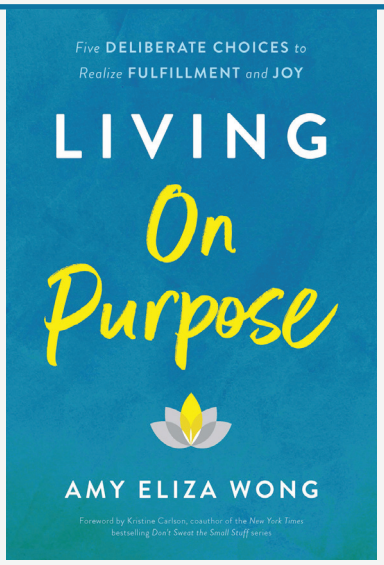


Companion Workbook

A workbook to help you thrive and live your life **ON PURPOSE**

DATE: _____

CHOICE #1:

Choose to "feel" it out, not "figure" it out.

Exercise:

What are the big goals and wishes you have had for your life? Then ask, what was the reason that I wanted this? Inquire until you are left with the desired feeling state.

Goal 1 :	What was the reason?
	Desired feeling state?

Goal 2:	What was the reason?
	Desired feeling state?

Goal 3:	What was the reason?
	Desired feeling state?

CHOICE #1:

Choose to “feel” it out, not “figure” it out.

DATE: _____

Journal Entry:

When you go about your day, what gives you a flutter of aliveness and/or a sense of expansion and energy?

CHOICE #1:

Choose to "feel" it out, not "figure" it out.

DATE: _____

Weekly Affirmations:

Say these affirmations to yourself at least once today.

Do it in whatever way feels most comfortable to you.

– I am committed to acting on my inspired thoughts.

– I trust in the life that's being revealed to me.

– Sluggishness does not equal laziness.

How did saying these affirmations make you feel?

Reflect on your experience:

My doubt was all consuming, trying
to convince me I was making
a wrong decision.

My heart, however, knew
it was exactly the decision
I needed to make.


PERSONAL GROWTH
CONTRIBUTION
SPIRITUAL HEALTH
FUN
ROMANCE
FAMILY
SOCIAL LIFE
HEALTH
PERSONAL FINANCES
CAREER
Wheel of Life

DATE: _____

CHOICE #2:

Choose to know that there is no way things (or you) "should" be.

Instructions:

Identify the category of life you feel the most alive (and least stressed.)
Reflect on how the word "should" shows up in this category or not.
Celebrate your ability to flow in this category!

Now identify the category of life you feel the most stressed.
Write out the top five "should" statements.

Respond to each statement by either:

1. Converting it to **"I want..."** or **"I can't wait to..."** statement
(focus on what you want, not on pushing away what you don't want)

2. Change it to **"I will..."**
(instead of resisting the idea of what's unwanted take action onwhat you can)

3. "According to **what** big book in the sky**?**!"
(Wake up to the false fixed ideal to which you're holding yourself hostage
and drop the should completely.)

CHOICE #2:

Choose to know that there is no way things (or you) "should" be.

CHOICE #2:

DATE: _____

Choose to know that there is no way things (or you) "should" be.

Weekly Affirmations:

Say these affirmations to yourself at least once today.

Do it in whatever way feels most comfortable to you.

– There is no way things should be. Period.

– I'm doing the best I can with all that I have in every moment.

How did saying these affirmations make you feel?

Reflect on your experience:

DATE: _____

CHOICE #3:

Choose to know that it's always working out for you.

Instructions:

Write out 3-5 things you are appreciative of this week.

CHOICE #3:

Choose to know that it's always working out for you.

DATE: _____

Journal Entry:

What in your life has felt like, or currently feels like, "shit"? How might it be instead be "fertilizer" for your future vision? How can you "compost" it to manure?

CHOICE #3:

Choose to know that it's always working out for you.

DATE: _____

Weekly Affirmations:

Say these affirmations to yourself at least once today.

Do it in whatever way feels most comfortable to you.

– I am choosing to know that however odd, hard, or unideal life may be in any moment, it always works out in the end.

– Gratitude is better than blame.

– I practice appreciation.

– What I choose to believe about myself is entirely up to me.

– To know what balance is, I need to know what balance isn't.

How did saying these affirmations make you feel?

Reflect on your experience:

DATE: _____

CHOICE #4:

Choose to know that you are already complete.

Instructions:

Go somewhere out of your home, and journal about what you see from a **negative view** and a **positive view.**

Negative View:

Positive View:

How can you be proactive about shifting your lens? How would that serve you?

At some point in your life's trajectory,
you decided something crappy and untrue
about yourself to make sense of rejection
or feeling unwanted.

Underneath all of that is who
and what you were born to be:
whole and complete.

CHOICE #4:

Choose to know that you are already complete.

DATE: _____

Journal Entry:

Describe the YOU that is before and beneath your fears and false beliefs; the YOU that is rooted in love and truth. What qualities make you YOU that are not a fear or survival mechanism?

CHOICE #4:

Choose to know that you are already complete.

DATE: _____

Weekly Affirmations:

Say these affirmations to yourself at least once today.

Do it in whatever way feels most comfortable to you.

- **The contents of my inner opposition are all based on a false, lack-based belief I fear is true.**
- **I claim the life I am born to live.**
- **I am a whole and complete, worthy and deserving, resourceful and resilient human being.**
- **I feel the difference between an action arising from my truth, vs. a survival mechanism based in fear.**
- **My choice is my truth.**

How did saying these affirmations make you feel?

Reflect on your experience:

DATE: _____

CHOICE #5:

Choose to **know**, not "believe", your worth.

