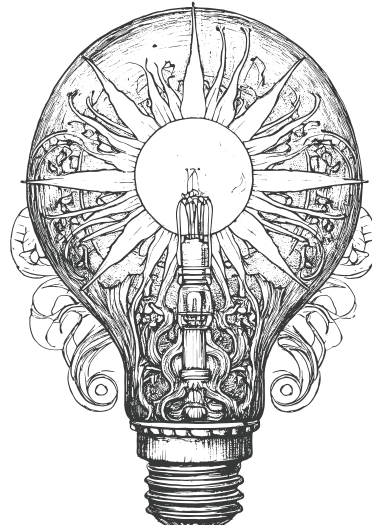


SONIA KILLIK



coach my *life*

HOW TO SHAKE THE PAST
AND **SHAPE YOUR FUTURE**

second edition

response worksheets

Name _____

MY FIRST STEP:

I will dedicate _____ minutes each day to energising my mind,
focus, heart, and goals; making myself a top priority.

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response 4

Create your own 'AND' list. Include every role that you play, every talent you have (explored or ignored), interests, jobs, every description that makes up you. Go for gold and make it as long and as exciting as you can.

I am a

AND

AND

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response 6

Choose either a current situation you're struggling to resolve or be super brave and tackle an aspect within yourself you've been wanting to heal. Perhaps it's a tendency to self-sabotage, feelings of failure, or even substance abuse? Identify a behavioural pattern you recognise in yourself and want to understand better—where it originates and why it manifests.

Step 1

Begin by writing your problem statement in your diary or here in this book.

I am [angry/afraid/ashamed etc..] because of [a situation/something inside me].

Step 2

Now let the internal conversation flow. Do not censor yourself. Do not stop at any one answer or begin examining it. Just keep going. Before you write down each sentence or answer, close your eyes and *feel* what the answer is within your body. Write down and record exactly how your body is responding.

Note:

This is not an exercise in memory function, justifications or explanations of the facts. This is an exercise of body awareness. Your answers do not have to make sense, your sentences can be scribbles. Your goal is to learn how to *feel* and then translate what your body is communicating. Nothing more.

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response 7

Before we begin, I'd like you to sit quietly, back straight, arms and legs in a comfortable position. Take a few breaths, breathing in slowly and filling up your lungs (try guide that breath down towards your belly button). Nice and easy, feel it filling you up. And then release your breath out your mouth with a nice big, loud sigh.

Do this a few times and then relax into natural, unforced breathing. When you are feeling calm and centred you can begin.

Step 1

Read the following sentences and record next to each statement **where** in your body you feel a response, and a description. It may be an emotion, a physical sensation, or both. Make sure your awareness is in the torso area of your body. Take your time with each sentence.

Pause.

Focus on your body.

Close your eyes to help yourself focus on the sensations and feelings if you need to.

STATEMENT

BODY RESPONSE

I find it very difficult to say 'no' to people

A knot in my stomach / feelings of anxiety / hollowness

I worry I don't have enough money or resources

I know I need to work on my health, but I can't get myself out of this rut

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I have a lot of unresolved feelings towards my father/ mother

I am too afraid to be honest about my thoughts and feelings

My romantic relationship is non-existent or disappointing

I want to change my job/career but I don't know how to

I feel judged and unsupported

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Step 2

Now repeat the process with these statements.

STATEMENT

BODY RESPONSE

Every year I treat myself to
an exciting holiday

I have, and can afford,
everything I need

Everything in my life is
as it should be
(if perfection existed)

My friendships enrich my
life and I have people I can
trust and rely upon

I trust myself to make the
right decisions and don't
doubt them afterwards

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I laugh often and deal
easily with stress

Quite a different response this time around, right? Your reactions were likely a mix of emotions, somewhere between excitement and nervousness. Note that, in the first set of questions, the energy or sensations you felt were probably quite dense and heavy, and your body more than likely took on a slumped, closed posture.

However, with the second set of questions, did your energy feel lighter? Did you notice the sensations higher up in your body—in your heart and throat area, for instance?

