

the
INTUVISION
GUIDE

12 POWERFUL MODULES TO HELP YOU
BECOME CONFIDENT, PRODUCTIVE AND
RELAXED SO YOU CAN TAKE CHARGE OF
YOUR LIFE AND MAKE THE MOST OF IT



INTU + VISION = INTUVISION

*Time to get out of your own way
and rewrite your own story*

You've got all the answers within you. All you need is your intuition and a belief in your vision to achieve the best in life and all that you desire. These 12 small but powerful modules will help you to achieve just that.

INTRODUCTION

YOU MATTER! YOU MATTER!

I don't know what your story is or what it was, but here, right now, you matter, you are unique and you have the power to write your own story.

I'm not sure what made you want to claim this guide. But one thing I know for sure is that you're looking for a change within you and a change that can help you not just to help you live life but live it with joy, passion and love.

Perhaps you know you have the power to change so much and take charge of your life, all you need is a nudge and a reminder that you deserve the best.

Consider this guide as a reminder, to help you reconnect with yourself. A simple vote of confidence you need to have in yourself. Consider this guide as a second chance for your dreams and goals in your life.

I hope you make the best of this guide.

PAUSE, BREATHE
AND DREAM

*nikita
vyas*

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In this guide

Innate

STRENGTHS

MODULE 01

Strength

01 - Innate Strengths

FOCUS ON YOUR STRENGTHS

What if no one were to judge you about the way you felt about the strengths you think you already have?

Would you then, feel comfortable enough to list them down?

We're all born with certain strengths, that may or may not be different from others. Nonetheless, these strengths that are innate, are very special and unique.

These strengths sets us apart from others and often help us in the most tough and challenging situations.

Sometimes we know what our strengths are and we feel confident about it. But sometimes we are clueless about these strengths and sometimes our strengths change with experience and time.

It's important we know our strengths and are comfortable with them. Our strengths are like our anchors. We need to rely on them in case we feel stuck or experience setbacks.

Our strengths change as we grow with experience. Therefore learning about them is always an on-going process.

It's never too late to be acquainted with our innate strengths as well as adapt a few necessary ones along the way!

step by step way to re-frame your strengths

IF YOU'D LIKE TO TRY AND RE-FRAME YOUR
LIMITATION INTO A STRENGTH, YOU CAN GO
THROUGH THESE SIMPLE STEPS –

Don't worry about how your strengths appear to other people around you. They are for your benefit and growth. Having said that, it takes practice to apply these strengths in a balanced way that it serves for your highest good.

Step #1 –

Write all your traits or write about your nature and personality without defining it as good and bad, right or wrong.

Step #2 –

Circle the traits that you feel are your strengths. Rewrite it in a column. The one's that haven't been circled will be your limitations or weakness by default.

Step #3 –

On a blank sheet of paper make a vertical line in the middle and a horizontal line. Which will give you four boxes. Or you could simply make four boxes. Now label each box with – Career/Business, Relationship/love, Health/wellness, Self/lifestyle.

Step #4 –

Take the limitations/weakness one by one and try putting it in box(s) you think it'll serve as strengths. (For eg., Being too vulnerable can appear to be a weakness in career/business but serves as a great strength in self/lifestyle, relationships/love, health/wellness.) Once you're done with limitations you can try the same as your strengths, on a different paper.

Step #5 –

Take a look at your new strengths!

Step #6 –

Journal about the next steps you need to take in order to be comfortable with your new strengths, also journal about the way you feel about these new strengths.

Anytime I work with a client, the first session is usually always about strengths and weakness. Whether it's in our personal or professional lives I feel the awareness we have towards our strengths and limitations really helps in setting the foundation. A lot of times we're encouraged to concentrate only on our strengths and let go of our weakness or limitations but in reality, our limitations are just as important and necessary as strengths. They are a part of us and are inherent for a reason.

