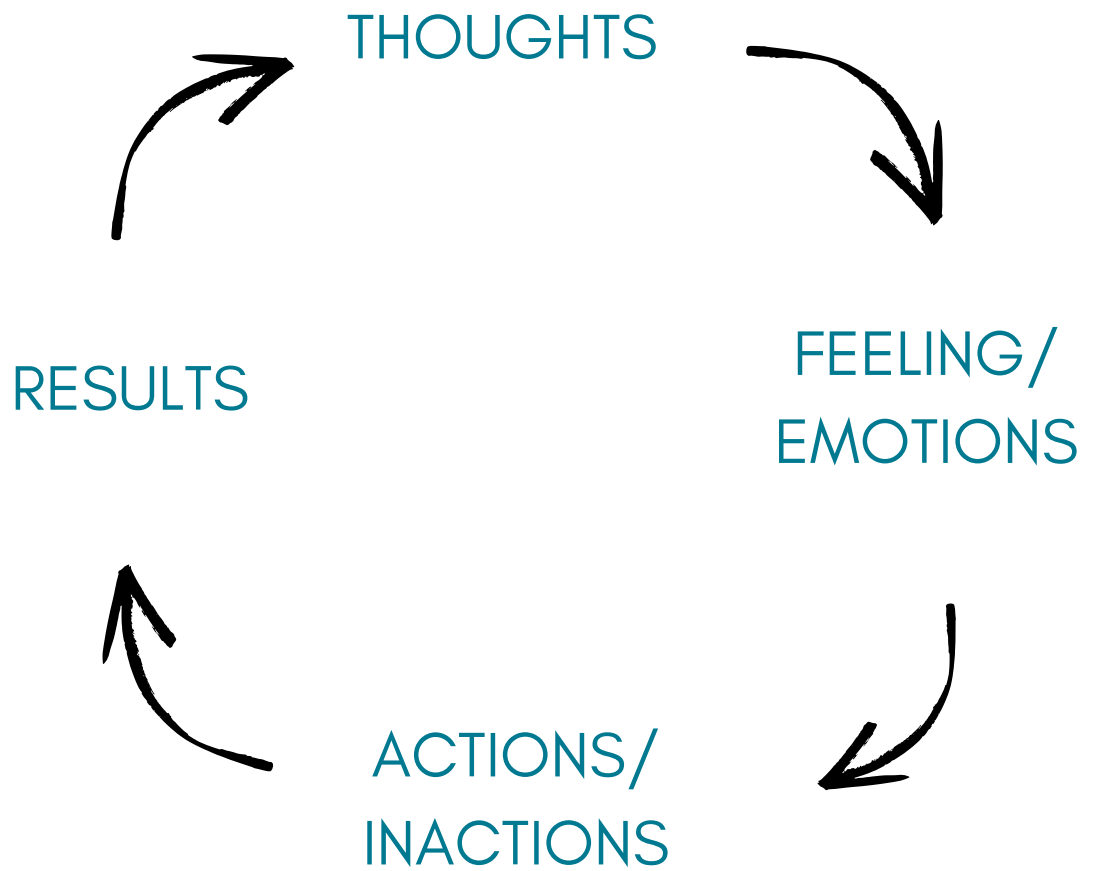
## Overall Balance

- \_\_\_\_\_ Strive for balance within my work-life and work day
- \_\_\_\_\_ Strive for balance among work, family, relationships, play, and rest

## Other Areas of Self-Care that are Relevant to You

\_\_\_\_\_

# THOUGHT LOOPS/ SELF- COACHING





# MAINTENANCE SELF-CARE WORKSHEET

Review the Self-Care Assessment that you just completed, which includes what you are doing now for self-care. On this maintenance self-care worksheet, list those activities that you engage in regularly (like every day or week) under "current practice" within each domain. Identify new strategies that you would like to begin to incorporate as part of your ongoing maintenance self-care - pay particular attention to domains that you have not been addressing in the past.