There may be a subtle difference between the sensations you felt during the first and second steps of this exercise, but they are there. They can be classified as a 'high-alert' state (the heavier, anxiety-ridden feelings) and a 'neutral' state (feeling lighter, energised and filled with a dash of excitement/hope). We would obviously prefer to spend our time experiencing life in the latter.

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response 8

The previous exercises were a way for you to understand and experience how your body responds from your input, conscious or otherwise. This next exercise is designed to help you interpret what your body is trying to **communicate to you**. Write down a few descriptive words that might explain the reasons behind your body's signals.

Try to be as honest as possible. Remember, there are no right or wrong answers, only what is true for you. The deeper you are willing to go with this exercise, the more you will get out.

Be brave.

YOUR BODY IS FEELING	POSSIBLE REASON
----------------------	-----------------

<hr/> <i>Tight chest</i> <hr/>	<hr/> <i>Anxiety/fear/worry; I usually feel that way when I have unresolved feelings, or a situation that needs mending, that I don't want to/know how to confront</i> <hr/>
<hr/> <i>Lethargy or low energy (not from tiredness)</i> <hr/>	<hr/> <hr/> <hr/>
<hr/> <i>Empty sensation in the stomach (not from hunger)</i> <hr/>	<hr/> <hr/> <hr/>
<hr/> <i>Butterflies in the chest</i> <hr/>	<hr/> <hr/> <hr/>

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A sense of withdrawal
(felt in the torso area)

Discomfort in the
reproductive organs

A 'wall' or heaviness
in the chest

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response 9

've put together a list of aspects of everyday life; I'd like you to read them all and then write down **at least four beliefs** that you associate with each term. You may think four is a lot but you'll be surprised how many beliefs we hold, and once you start examining and identifying them all, you'll see just how many clutter up your thinking. (P.S. You don't need to stop at four.)

TIP (Actually, it's more than a tip, it's a must!)

Don't censor yourself. If a thought pops into your mind, write it down immediately; don't think: "That's not a good thought, I won't write it down". Don't worry if you seem to have conflicting beliefs about any one topic either: if you think it, it's in your belief system, so put it down on paper.

E.G. TIME: *There's never enough time in the day*

MONEY: *Money doesn't grow on trees*

Money

Body image

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Sex

Relationships

Men

Women

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Children

Success

Failure

Competition

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Beauty

Father

Mother

Time

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Risk-taking

Pleasure

Work

Exercise

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Challenges/Difficulties

Once you have completed your list, it's time to be objective.

Read through every sentence/belief that you have written and ask yourself this very serious question: **Is this belief my own?** Using a pen or highlighter mark which beliefs you think *do not* stem from your own life experience.

That is all I want you to do, please don't get side tracked and start apportioning each belief to a family member or partner. This is not a blame game, so I don't want any "Damn you, Mother, for getting that into my head" rants. What is important for this exercise is to decide for yourself, through the eyes of a (mature and responsible) adult, **what is true for me?** Do you really believe it or even want to believe it?

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response 10

Go back to your list of belief systems beginning at Response 9, and choose one belief from each topic and try to identify your pay-off. I know it isn't easy to admit these things to ourselves, but I also know you are brave and willing to experience a new You!

E.G. ***There is never enough time in the day*** could translate into:

If I had more time in the day, I would be able to do all the things I keep putting off (take up a painting class, exercise, learn to cook, take my dog for a walk, etc.). It's easier for me to say that I would like to do these things and can't, than actually do them. Having an excuse as to why I can't is easier and less scary than starting something new or taking on a new responsibility or commitment.

To help you get as close to identifying what your reward is for each major belief you're addressing, look for the **emotion**. When you begin feeling anything associated with fear (anxiety, depression, panic, hopelessness, guilt), you are starting to touch the root of where your belief comes from.

(Choose one belief per topic that you identified during Response 9 and try to identify your existing pay-off.)