WORKSHEET

LIST YOUR STRENGTHS

STRENGTHS YOU
ALREADY HAVE

STRENGTHS YOU
WANT TO ADAPT

[illegible]

Important
VALUES
MODULE 02

values

01 - Important values

RECONNECT WITH SELF

If you feel lost or at a crossroads in your life, enough to know that you don't know yourself or feel like yourself anymore, what would you do?

Wouldn't it be nice to reconnect with yourself?

I find it quite helpful to go back to the beginning, anytime I feel at a crossroads in my life.

We as emotional beings get easily influenced by the people we meet, situations we experience and events that affect us.

It's normal and natural to feel this way often in our lives.

There is a disconnect, an out of skin experience if you will.

One of the ways to reconnect with our self is to go back to understanding our values. Not the values we grew up with but the values we create for ourselves.

As kids, we're taught some golden values such as, honesty, truth etc., as we grow up we upgrade our mindset and while some values still hold a great deal of place in our lives, we slowly adopt other values that cater to each individual separately.

For some honesty is a value they most identify themselves with, for some it's forgiveness and for some it could be self-respect.

Values are in a sense our foundation, the base, therefore it's important to keep revisiting them every once in a while, especially at a crossroads.

ways to decide how your story unfolds

IF YOU'VE BEEN TRYING TO GET YOUR LIFE BACK ON TRACK ESPECIALLY THE WAY YOU WANT TO LIVE, THESE FEW POINTERS MIGHT HELP YOU

There comes a point in our lives when we reach a place where transformation becomes a necessity. Change becomes a priority. Self-healing becomes non-negotiable. In such a time, remember these 10 ways that will help you decide how your story unfolds –

- | | |
|--|---|
| 1. Focus on what you want | As humans it's safe to say that we've always hoped and wanted for things to go our way especially when there's a lot at stake. |
| 2. Appreciate more | |
| 3. Detach from feeling of shame and guilt | |
| 4. Don't obsess over what isn't going well, work instead | There could be a big debate on whether it's truly possible all the time but there's enough proof that most of the time, our life goes exactly the way we want it. |
| 5. Focus on the process instead of the outcome | |
| 6. Make choices that would serve you better | Doesn't matter whether it's favourable or unfavourable but they do go according to us |
| 7. Learn to say NO | |
| 8. Shift your mindset | |
| 9. Assume responsibility | |
| 10. Communicate with yourself politely and gently | |

In all honesty, it's a matter of our choices, perspective, changes and responses in my opinion. This kind of attitude didn't just fall into my lap, I had to make a few changes in my life. When I started making them, I had no idea where this would take me or what the outcome would be but I knew some very important patterns that needed to change.

WORKSHEET

LIST YOUR MOST CHERISHED VALUES

VALUES YOU MOST
CHERISH IN YOUR
LIFE

REASON FOR
CHERISHING THESE
VALUES

WHEN WAS THE LAST TIME YOU WERE AT
A CROSSROADS AND WENT BACK TO YOUR
MOST CHERISHED VALUE, HOW DID IT
HELP YOU RECONNECT WITH YOURSELF?

Navigating
CHANGES
MODULE 03

03 - Navigating Changes

LETTING GO OF FEAR AND ANXIETY

Leaving your comfort zone could be challenging, changes are daunting, but what if certain changes could change the course of your life?

Would you then work on your anxiety and fear?

One may ask, "How is bringing a change in my life going to help me, solve my problem?" I say, it radically will. We look for newness in our lives at every point of our lives.

Perhaps that's the reason we have different time zones, that's why there is a sunrise and a sunset. These are natural changes that we've come to adapt easily.

Changes allow us to think differently, understand better, feel better. Despite the fear of newness, despite feeling anxious about starting differently, we hope for changes.

Sometimes these changes are natural. The sun/moon changes, the time changes, our age changes, sometimes the ocean tide is high and sometimes its normal. These are all changes that we adapt with a bit of practice. Changes that aren't initiated by us.

