

Know Yourself

Tools

Workbook

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She's Got Passion
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From Contrast to Clarity

What I don't want

What I want

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Meeting Your Future Self Guided Meditation

Please, reflect on your experience with visualizing your Future Self. Answer these questions and then journal about your feelings and thoughts.

1 What did she/he look like?

2 How did she/he feel? What was her/his general attitude and emotional state?

3 What kind of life was she/he living? (Career, relationships, health, friends, spirituality, so on)

4 What was her/his message to you?

5 What was her/his gift to you?

6 What are you going to do next to become her/him?

Step 1

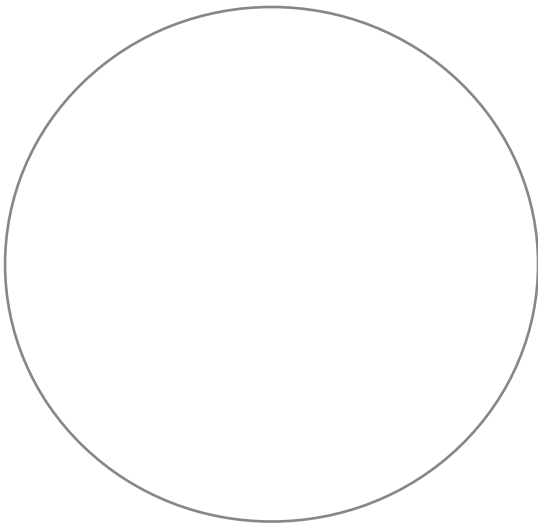
Step 2

Step 3

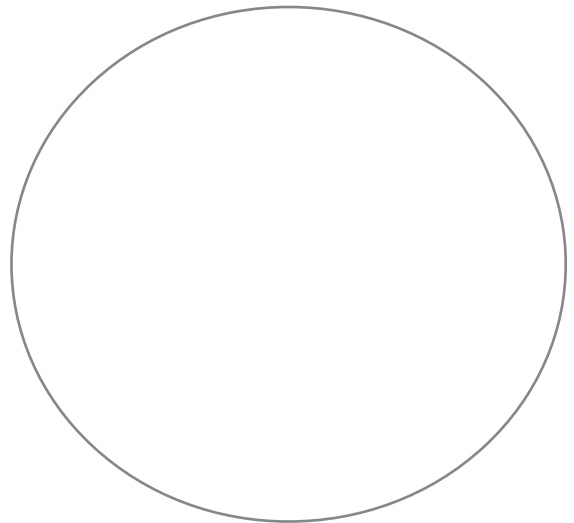
Sitting With Yourself

Please, spend 15 min to contemplate and brainstorm about each of the following questions and write down the immediate thoughts and feelings you have in the circles assigned:

- 1 What do I need to **KNOW** about this situation
- 2 What do I need to **ACCEPT** about this situation
- 3 What do I need to **HEAL** about this situation
- 4 What do I need to **DO** about this situation

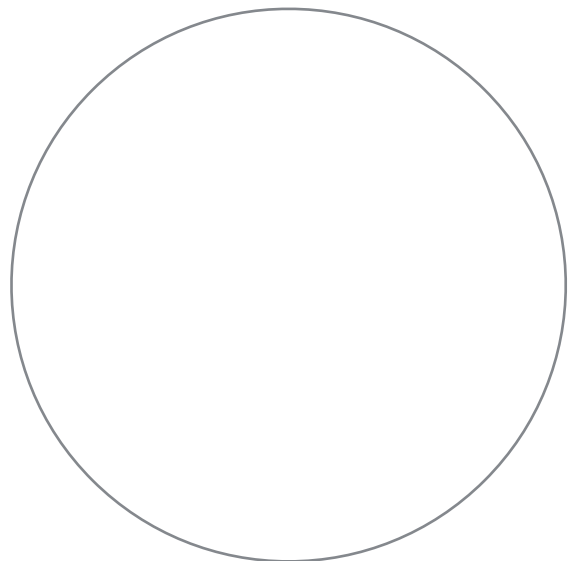
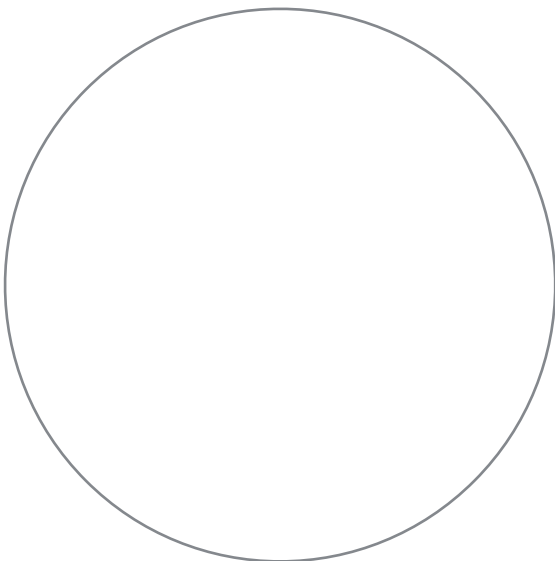


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What Is Going Right

Please, write down at least 12 things that you are doing right about achieving your goal. Repeat process for any other situation or goal you have. Make sure to keep this list in front of you during your day to inspire and motivate you to keep on track.

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Groundhog Day

	Goal	What worked	What didn't work	Course correction	Next Step
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2					
3					

Master Manifestation List

Let yourself become the deliberate creator in your life. Let your imagination expand, and write about the life you desire to create. Include everything you desire (the successes, the adventures, the creativity, the love and the fun) Visualize your reality to be where you manifest what you want and you are experiencing joy, health, success, abundance, fulfillment and more! In this Master Manifestation List, let your imagination be free. Don't censor yourself. Allow whatever thoughts and ideas come to you and write them down without hesitation. Let it all flow from your pen onto the paper. Write out your ideal reality for each area of your life, listed below. If you could have a life beyond your wildest imagination, what would it look like? Please, spend plenty of time writing and adding to your list. Treat it as a work in progress.

EMOTIONAL MANIFESTATION LIST: What do you want and why?

RELATIONSHIP AND FAMILY MANIFESTATION LIST: What do you want and why?

CAREER AND FINANCIAL MANIFESTATION LIST: What do you want and why?

SOCIAL MANIFESTATION LIST: What do you want and why?

PHYSICAL MANIFESTATION LIST: What do you want and why?

MENTAL MANIFESTATION LIST: What do you want and why?

SPIRITUAL MANIFESTATION LIST: What do you want and why?

9 Choices Exercise

Please, write down at least 9 things you can do about this situation

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