Money belief

My pay-off

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Body image belief

My pay-off

Sex belief

My pay-off

Relationships belief

My pay-off

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Men belief

My pay-off

Women belief

My pay-off

Children belief

My pay-off

Success belief

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My pay-off

Failure belief

My pay-off

Competition belief

My pay-off

Beauty belief

coach mylife

My pay-off

Father belief

My pay-off

Mother belief

My pay-off

Time belief

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My pay-off

Risk-taking belief

My pay-off

Pleasure belief

My pay-off

Work belief

My pay-off

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Exercise belief

My pay-off

Challenges/Difficulties belief

My pay-off

Once you're comfortable with the mental and emotional digging you need to do to get to the absolute root of your beliefs, you can start to consciously create new ones. As you're selecting your new personal beliefs, be aware of what your new, empowering and positive pay-off will be and how it will benefit and support you. Work with the system and let the system work for you.

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response 11

Choose **three topics** or areas in your life that you would like to improve and make **a new belief** that will serve you for each. Be conscious of not only the positive thought patterns you would like to create, but also the pay-off (reward) that will positively contribute towards the vision that you have for yourself.

For instance:

OLD BELIEF: *There is never enough time in the day.*

NEW AND IMPROVED VERSION: *My time is precious and I always use it wisely.*

MY PAY-OFF: *I will be more conscious of time-wasters and discerning with what I say 'yes' or 'no' to. This will protect my energy and help me feel more in control of my time, allowing me to focus on what I enjoy and what is important to me.*

I encourage you to display this list of new beliefs somewhere you'll see it daily, like the inside of your wardrobe door. Retraining your brain and body requires consistent effort, and daily input is key. Simply reading these beliefs out loud every morning can have a lasting impact.

Additional exercise

If you like, you can spend a couple of minutes reflecting on where in your life your belief systems have hampered you or sullied an experience or relationship. You can also imagine a life where all the belief systems you have in place are chosen by you. Really get into the feeling of this: What would you do? What would you have? Where would you be?

TOPIC ONE

Positive new belief

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My pay-off (reward)

TOPIC TWO

Positive new belief

My pay-off (reward)

TOPIC THREE

Positive new belief

My pay-off (reward)

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Step 2

I want you to get a highlighter or coloured pen and mark off on your list all the recurring **themes** or patterns that you notice crop up in different situations or relationships.

They could be:

- SACRIFICE (giving up your own needs or goals for others);
- ADAPTING (changing tastes and likes to fit in with others);
- TIMIDITY (too afraid to take risks or follow your dreams);
- AGGRESSIVENESS (blaming others for your own failures instead of taking personal responsibility);
- FOLLOWING (doing what others want, or following their paths);
- CONTROLLING (managing others' behaviour or choices);
- DEPENDENCY (relying on others to provide your worth and happiness, but still feeling unfulfilled);
- INDIFFERENCE (avoiding connecting emotionally to your self or others);
- REBELLING (against family, work, responsibilities; feeling trapped);
- REDEEMING (forgiving others too easily without honouring your own boundaries);
- RESCUING (focusing on saving others instead of yourself);
- MARTYRDOM (blaming other people or situations for your circumstances).

If you are having problems identifying your themes (the list above is by no means exhaustive, it's simply a reference), then refer to the first exercise you did on communicating with your body on page 51 and look for a recurring emotion that is felt within you (shame, fear, anger, disappointment, rejection, abandonment etc..) which can help you narrow down your themes.

The theme(s) I noticed

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Step 3

Once you have identified the themes repeating in your life, I want you to write down their **complete opposite**. For instance, if you tend to play the martyr, write down 'hero' in your worksheet.

MY THEMES	THE OPPOSITE	MY FEAR
<i>Being a martyr</i>	<i>Being a hero</i>	<i>If I were a hero I would need to step up, be a leader and make my own decisions (and be responsible for those decisions). I am afraid that I don't have it in me. I am afraid that I will fail or make the wrong decision. I would rather someone else take charge in my life so I can blame them if something goes wrong.</i>



To help you along, I have provided some theme opposites. See what resonates with you but feel free to use your own words.