The reason we fear change is when we need to make the effort, we are afraid of the consequences of the change and not the process of change.

It requires practice to get used to these changes but once we do, the results are pretty spectacular.

changes you can make today for a better tomorrow

THERE'S A PATTERN IN OUR LIFE WHICH HAS
REACHED ITS COURSE. THIS IS THE TIME TO
ADAPT NEW HABITS AND LET GO OF THE ONE'S
THAT NO LONGER SERVE WELL.

Even if everything else seems to be going really well in most areas of our lives, there's still a huge void that we can't really put our finger on. When something like this happens, it's a sign in my opinion that some change is required.

#1 Set your Why –

Setting an intention increases the chances of the change happening that much effectively.

#2 Start Small –

Usually start with 7 days and slowly increase.

#3 Be aware of your Obstacles –

It's not going to be easy to just start a new habit, you need to also know how to deal with the effects of the old habit

#4 Have a strategy on stand-by –

Just in case you slip into your old habit again.

#5 Motivate yourself –

Have an accountability partner.

#6 Keep track of your progress –

Check your progress after 7 days and see the changes this brings in your life.

Transformation, change and habits float in the same boat and it's important to keep learning and adapting in order to keep going. If not, you're only going to stay stagnant and realize you're moving in the same place. For that to happen you need to be aware of the habit pattern you need to let go of. Once you identify that pattern it becomes extremely easy to take the next step.

WORKSHEET

MAKING NECESSARY CHANGES

CHANGES YOU
NEED TO MAKE IN
YOUR LIFE, NOW!

ROUTINES YOU
NEED TO LET GO
OF, TODAY

WHAT ARE THE OBSTACLES YOU
FACE WHEN IT COMES TO MAKING
THE CHANGES YOU NEED TO OR
WANT TO MAKE?

Practicing
KINDNESS
MODULE 04

Kindness

04 - Practicing Kindness

QUIETEN YOUR INNER CRITIC

Mistakes and setbacks are a part of our life. But they don't define you. They only help you improve further.

Then why is it that you judge yourself, instead?

Wouldn't you grow better if you showed yourself some compassion?

"Do you really think you can make it happen?" My inner critic can go on and on all day with dialogues similar to this. It's absolutely demotivating and then when I compassionately tell my inner critic, "Yes, I think I can, slowly but I can" the nagging voice fades away.

We've all got this inner critic within us, the sole job of this critic is to put us down come what may. Because we sometimes surrender to the inner critic so much, it's easy to believe whatever it says, therefore we believe in all the criticism too.

The inner critic stems from our own fear - due to past failures, experiences, external influences, our fixed mindsets, which makes it that much easier for us to agree with that criticism.

It's easy to argue with our inner critic with compassion and kindness. What it really needs is some motivation and guidance. As soon as we boost its energy, that voice fades and turns into something positive and constructive. Allowing us to deal with our mistakes and failures in a healthier manner.

techniques to understand the inner critic in you

WE FEEL REALLY BOGGED DOWN BY THE EMOTIONS AND FEELINGS ATTACHED WITH THESE THOUGHTS AND BELIEFS. BUT WHAT IF WE TAKE IT AS A MESSAGE INSTEAD OF TAKING IT AS CRITICISM?

Your inner critic doesn't know any better. She is basing her facts and assumptions on either the fears you've been feeling or the previous event you've had, or heard someone say it's not possible. But the good news is that you can change this by changing the way you talk to your inner critic, compassionately and realistically.

#1 – Ask Questions

When we hear a voice that says – “You cannot do this” – We feel disheartened and agree with our critical voice. But what if we stop and ask that voice, “Hey, you say I cannot do this, but why not? Why can't I do this? What's the problem? Where is your proof?”