## MIND

Current Practice

New Practice

## BODY

Current Practice

New Practice

## EMOTIONS

Current Practice

New Practice

## SPIRIT

Current Practice

New Practice

# MAINTENANCE SELF-CARE WORKSHEET (CONT)

## WORK

Current Practice

New Practice

## RELATIONSHIPS

Current Practice

New Practice

OTHER: \_\_\_\_\_

Current Practice

New Practice

OTHER: \_\_\_\_\_

Current Practice

New Practice

## MY MAINTENANCE SELF-CARE WORKSHEET

Identify barriers that might interfere with ongoing self-care, how you will address them, and any negative coping strategies you would like to target for change and how you will change them.

Barriers to maintaining my self-care strategies

How I will address these barriers and remind myself to practice self-care

Negative coping strategies I would like to use less or not at all

What I will do instead

# INNER MAP

based on "Map of Consciousness" by David Hawkins

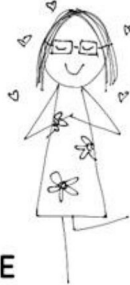
**CREATIVE  
BRAIN**  
"Essence/  
Power"



PEACE



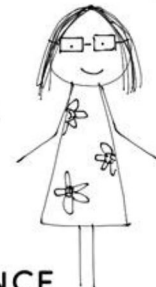
JOY



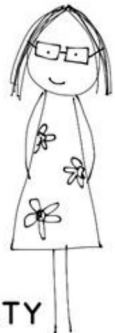
LOVE



APPRECIATION



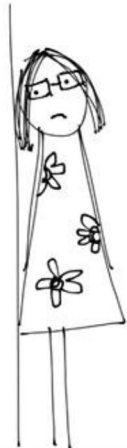
ACCEPTANCE



NEUTRALITY

**BRIDGE:**  
Willingness to  
shift and see  
self as creator.

The LINE



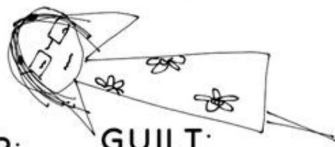
SADNESS



**FEAR:**  
Agitated (mobilized)  
Frozen (immobilized)



**DESPAIR:**  
Immobilized  
sadness



**GUILT:**  
Immobilized  
Fear + Anger



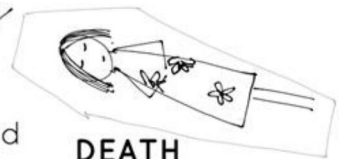
**SHAME:** Immobilized  
Fear + Anger + Sadness



ANGER



**PRIDE:**  
Mobilized  
Anger



**DEATH**

denisedaffara.com.au



## EMERGENCY SELF-CARE WORKSHEET

Why do I need to do this? It is very hard to think of what to do for yourself when things get tough. It is best to have a plan ready for when you need it. What should be in it? You need to consider 3 general areas: what to do, what to think, and what to avoid.

**1** Make a list of what you can do when you are upset that will be good for you.

a. What will help me relax?

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(For example - Breathing, Muscle relaxation, Music, Reading for fun, Watching a movie, Exercising, Taking a walk)specific to YOU?

b. What do I like to do when I'm in a good mood?

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(List all the things you like to do so you remember what they are when you need to think of something to do)

c. What can I do that will help me throughout the day?

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(For example - Avoid too much caffeine if feeling anxious, Remember to breathe, Watch my thoughts, Stay in the moment)

d. Other: What else do YOU need to do that is specific to YOU?

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# EMERGENCY SELF-CARE WORKSHEET (CONT)

**2** Make a list of people you can contact if you need support or distraction.

---

---

Divide the list of people into categories by asking yourself the following questions:

Who can I call if I'm feeling depressed or anxious? \_\_\_\_\_

Who can I call if I'm lonely? \_\_\_\_\_

Who can come over to be with me if I need company? \_\_\_\_\_

Who will listen? \_\_\_\_\_

Who will encourage me to get out of the house and do something fun? \_\_\_\_\_

Who will remind me to follow my self-care plan? \_\_\_\_\_

**3** Next, make a list of positive things to say to yourself when you are giving yourself a hard time.

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Example of negative self-talk:

"I can't get all this work done. I should just drop out"

Change to:

"I will develop a schedule so that I can get this all done"

"I can check with other students for ideas"

"I can get some feedback from the professors that might help me do the assignments"

You get it. Try to think about what you would say to a client with the same struggles and apply it to yourself.