- SACRIFICE
 - Self-indulgence
 - Self-nurturing
 - Selfish
 - Honouring personal needs
- ADAPTING
 - Assertive
 - Consistent
 - Unwavering
 - Resilient
- TIMIDITY
 - Assertiveness
 - Boldness
 - Confidence
 - Fearless
- AGGRESSIVENESS
 - Compassion
 - Consideration
 - Respectfulness
 - Empathy
- FOLLOWING
 - Leading
 - Driving
 - Initiating
 - Innovating
- CONTROLLING
 - Collaborating
 - Supporting
 - Trusting
 - Respecting autonomy

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- REDEEMING
 - Healthy boundaries
 - Criticising
 - Rejecting
 - Neglecting
- RESCUING
 - Boundary-setting
 - Self-advancement
 - Self-expression
 - Self-empowerment
- MARTYRDOM
 - Balanced giving and receiving
 - Hero
 - Self-assertion
 - Self-advocacy
- REBELLING
 - Conformity (aligned with positive norms)
 - Compliance (in accordance with beneficial guidelines)
 - Harmony
 - Respect
- DEPENDENCY
 - Autonomy
 - Independence
 - Self-reliance
 - Resourcefulness
- INDIFFERENCE
 - Commitment
 - Involvement
 - Sensitivity
 - Vulnerability

MY THEMES

THE OPPOSITE

MY FEAR

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response 13

Read the following words and, using the body awareness technique from Response 5, see how you react to each sentence. See how comfortable you are with each emotion and thought that arises.

Ask yourself the questions:

- *Am I allowed to be this?*
- *When last did I feel this emotion without guilt, shame, rejection or remorse?*
- *Why am I afraid of this?*

EMOTION	MY REACTION
Anger	<hr/> <hr/> <hr/>
Anticipation	<hr/> <hr/> <hr/>
Apathy	<hr/> <hr/> <hr/>

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Blame

Curiosity

Desire

Disappointment

Excitement

Fear

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Freedom

Grief

Guilt

Hate

Hope

Interest

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Jealousy

Joy

Resentment

Unconditional
love

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response 14

TIP

Meditation is an active, conscious exercise. Don't try to wait peacefully for a miracle to happen, but instead be actively involved in the process: ask yourself questions, move if you're uncomfortable, and scratch your nose if you have an itch. Think of it as a discussion with an old friend, but to meet this friend you have to close your eyes and journey to where they live.

Read the following first and then start your meditation:

Get comfortable. You can sit, lie down, lean against something...whichever position you are most relaxed and comfortable in. However, I don't suggest climbing into bed, it's much too easy to fall asleep! Take a few deep breaths, sigh out loud, focus on relaxing every muscle in your body, especially the shoulders. Sigh loudly a couple of times (the sound may make you feel uncomfortable, but do it anyway).

Once you've sighed and breathed deeply a couple of times, and you are feeling peaceful and relaxed, you can close your eyes. Move your attention to the swirling nebula of patterns and shapes you see in the darkness straight in front of you. Remain there for a while.

Breathe.

Now take your awareness deeper, following the thread of your consciousness to wherever it takes you.

Breathe.

Don't strive for anything here, just allow whatever emerges to be. Try not to judge, just follow and watch. Experience what it is to be you. Completely immerse yourself in how your body feels. Stay quietly in this space: this is your sacred space; you are sacred.

When you are ready, say within yourself, "**I love you**".

You'll be surprised how difficult it is to say those three words to yourself. If you really want a challenge, try saying them out loud or in front of a mirror. But do it... Just do it!

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response 15

Try this little exercise for a deeper understanding of what I'm speaking about.

Stop everything you're doing. Take a nice deep breath, sigh really loudly, sit back and relax. Look around you. Where are you? What objects do you see? What is the weather today? Can you hear birds singing? How do your clothes feel against your skin? Just observe from a place of non-attachment. Take it all in.

Stay like this for a couple of minutes, focusing on relaxing and enjoying the moment.

Now, I want you to slowly notice that the world hasn't stopped turning. Life has continued as normal. Look around you again and really contemplate this realisation, even though you aren't currently doing all the activities that fill your time and attention, nothing has changed about you. You are still YOU. The world has continued to function and you haven't dropped dead from withdrawal symptoms after you stopped 'doing' for a few moments.