#2 – Compassionately Motivate

When our critical voice says – “You aren't good enough” or “You aren't ready” We can encourage our critical voice by saying, “I agree with you, I'm not good enough right now but with practice I will be” “Yes, I may not be ready but I'm ready to give it a shot. I'll learn and with time, I'll feel ready”

#3 – Challenging your critical Voice

When we feel as if our critical voice is overpowering we can try challenging it. Challenge the thoughts and beliefs. Sometimes when we become rebellious, we are fueled with confidence and courage. The message we take here that sometimes it's important to fight and challenge.

#4 – Saying No

Our critical voice has this influence over us. So each time it says, “you are worthless” we say, “yes, maybe I am” When it says, “You'll make a fool of yourself” we say “Yes I will” but what if we start to say No? What if we say, “NO I'm not worthless. I am worthy!” “No, I won't make a fool of myself, in fact I'll have a good time!” – The message we receive here is that we need to stand up to ourselves.

We all have these critical voices that pop up from time to time. Its normal and natural. But we don't have to always succumb to it and deal with it. Each of us have a different way of approaching these critical voices.

When you change your critical voice from criticism to messages it gives you hope and courage and confidence. next time you feel bogged down by your critical voice you remember one of these methods and apply them in the way you feel comfortable and appropriate.

WORKSHEET

THE MOST REPEATED CRITICISM FROM YOUR INNER CRITIC

CRITICISM FROM
INNER CRITIC

MOTIVATING
THROUGH KINDNESS

WHY DO YOU THINK IT'S SO EASY FOR
YOU TO BELIEVE YOUR INNER CRITIC?
WHY DO YOU THINK YOU LACK THE
CONFIDENCE YOU NEED?

Expressing
HAPPINESS
MODULE 05

Happiness

05 - Expressing Happiness

REMOVING & RE-FRAMING BLOCKAGES

Happiness being the most positive of the emotions is also the most challenging to constantly feel and express. It requires mindful practice and effort.

If happiness was the antidote to all the blockages wouldn't you then try to be happy all the time?

What does one need to do to stay happy all the time? Is it even possible to stay happy always? What if our happiness is temporary?

Happiness is a beautiful feeling but at the same time its extremely personal and private. It depends from people to people.

The main function of happiness is to bring about a sense of calm and peace. It usually is temporary and needs a lot of attention and practice to stay in that zone of content. Happiness is in fact the remover of blockages.

Problems and challenges are on-going, thus blockages are on-going too. The way we react to these blockages tend to change the course of our lives. One of the best ways to navigate these difficult challenges is to express happiness.

That is, to do everything that makes us happy. Several researches have proven that doing the things that give you happiness helps in shifting our energy from negative to positive, thereby removing blockages from our lives.

detach yourself from the "if...then" mentality

IT'S NATURAL AND NORMAL TO WANT MORE IN LIFE AND WANT THE BEST IN LIFE. IN TIME WE DO RECEIVE ALL THAT WE NEED AND WANT BUT WITH THE ATTACHMENT OF AN IF...THEN MENTALITY WE TEND TO CREATE A LOT OF PRESSURE AND STRESS ON US.

Happiness is one of the primary emotions but we don't really need a reason to be happy. We can be happy even without anything eventful happening. Happiness is a state of mind. It's a choice. But in my opinion, I believe happiness is what it is, an emotion. We experience it just the way we experience other emotions.

#1 - Try to understand your expectations –

What we expect versus reality may slightly differ in that moment. Setting realistic expectations can be a mindful, pragmatic and smart decision. The more realistic our expectations are the less disappointed you feel.

#2 - Complain less, work smart –

It's normal to feel disappointed when we don't get what we want. The best thing to do in such a situation is to focus on the next steps, take a different approach, change our perspective and find a solution that will help us get one step closer to your dreams.

#3 - Don't climb the comparison express –

Comparing teaches us that we're still trying to understand our place in the world and that's okay as long as we make an effort and try to find it.