## EMERGENCY SELF-CARE WORKSHEET

- 4** Next, make a list of who and what to avoid when you are having a hard time.

---



---



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Examples of people to avoid:

- My boy(girl)friend broke up with me - I will not call my sister as she always hated him. She'll be happy he's gone.
- I didn't get my assignment in on time and I'm worried about my grade - I will not call my dad, he's a stickler for doing things in advance so that they are never late. He'll just give me a hard time.

You get this too. Not everyone can be supportive or helpful with every situation. Go to the ones who can be supportive about the specific issue you are dealing with.

Examples of things to avoid:

- I should not stay in the house all day
- I should not stay in bed all day
- I should not listen to sad music
- I should not drink too much alcohol
- Other: again, you get it

- 5** Write this plan on a 3x5" card. Keep it in your purse/wallet (and on your phone if you can). Look at it often. Add any good ideas to it whenever you can. USE IT!



# SELF-CARE PRESCRIPTION

NAME:

DATE:

	ACTIVITY	HOW OFTEN?	HOW LONG?	WITH WHOM?
1				
2				
3				
4				
5				
6				
7				
8				



## SEASONAL SELF-CARE GUIDE

### FALL

Fall shows us how beautiful it can be to let things go

In this season I want to

In this season, my self-care will

(write a bit about what is happening this season, what is happening in your life, your work, your family, your financials)

My daily practices will

My monthly practices will

I am accepting and responding to this season

And my mantras will

# SEASONAL SELF-CARE GUIDE (CONT)

## WINTER

Kindness is like snow, it beautifies everything it covers

In this season I want to

In this season, my self-care will

(write a bit about what is happening this season, what is happening in your life, your work, your family, your financials)

My daily practices will

My monthly practices will

I am accepting and responding to this season

And my mantras will



## SEASONAL SELF-CARE GUIDE (CONT)

### SPRING

Spring is when life is alive in everyting

In this season I want to

In this season, my self-care will

(write a bit about what is happening this season, what is happening in your life, your work, your family, your financials)

My daily practices will

My monthly practices will

I am accepting and responding to this season

And my mantras will

# SEASONAL SELF-CARE GUIDE (CONT)

## SUMMER

Every summer has it's own story

In this season I want to

In this season, my self-care will

(write a bit about what is happening this season, what is happening in your life, your work, your family, your financials)

My daily practices will

My monthly practices will

I am accepting and responding to this season

And my mantras will

## VAGUS NERVE

The vagus nerve is heavily involved in Autonomic Nervous System (ANS) regulation, and the regulation of your ANS is key to your healing.

### What Is the Vagus Nerve?

The vagus, or wandering, nerve, is the body's 10th cranial (emanating from the brain) nerve connecting the brain to the gut, allowing them to communicate back and forth. This explains how stress and all kinds of feelings and emotions generate gut sensations and alter digestion.

The vagus nerve connects not only your brain with your gut but also your brain with the rest of your vital organs. The vagus nerve is involved in "the regulation and slowing of the human heartbeat" (Broad, 2012, pg 42) and has been found to have "remarkable control over the body's immune system, playing major roles, for instance, in fighting inflammation" (Broad, 2012, pg 42).

Your nervous system is directly linked to your digestive, circulatory, respiratory, endocrine, immune, and renal systems. If you know how to stimulate your vagus nerve in a pleasant way, then you have the power to disrupt the patterns of unpleasant communication between your nervous system and other parts of your body so that your body can rest and heal.