Really take this experience in and allow yourself to absorb it.

I AM ME, NO MATTER WHAT.
I DON'T HAVE TO DO ANYTHING TO BE ME.
OTHER THINGS DON'T MAKE ME, ME.
I MAKE ME, ME!

INSIGHTS:

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response 16

Do this exercise when you're not pressed for time. I suggest taking a blanket and going outside or anywhere else you find peaceful.

Step 1

Write down all the experiences in your life that brought you happiness. Dig for memories of those times you were genuinely happy. Try to be as honest as possible with yourself, and do not judge past good times from your present personality or beliefs.

Some examples:

- Painting/drawing/sculpting
- Hiking/camping/nature
- Singing/dancing/performing
- Reading/writing
- Puzzles/games/cards
- Travelling/learning a new language/meeting people from different cultures
- Winning an award/being recognised
- Starting something new and enjoying the challenge
- Starting a new sport/training for a race or event

Write here:

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Step 2

Go back to your list and look for a common **theme**. Is it one of companionship? Adventure? Love? Sport? Academics? Were you mainly alone or with friends? Was it an adrenaline rush or a challenge that brought you happiness? Or was it the stillness you experienced that made you happy? Try to define the underlying expression; it's fine if there's more than one

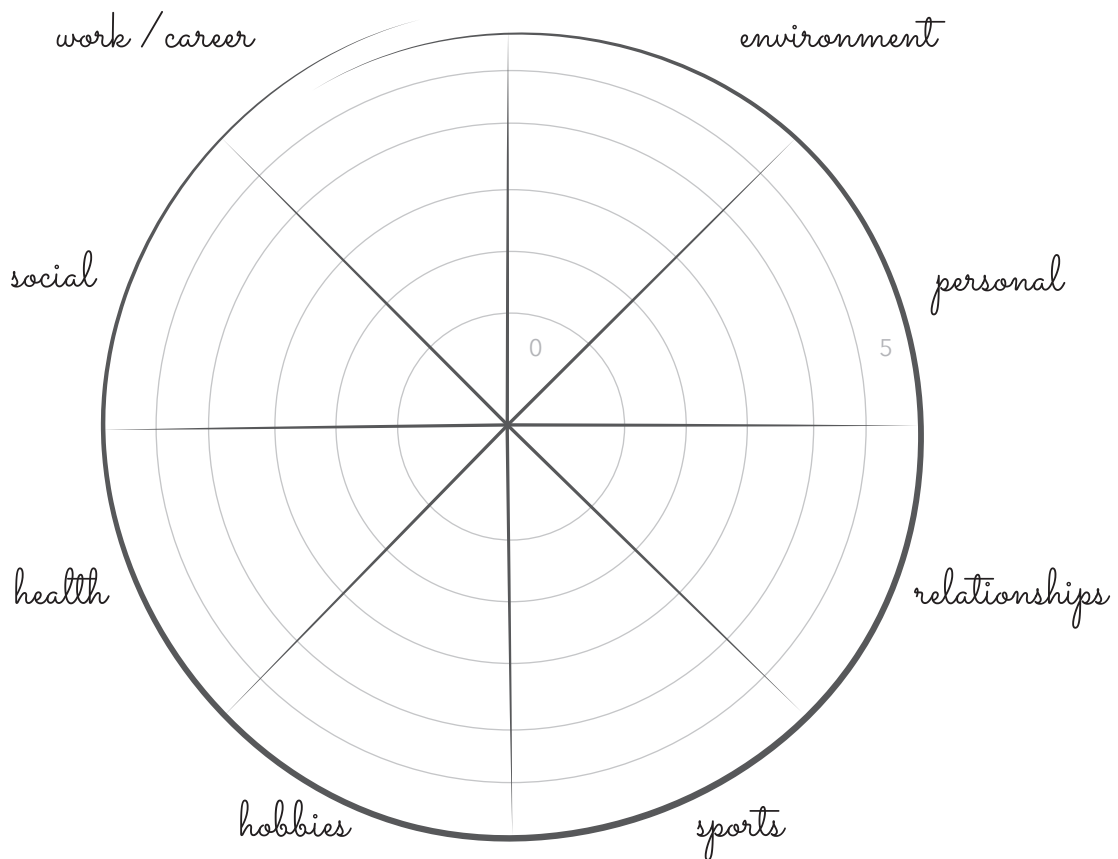
I'll share my themes with you, they are: ADVENTURE and KNOWLEDGE (which, I might add, can sometimes work against each other).