#4 - The not good enough mentality –

It's okay to want to improve or excel at something but it cannot happen from a place of insecurity and fear or not being good enough.

#5 - Appreciate and value –

When we add value and meaning to life, it allows us to dream bigger and better. It allows us to receive easily and we feel worthy and connected.

#6 - Set your Intentions –

It's important to pause and reflect on the intention we have behind this wish/desire/want. Reassessing our why-power can help us refocus and help us reenergize.

#7 - Let it Breathe –

When we give our self the permission to breathe and relax we see changes, we get clarity, we start to achieve, we feel confident and relaxed..

Having a go-go attitude is how we live in today's time. We are constantly racing, we want to live a life that someone else is living, there are way too many restrictions and so much pressure. Taking some time off to pause, breathe and rethink will help you make better decisions, attract better and improve your quality of life. Happiness is a skill, an emotion that needs to be consciously practiced each time we feel gloomy or sad.

It takes work! In order to live a happier life, we need to make a few changes including how to let go and include certain things from your life – certain habits, beliefs and practices.

WORKSHEET

LIST OUT ALL THAT MAKES YOU HAPPY

THINGS THAT
MAKE ME HAPPY

HOW OFTEN
SHOULD I DO IT?

[illegible]

Attracting

POSSIBILITIES

MODULE 06

06 - Attracting Possibilities

LETTING GO OF EXCUSES

The things you're running away from or hiding from, what if you accept them and let go of the excuses that tend to hold you back?

You can only make so many excuses before you miss opportunities so, why not take action?

We all make excuses all the time. Ever wondered why do we make excuses? What could be the main reason for these excuses? - Hiding.

We tend to hide from our goals, the dreams we have simply because we feel afraid to accept the hard-work it may require or the amount of patience we need.

Sometimes we are unable to accept our own worth and we can't see ourselves in the spotlight, therefore making excuses come very easily to us.

Thus acceptance in this case would mean to take appropriate and necessary action without allowing distractions and excuses.

This is not just limited to our goals but our personal lives as well. When we accept our responsibilities without making excuses, things only get better with our relationships, health and so much more..

It's okay to take our time and take very small steps, but it's important to break the pattern of making excuses and embrace acceptance about us, our goals and our life.

get rid of these excuses today

THERE'RE ALWAYS GOING TO BE SOME HICCUPS ON THE WAY BUT IT'S IMPORTANT TO AT LAST IDENTIFY THEM AND LOOK AT THEM INSTEAD OF BEING TOTALLY IGNORANT AND OBLIVIOUS TOWARD THEM.

We all make excuses sometimes its conscious and sometimes its involuntary, force of habit or a pattern. There's this battle between "I must and I mustn't" – this battle prevents us from taking an action. This battle is called "The Battle of Excuses" and it's a never-ending battle where what we "must" or want to do always loses!

#1 - I don't have the time –

Instead of saying how I don't have the time start saying I always have the time to do what's important for me.

#2 - I don't have the right resources –

Just start with what you've got and move ahead with love and confidence and I promise you, soon you'll start to see the success.

#3 - I'm too young/old for this –

You are never too old or too young to fulfill your dreams and reach your goals.

#4 - I'm waiting for the right time –

Just get on with it. No matter what your fear is, it's never bigger than your dreams.

#5 - What if it doesn't work? -

It Won't! The very first time you try it, you'll suck at it, it won't be as good as you imagined it to be in your head. But go for it anyway.

#6 - I'm not sure how to start –

Start by making a decision to start, the next step will come to you very easily.

#7 - I don't think I'm really worth it/good enough/cut out for it –

This requires a lot of work and a conscious effort on your part. You've got to constantly remind yourself that you're worth it and ready to learn in areas you need improvement.

#8 - I'm still thinking about it –

Don't waste your energy thinking about it if you will not work on it eventually. Just do!

#9 - I'm going to work on this first then I'll do what I really should do –

Try to create a balance between the two so you fulfill your duties and your wants with so much happiness.