### **12 Ways to Stimulate the Vagus Nerve in a Pleasant Way**

The key to stimulating the vagus nerve is bringing conscious awareness to the feelings, sensations, energy, and vibrations in your body while you do and especially immediately following any of the below activities. When you have pleasant experiences, really let yourself feel just how pleasant those experiences feel to your body. Feel the pleasant feelings, sensations, movement, energy, etc. See if you can notice changes occurring in your own body that bring about greater ease and flow.

# VAGUS NERVE (CONT)

- 1 Get Comfy.** Make a habit of taking time as you plant yourself on chairs, on couches, and on beds to get yourself as physically comfortable and well supported as you can. Feel the difference now that you are more comfortable. Breathe and enjoy feeling more comfortable.
- 2 Breathe** consciously (with your belly). Pay attention to your breath. Don't push or force yourself to breathe deeply or differently. Breathe normally, whatever that is, and consciously, for some moments, maybe minutes. When your mind wanders, gently, compassionately without judgment bring it back to your breath. If you notice that your belly rises and falls as you breathe or if your belly is able to soften with your having to mentally force or push it to, then practice belly breathing. When your mind wanders, gently, compassionately without judgment bring it back to your breath.
- 3 Practice Meditation.** Meditation has many forms. All meditation tends to fall into one of two camps: concentration or insight/awareness. Concentration type meditations involved focusing your attention on one thing, typically something outside of yourself. Insight/awareness meditation is focused on cultivating insight or awareness typically by focusing on something, often the breath, inside of oneself or keeping an open awareness. Concentration is needed for both forms of meditation. If you're new to meditation, take a class. Work your way over time, perhaps months, from guided short meditation to 20-30-minute silent (no music or guidance) meditations. I recommend starting your meditation with a few minutes of belly breathing, followed by a minute or two of humming or chanting in low tones, and then a silent meditation. What a great way to start your day!
- 4 Feel Your Emotions.** Feeling emotions begins with awareness of emotions. Some of us are more aware of certain emotions and less aware of others. When you feel love, contentment, or joy, notice the sensations of these emotions as you feel them. The goal is to be able to feel them consciously as they arise, work with them appropriately (depending on which emotion it is), and to increase our capacity to feel the full range of human emotions so that we deepen our enjoyment of the pleasant emotions (and the accompanying sensations) and lessen the unpleasantness of the unpleasant emotions (and the accompanying sensations). Riding the waves of your emotions without getting overwhelmed or stuck in them takes practice.
- 5 Make sound.** Hum, chant, moan, sigh, or sing regularly. When you feel an emotion, notice if your body instinctively wants to make a sound that goes along with that emotion. Is there an "Ugh!" or a "Sigh" that wants to be vocalized. It may feel weird to you to actually make these sounds aloud, especially if you are by yourself, but it is actually a way of directly activating the vagus nerve. Certain sounds, in particular, help a lot. Lower pitches, for example, tend to work well. The kind of "Ohm" chanting that happens in some yoga classes is the kind that really works well for the vagus nerve.