MY THEME(S): _____

Step 3

Using the Life Wheel worksheet below (or from your downloads), write down where you are, and where you are not, expressing the qualities (or themes) that make you happy within each area.

Use a sliding scale: **0 = not ever; 5 = all the time**



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Step 4

Write down some ideas that you may have for how you will bring more of your authentic self into the following areas: If you really want to test your limits, you can match up these ideas with the list of beliefs you would like to transform, and see where you can remove some blockages to make your above ideas a reality.

AREA	IDEAS
	<hr/> <hr/>
Work/career	<hr/> <hr/>
	<hr/> <hr/>
Relationships	<hr/> <hr/>
	<hr/> <hr/>
Personal	<hr/> <hr/>
	<hr/> <hr/>
Environment	<hr/> <hr/>
	<hr/> <hr/>

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Social

Sports

Hobbies

Health

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response 17

Step 1: Letter one:

The first letter you write is going to be from your ego to yourself. Write this one first so you can let it have its say (egos always need to be first).

I know you've spent most of your life trying to be a 'good' person, likely restraining your ego in the process. I want you to throw all that away and let your huge, vain, powerful, narcissistic, pompous ego have free rein. If it makes you feel more comfortable, write your ego's letter on a separate piece of paper so you can burn it or bury it ten feet deep once completed.

The topic should be whatever flows from your pen. It can be one page or five pages. The sentences don't need to make sense: just write...and write...and then write some more. See where it takes you.

Step 2: Letter two:

Your second letter is going to come from your inner core. Once again, I want you to allow your higher consciousness complete control over your surface personality, which means being very firm (but loving) to all your fears, beliefs and thoughts, and politely telling them to shut the hell up for the next few minutes. For this exercise, there is no preconceived notion of what is going to happen; you are simply going to allow whatever it is your true essence wants to say to be put to paper.

Before starting this second letter, please spend a few moments just breathing nice and easy, relax your body...and breathe in your serenity.

Step 3:

Once you have finished both letters, sit back and absorb what you have written. Try not to cringe with embarrassment at either letter, but instead be objective and inquisitive, and see how awe-inspiring it is to recognise what's inside of you. Ask yourself questions such as:

- Are these two great beings so different?
- And if they are, how so?
- Is there any way that the two could be friends?
- What would they say to each other?
- How would they get long?

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daily reminders

- 📌 If you can't love yourself, no one else will.
- 📌 Saying 'no' isn't as bad as allowing yourself to be cheated of your energy.
- 📌 People that don't bring mutual respect into a relationship aren't worth having in your life.
- 📌 Boundaries are the beginning and end points of your self-worth: use them.
- 📌 You are worth more than any amount of money on the planet.
- 📌 (And on that note) Having money and enjoying it isn't a shameful thing.
- 📌 Rather be ashamed of not realising your potential than of being successful.
- 📌 You are your own best guide: no one knows better than *you* what's best for you.
- 📌 Spend alone time every day to feed your spirit to re-fuel your body and mind.
- 📌 Always check the truth of a situation within yourself: take the opinions of others at face value.
- 📌 Give yourself the ultimate gift: the freedom to love and express yourself.
- 📌 Never stop learning and growing: there will always be more to add to the richness of who you are.
- 📌 You are neither perfect nor meant to be: remember to laugh at yourself.
- 📌 Be grateful for your challenges: they make you stronger and wiser.

