Redefining Ourselves
& Our Vision

The Workbook

The plan for moving forward, wherever you are.
Questions for clarity, letting go and moving forward.

Opening is about intention...

**Grounding:** How will you ground yourself before you get clear?

**Gratitude:** What are you grateful for coming into this process?

**Intention:** What specifically are you looking for clarity on or looking to accomplish?
Past:
Honoring: What can I honor in myself, someone else, or the situation?

Forgiveness: Who do I need to forgive? What do I need to forgive myself for?

Letting Go: What beliefs, blocks, or stories do I need to let go if in order to step into truth? How will I let them go?
Core of the process

Present:
Clarity: What do I need clarity around? What clarity do I have around this? What are my specific questions?

Ownership: What can I own about this situation? Where is my power in this situation?

Truth: What is my current truth? How do I want to feel? What's the truth about me?
Future:
**Desires:** What do I really want out of life? How do I want to feel? How do I want to show up? What do I want to do?

**Action:** What can I do to take action on my desires and the life I want?

**Commitment:** What commitments can I make to myself to ensure I am moving forward toward my desires?
Connection: How can you ground the clarity and commitments you want to make? What will be your touchstone?

Affirmations: What words of my truth can I repeat to myself to remember these commitments and clarity?

Gratitude: What am I grateful for now?