## VAGUS NERVE (CONT)

- 6 **Soften the Jaw and Pelvis.** Ever been to a yoga class and done pigeon pose or some other big hip-opener and then just as you're feeling tension heard your teacher encourage you to soften your jaw? The jaw and the pelvis are connected; they tend to get tight together, and they tend to soften together. And the softening of those parts of your body activate the parasympathetic nervous system/vagus nerve. Sit upright with both feet on the floor. Squeeze your Kegel muscle (Men, you, too, can do this by squeezing like you are stopping yourself from urinating.) Now release. As you release, see if you can allow your knees to fall outward or imagine that they are. Feel your hips widen. Breathe. See if you can allow your tongue to soften down to the bottom of your mouth or just lower than it is. Notice the subtle shifts that occur as you do this. Breathe and enjoy the difference.
- 7 **Practice Yoga.** Practicing yoga has all kinds of benefits. One of them is that it stimulates the vagus nerve in all kinds of ways. Yoga (depending on the form, teacher, and specific class) tends to incorporate many of the things I've just mentioned like conscious breath with movement, softening tight spots in the body, and making the right kinds of sounds. Take time to explore various styles, classes, and teachers. Try working yoga into your weekly routine, and don't forget to focus on your breath!
- 8 **Play, Laugh, and Smile.** Connect with friends and family. Whenever possible, work with and through the issues that get in the way of having good connections with people. If necessary, minimize contact with those who don't allow you to feel at ease, and certainly maximize contact with those who do. Seek out good, fun company. As often as possible spend time with people you greatly enjoy doing things you greatly enjoy, engage in activities that bring you to the point of belly laughing, play fun games with adult company, play with your children or other people's children, get silly, listen to and watch programs that make you laugh and smile, or go to a comedy club.
- 9 **Play Music.** If you play an instrument, play music you love. Feel what happens throughout your body as you do. Pay particular attention to your breath, throat, chest, and belly. Enjoy making music. Play the lower tones. Or go listen to some live music. Seek out relaxing music with bass tones. Put the speaker on your chest or belly. Hum or chant along. Or you could always listen to some chanting music and hum or chant along!

# VAGUS NERVE (CONT)

- 10 Get Your Cat to Purr While on Your Chest or Belly (Love up Your Pet).** Spending time hanging out being affectionate with animals in general is a really great thing to do for our nervous systems, so whether you have a dog, cat, snake, rat, or goats, spend time every day loving up your pet. While you love up your pet, you are activating your parasympathetic nervous system. But you really get the vagus nerve going when you love up a cat that's purring while lying on top of your chest or belly. The purr sound and vibration cats make stimulate the vagus nerve in us! Just hang out with your cat for a good ten minutes or more, and you've just done wonders for your body.
- 11 Have Professional Bodywork.** Receiving touch from a professional trained to touch you in the way you enjoy is a powerful way to directly activate the parasympathetic nervous system. A professional massage is wonderful because you don't have to feel guilty about asking for touch at exactly the right pressure and in the exact right place. Craniosacral work is another modality you might want to try. Having someone hold your head in a very gentle manner can be incredibly relaxing and enjoyable.
- 12 Give and receive hugs and affection with family, friends, and loved ones.** Spend time with your affectionate family and friends. Invite and be receptive to their affection as they offer it. Or initiate contact (with permission, of course). If you tend to be a giver instead of a receiver, or if you tend to shy away from all kinds of affection, work on being more receptive to it. Hug your friends. Snuggle with your kids. Go to a cuddle-party.—Yes, there is such a thing!—If you have a romantic partner, have more sex and increase the amount of non-sexual affectionate touch between you and your partner. We human beings actually require quite a lot of it.

Deepen your parasympathetic experience to increase your body's capacity for lower levels of stimulation, allowing your body to expend more energy regulating and healing itself and less energy managing stress.

Adapted from a variety of research, articles, and conversations.

# PERMISSION SLIPS

## Soulful Self-Care Permission Slip

I \_\_\_\_\_ give myself permission to \_\_\_\_\_.

This will allow/invite me \_\_\_\_\_ and feel \_\_\_\_\_.

I give myself permission to expand in abundance, success, and love every day, as inspire those round me to do the same.

### Daily Reminder

I am perfect, whole, powerful, loving, strong, harmonious and happy

## Soulful Self-Care Permission Slip

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## THE THING IS

**The Thing Is**

by Ellen Bass

to love life, to love it even  
when you have no stomach for it  
and everything you've held dear  
crumbles like burnt paper in your hands,  
your throat filled with the silt of it.  
When grief sits with you, its tropical heat  
thickening the air, heavy as water  
more fit for gills than lungs;  
when grief weights you like your own flesh  
only more of it, an obesity of grief,  
you think, How can a body withstand this?  
Then you hold life like a face  
between your palms, a plain face,  
no charming smile, no violet eyes,  
and you say, yes, I will take you  
I will love you again.