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response 18

Step 1

Below, write out your three goals in simple statements that describe what you want to achieve (or use the goal worksheets you downloaded). Visualise yourself in the near future once your goals have been reached; imagine how your life has changed and how you have changed. It's essential to have a clear idea in your mind of where you are starting from and where you will arrive once you have achieved your goal.

E.G. *I want to start a healthier lifestyle by changing my diet and beginning an exercise programme.*

GOAL 1:

GOAL 2:

GOAL 3:

Step 2

The next stage of goal planning is important: you do not want to put all the effort into pursuing a goal just to lose motivation before you've really begun.

Be really honest with yourself and check each one of your goals against the following questions:

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- What inspires you about this goal?
- Is your goal within your control?
- How will your life be improved or changed once you've reached your goal?

After answering the above questions, ask yourself:

- Are there any obstacles** in my path that could potentially slow down my achievement?
- Is my goal visionary?** (If your goal is something you have done before it may lack true vision.)
- Is my goal clear?** (Be 100% certain about what it is you are striving towards.)
- Does my goal challenge me?** (If it is too easy, you won't be growing out of your current circumstances.)
- Does my goal motivate me?** (The reward/outcome should be enough to keep you going through the hard times.)
- Do I feel inspired by my goal?** (You should be giddy with excitement and eager to get started.)
- Is my goal focused enough?** (The definition and outcome of your goal should not be ambiguous but rather be clearly defined.)
- Do I feel I can achieve my goal?** (While your goals should stretch you, they need to be attainable.)
- Is my goal measurable?** (You should have a clear timeline in mind in order to know when you've reached your goal.)

If you want to change anything, then now is the time. Remember to dialogue with your self to get to the core truth of why you want to pursue this goal. Use your indisource (authentic-self) techniques to check that you're not doing what you feel you should do, or what you think will make someone else happy.

This is your goal and no one else's. Only you can decide its value and core reason for existing. If you are happy with the three goals you have set for yourself, let's do a final check against the key factors of a successful goal.

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Step 3

Savvy readers might have noticed that the example goal I provided did not meet the prerequisites outlined in Step 2. My example lacked clarity, measurability, and focus. Below is a far better version:

Example goal: *I want to start a healthier lifestyle by changing my diet and beginning an exercise programme.*

A more powerful and succinct version:

*To implement a healthier lifestyle by
removing all sugar and processed food, clear
and exercising 4 times a week focused
in order to lose 10 kg within 3 months. measurable*

Step 4

Now it's time to transform your goal into a power statement—one that inspires you and which gives you a secret smile every time you read or think about it.

Your power statement should capture the essence of your goal. It doesn't need to make sense to anyone but you! Make it fun and concise so that it's easily remembered. It is going to be the flaming torch you strive towards, the symbol that keeps you going, even if you wake up in a doubtful, lazy or shitty mood.

Example:

MY GOAL: *To implement a healthier lifestyle by removing all sugar and processed food, and exercising 4 times a week in order to lose 10 kg within 3 months.*

POSSIBLE POWER STATEMENT: *Wonder Woman Reborn! OR Iron Man Rises! OR Time To Kick Ass!*

Let's do that now in your next Response:

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response 19

Go to your Goal Sheets at the end of this Response Booklet and fill them out using the example below. Keep them in a place where they can be accessed and seen every day.

Once your Goal Sheet has been filled out it should look something like this:

Goal: *To implement a healthier lifestyle by removing all sugar and processed food, and exercising 4 times a week in order to lose 10 kg within 3 months.*

Power Statement: *Time To Kick Ass!*

I would have reached my goal when: *My family and I are consistently eating healthier meals. I have lost 10kgs, and I exercise at least four times a week (and enjoy it!).*

The time frame I have set myself to achieving my goal is: *3 months*

Date to be completed: *10 March*

The amount of time I will dedicate to achieving my goal every day is: *1 hour (this would include any actions needed to get your goal started and progressing forward such as menu planning and going to the gym etc.)*

What inspires me the most about my goal: *I want to recapture the energy I used to have, fit into my old clothes, feel sexy, and set a good example for my children on how to take care of their bodies.*

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response 20

Step 1

Go through the nine strategy guidelines I gave you (pg 202) and write down everything you can think of that you will need to reach each of your goals. I suggest you write each idea on a separate sticky note or small piece of paper so that, after this brainstorming session, you can re-organise them into groups (you may land up having similar ideas that can be combined into one strategy). Using small pieces of paper will also make the shuffling process easier when you decide which strategy should go in which order.