#10 - I'm not that lucky –

Girl, you make your own luck!

These are a few excuses that are commonly used in our lives. So, if you want to take charge of your life. If you want to be able to make your own decisions. If you want to live the kind of life you cannot wait to wake up to. Stop making these excuses.

WORKSHEET

LIST OF THINGS YOU'RE HIDING FROM

THINGS I WANT
TO DO

EXCUSES I
USUALLY MAKE

HOW DO YOU THINK YOU'LL BE ABLE TO
FIND THE COURAGE TO DO THE THINGS
YOU WANT TO DO? WHAT DO YOU NEED
TO ACCEPT RIGHT NOW?

Encouraging
APPRECIATION
MODULE 07

Appreciate

07- Encourage Appreciation

PRAISE AND MOTIVATE

Look at how far you've come and look at the progress you've made. Pause and take a slow minute to appreciate yourself, can't you?

Appreciating self is a sign of confidence, would you like to know how it looks on You?

Confidence comes from a lot of practice and repeated effort. This effort is often encouraged by a lot of appreciation.

How can we keep yourself motivated enough if we don't constantly appreciate our own progress?

Most of the time we look for this appreciation from other people. Their approval and words of praise mean a lot. If these people don't appreciate us the way we hope, we tend to lose that confidence and sometimes reach rock bottom too.

But what if we were to take time out and appreciate ourselves the way we expect others to do it for us?

No matter how big or small or what it maybe..

Appreciating our own progress increases confidence within us as well as the faith and believe we have on ourselves. It's not that tough and it's definitely not weak. It's a sign of self-care and self-love.

Also, the more we appreciate yourself, the more others will appreciate us.

simple ways to appreciate yourself

YOU ARE AT THE CENTER OF YOUR LIFE AND EVERYTHING THAT HAPPENS AROUND YOU. IF YOU DON'T APPRECIATE YOURSELF AND PRAISE YOURSELF ENOUGH, NO ONE ELSE IS REALLY GOING TO, NOT IN A WAY THAT REALLY MATTERS

The problem is that we don't prioritize well. It's always others first and then when we have enough space and energy, we squeeze ourselves in but just for a little while and there's never enough space. Every once in a while, (or as often as you can) appreciate yourself for all the work, the effort and the love.

#1 - Look for Small Changes –

In the beginning you may not see big changes. They'll arrive in small bits and as you keep Appreciating those, you'll slowly see the big changes.

If you'd like to appreciate yourself a little more, ask yourself these questions –

1. What do I need right now?

#2 - Be Confident with making Mistakes -

It's not the norm, but odds are you will make several mistakes. It's in the nature of creating something. Try to see mistakes from a different point of view.

2. What do I love most about me?

#3 - Focus on the Big Picture -

Even if your day to day doesn't appear to be fast moving, there's a daily progress. Focus on the end goal you've set for yourself in your mind. Your Purpose!

3. How can I get a little more time just for myself?

#4 - Take it one day at a time -

Keeping the big picture in mind focus on tasks that you currently need to deal with. Focus on the challenges you face right now. They'll take you towards your goal.

#5 - Express your emotions with ease -

It's going to be a tricky journey and you're going to get emotional along the way. Don't bottle it up, instead express them along the way in a healthy manner.

Everyday hustle is not only stressful but extremely unnecessary in my opinion. Sometimes, life just passes by and we miss out on the opportunity to appreciate it while we're busy running. We lack the confidence to go after what we want is because we don't appreciate ourselves enough. We've started to take ourselves for granted. Sometimes we don't feel as if we deserve the need to appreciate ourselves.

WORKSHEET

SIT BACK AND APPRECIATE YOURSELF

THE PROGRESS
YOU'VE MADE

WORDS OF
PRAISE FOR IT

WHAT IS THE BIGGEST HESITATION
YOU HAVE OR FEEL WHEN IT COMES TO
APPRECIATING YOURSELF?