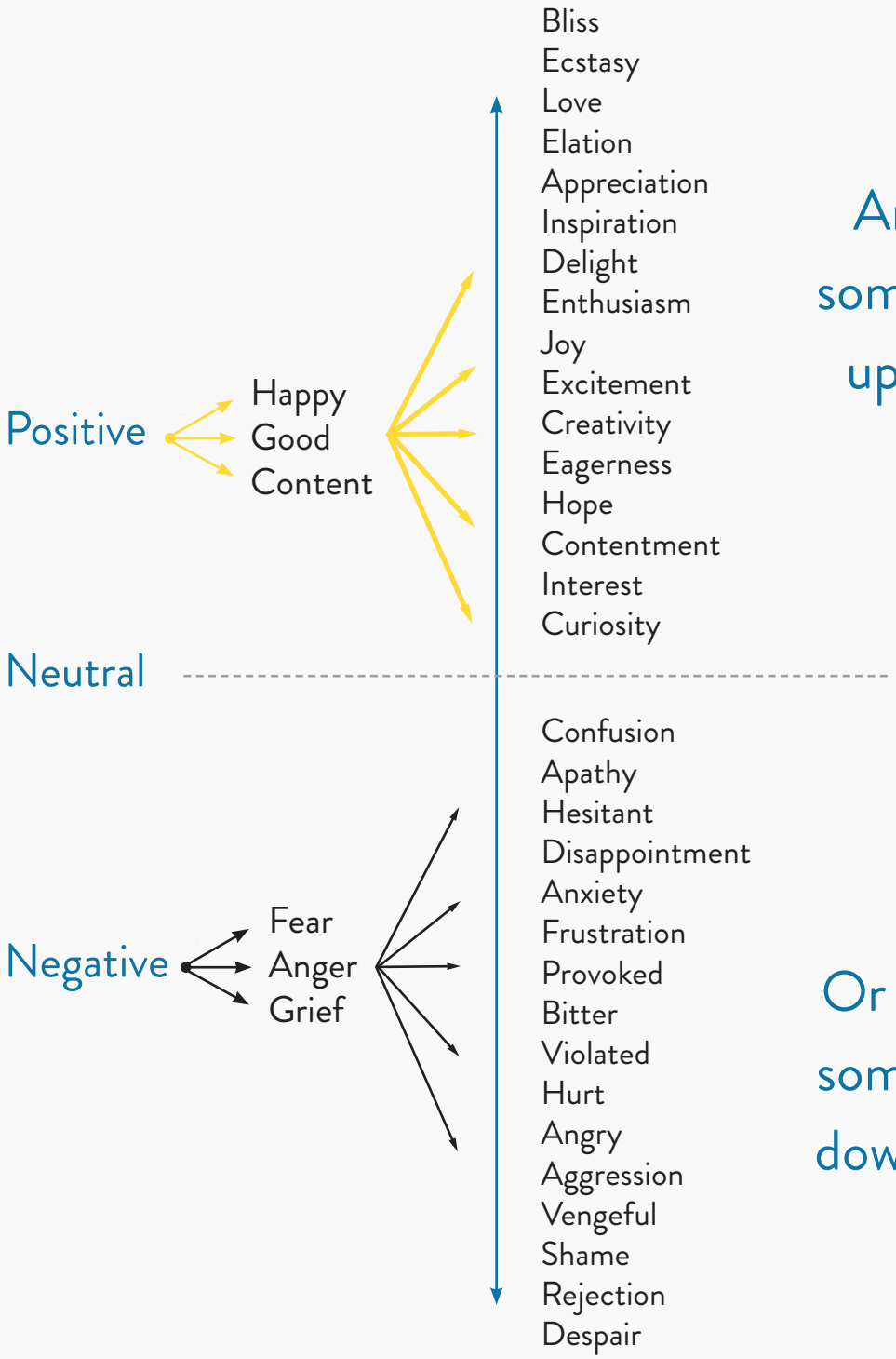
Instructions:

Use the feeling chart to identify where you fall at 5 different moments of the day.

Write + or - in each box and then identify the specific feeling that you are feeling.

MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						

Feelings Chart



Are you somewhere up here?

Or are you somewhere down here?

CHOICE #5:

DATE: _____

Choose to **know**, not "believe", your worth.

Journal Entry:

What are your core values? Why are they important to you?

CHOICE #5:

Choose to **know**, not believe, your worth.

DATE: _____

Weekly Affirmations:

Say these affirmations to yourself at least once today.

Do it in whatever way feels most comfortable to you.

- **I am Whole and Complete.**
- **There is no better feeling than harnessing CHOICE and being in the driver's seat of my own life.**
- **I have the power to choose my authentic self.**
- **My transformation and growth is voluntary and I choose it everyday**
- **Feedback is information not evidence, and praise is not proof.**

How did saying these affirmations make you feel?

Reflect on your experience:

The key to claiming who you really are is being able to choose truth over fear.

DATE: _____

Journal Entry:

What are you standing for right now? Is that truly what you want to be standing for?

How can you shift your stance to be more aligned with who you are?

DATE: _____

Journal Entry:

What is truly important to you?

DATE: _____

Weekly Affirmations:

Say these affirmations to yourself at least once today.

Do it in whatever way feels most comfortable to you.

– I choose to know I am Whole and Complete.

– My wants are rooted in the joy of creating, not necessity.

– Fear is not my enemy.

– I know, not believe, my worth.

How did saying these affirmations make you feel?

Reflect on your experience:

The Choices Checklist

– CHOICE #1 –

Feel it out, don't figure it out.

– CHOICE #2 –

Know that there is no way
things (or you) **should** be.

– CHOICE #3 –

Know that it's **always** working out for you.

– CHOICE #4 –

Know that you are **already** complete.

– CHOICE #5 –

Know, don't believe, your worth.

DATE: _____

Journal Entry:

How could you practice making these choices in your daily life?