You are aiming for headings only (such as Research/Time Management/Assessment etc.) and not detailed action plans.

To start, simply ask yourself the following:

- What is the first step I need to take to reach my goal?
- And then?

Step 2

Now that you have your basic headings you can start putting them into groups. Look to see if there is anything that is an action (call the bank would be an action, whilst research your finances would be a strategy). If there is, then see if you can place that action under a heading.

This is where those separate pieces of paper come in handy: you can mix and match your headings until they feel right. If you have any headings that are similar, see if you can combine them into one. You don't want to have 20 strategies; remember, no more than ten, no less than five.

Step 3

Next, place your headings in their correct sequence. What should go first? Then, what is the next logical step? Keep going till you have a series of strategies that makes sense to you.

Step 4

Record your completed strategies in a clear order onto your Strategy Worksheet. If you want to

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get creative with how you have described each strategy, like you did with your goal statement, now is the time. Go for it.

Once your strategy worksheet(s) have been filled out for each goal, have a rest. Feel proud about your accomplishment and the time you have taken to map out your goal. And when you are ready, come right back...there's work to be done.



Your Strategy Sheets can be found at the end of this Response Booklet

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response 21

Week 1:

If you are ready to start brainstorming your first set of actions, please use the Action Sheets that you downloaded and use one sheet per week to record your intended actions for all 3 goals. Your Action Sheets not only provide a record of your intentions, your progress, and your achievements, but they are also a place to record and integrate any insights or lessons learned whilst performing your actions.

Week 2 and onwards:

Follow up how the set of actions went at the end of each week, and then set new actions for the week to come. A manageable time-frame is one to three weeks per strategy and one week per set of actions. Don't set yourself more than six to ten actions per week—instead see how you can make your intentions more specific so that they yield better results, rather than going overboard with an extensive 'to-do list'.

Once you have completed your actions for the week, refer to your last Action Sheet before you set new actions. Fill in all the remaining sections which will ask you to assess and record your progress for the week. Remember, it's not just the tangible results that you are after, but also the new lessons and insights into your glorious self.

Look for:

- Things you want to continue or refine from your last set of actions;
- Insights or realisations that you want to anchor or integrate during the next week;
- Challenges you would like to work with more;
- Anything that you think might be missing in completing the strategy 100%;
- And, should any dragons show up, ways in which you can support yourself next time.

Your Action Sheets are designed to support and help you keep a record of your progress. Remember to always acknowledge yourself for every step that you have taken and use your support structures if you need them!

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end of the activity worksheets

Our lives as humans are both beautiful and terrifying: the highs of love and laughter, and the lows of sadness and tragedy. We have all been given a different canvas and set of brushes with which to paint our lives on—some of us come from supportive and loving families; some from poverty and abuse. What connects us all, however, is our ability to grow into anything we can imagine, and our hearts that have the ability to keep hoping beyond the pain.

It is not an easy journey, to face our own demons, to bravely walk into our fears and accept all that we are and all that we will experience... But it is so worth it.

You are so worth it.

With love and gratitude,

Sonia Killik

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weekly action sheets

NAME: _____ DATE: _____ WEEK NO: _____

CURRENT FEELINGS TOWARDS MY GOALS:

Goal 1: _____

Goal 2: _____

Goal 3: _____

Intention for this week: _____

ACTIONS TO TAKE FOR THIS WEEK:

COMPLETED

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Insights during this week:

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strategy sheet

NAME: _____ DATE: _____

GOAL: _____

STRATEGIES:

- 1 _____

- 2 _____

- 3 _____

- 4 _____

- 5 _____

- 6 _____

- 7 _____

- 8 _____

- 9 _____

- 10 _____