Maintaining
BALANCE
MODULE 08

Balance

08 - Maintaining Balance

ROUTINE AND PRIORITY

Not everything deserves your attention. It's important to pay attention to all that is genuinely important in your life.

Routines can be monotonous but it doesn't hurt to customize one according to your need.

It's tough to keep going on and not know when to stop and give ourselves a moment. It's a battle between organizing and prioritizing. Between discipline and taking a break.

The trick is to go about this very smartly. Especially when we feel there's too much on our plate and not enough time to do it.

It's necessary to find time for ourselves and say no to all that can be pushed later or doesn't require our immediate attention.

It's okay to not go by the rules or bend the rules a bit to try to work things out the way we like.

It's not okay to keep exerting only to burn out at the end and drain all that energy. It does have an effect in our efficiency when we need it the most.

A balance is always wise. Give v/s take, create v/s consume, work v/s rest.. it all requires a balance. Once we're able to understand that and work around it, things become fun and easier to deal with.

strategies to help you fall into a routine for balance

SOMETIMES THE CHAOS, WHETHER ITS INTERNAL OR EXTERNAL CAN REALLY GET TO US AND IT CAN REALLY DISTURB US IN WAYS WE CAN'T IMAGINE. I DON'T BELIEVE WE HAVE A PARTICULAR MANUAL THAT CAN HELP BRING MORE PEACE IN

Its based on the choices you make and the mindset you adapt. It takes a lot of hard work and mindful practices to find the peace that you're searching for. slowing down and letting go isn't a sign of weakness or that indulging in a little self-care isn't selfish.

Strategy #1 – Know your why

–

When you learn of your why, it cuts your work load mentally. You aren't working without a cause and it gives you something to focus on.

Strategy #2 – Do what suits you -

Personalize your routine/tasks according to you. Don't get caught up with what others do. Add your own flavour, something that'll motivate you to show up each day.

Strategy #3 – Start Small

It gives you chance for trial and error. Helps you become more comfortable with the plan and helps you to make improvements along the way.

Strategy #4 – Perfection will ruin your routine

The antidote to this is to be prepared for a lot of trials and errors and be okay with failure. Progress is the keyword here. Progress is what your aim should be.

These four strategies usually help me and my clients stick to something. I understand this may not be as easy as it looks but, don't let that fear creep in. Keep at it, try to use these strategies and work on your progress. I'm sure it'll make a big difference.

WORKSHEET

LIST ALL THE WAYS YOU EXERT YOURSELF

AREAS/THINGS
THAT EXHAUST
YOU

A SMART WAY
TO DEAL WITH
IT

[illegible]

Evaluate
PURPOSE
MODULE 09

Purpose

09 - Evaluate Purpose

GOALS AND INTENTIONS

Without proper intentions and goals our purpose is lost and maybe harder to achieve in the way you imagine or hope.

Find your 'Why' and you'll automatically find the way. Makes the job easy doesn't it?

Our will power may not be enough to achieve our goals. We need the 'Why Power' too. Without intentions it's chaotic and guidance is not easily available but when we know 'why' we want this done - it's easily achievable.

Intentions are step one if we're interested to achieve or accomplish something. It doesn't miraculously solve the hurdles and challenges but each time we do face a hurdle our intentions motivate us.

We all have a purpose, a calling. We're all drawn to it. But sometimes we're afraid to walk on it, spend time with it. Sometimes we chalk it down to simply 'earning money' but that's not true.

Money is a tool, a reward, but it can never be the reason we choose to do whatever it is that we do. It's always something personal. Something that makes us lose sleep at night or we cannot wait to wake up to.

We are all here to follow a purpose.

Framing your "why-power"

WHAT IF YOUR PASSION WAS SOMETHING THAT DIDN'T MATCH UP TO THE WORLD, WOULD YOU STILL FOLLOW YOUR PASSION? WHAT IF YOUR PASSION FELT LESS AMBITIOUS, WOULD YOU GO AHEAD AND LIVE IT? WHAT IF IT WAS BELITTLED BY THE PEOPLE AROUND YOU, WOULD YOU STILL GO FOR IT?

Purpose can't be judged or questioned. It can't be measured in a conventional sense. Some people feel a sense of purpose that does change the course of their life. While some find "enjoying living" to be a purpose enough. And there's nothing wrong with that.

#1 – It's Personal –

Framing the Why power is pretty personal and there is no right or wrong. You can have as many why's for the tasks you're trying to achieve.

#2 – It's a Motivator -

Your why power will set the tone for what you want to achieve and keep reminding you to work on it each time you want to give up or feel unmotivated to do something.

#3 – Requires conscious effort -

Why power requires some conscious effort and that's where will power works the best. Just so you don't tend to lose interest or your patience or your focus try to write your why, the reason you started whatever you want to achieve onto sticky notes and place them anywhere you can see them.

#4 – Helps to Focus -

Having a why helps to recharge and refocus on what is expected to do rather than something one just doesn't feel like doing.

Having a why can help in your will power too. It lays the foundation for any task you're working on. There is no one way to say which one is the most effective, both why power and will power are extremely necessary to get kick started and keep going to achieve what you want to achieve.

WORKSHEET

GO BACK TO YOUR WHY

THINGS YOU
WANT TO OR
CURRENTLY DO

REASON OR
INTENTION/WHY YOU
WANT TO DO IT

[illegible]

Take Care of
LETTING GO
MODULE 10

Letting go

10 - Take care of letting Go

THE BAGGAGE AND BURDEN

By holding on you're only tiring yourself and preventing yourself from all that you deserve and want to achieve in life.

If something is weighing you down, don't you think its wise to drop it/put it down?

Whether it's our past, a situation, an unpleasant event, it has the power to weigh us down and suck our energy. It keeps us spiraling and eventually we're unhappy, sad and stuck.

Most of us don't realize this but we need to forgive ourselves from whatever keeps us in the past. If we carry it around we are preventing ourselves from all the magic of the present.

Focusing on the past creates a lot of blockages in the form of guilt, shame, fear, anger, neglect...

Whether we were wronged or we wronged someone, this burden that we carry does not help in learning from it.

The past may not be an unhappy place all the time but we only remember the unhappy times and often live those moments over and over again by carrying the past on our shoulders.

What we tend to forget is that letting go does not mean all that was unpleasant will happen again. It means we're now willing to choose a life/time better than the past.

creating your safety net

SAFETY NET IN LIFE IS NOT SO MUCH ABOUT BEING SAFE AS IT IS ABOUT GIVING YOURSELF THE PERMISSION TO LET GO AND SOMETIMES ACCEPT FAILURE AND FALL. SOMETIMES A FALL IS BETTER THAN BEING IN A MISERABLE RUT.

Sometimes we hang on to things because we're afraid about the emptiness we'll feel or the pain we'll feel once we let it go so, we tend to hang on to it. In a world of uncertainty, it would be impossible to be protected every time or all the time but having a safety net helps us take the risks we've been avoiding.

Method #1 - Have an alternate plan

If you're someone who worries too much about things falling apart, planning really helps. It helps you stay prepared and focused.

Method #2 - Have someone who can provide emotional support

Sometimes especially when it comes to emotional risks and steps there's a chance that you may break down, or if you've been anticipating bad news in such a case usually we have a safety net in the form of friends and family who provide the emotional comfort we need.

Method #4 - Surround yourself with people who support you and comfort you -

People who usually uplift you, motivate you instead of asking you to "move on" and "get over it"

Method #5 - Prepare for worst case scenario -

This is a very pragmatic approach especially when you're working on a project or an idea or you've planned something and its uncertain. Preparing for the worst-case scenario helps build resilience.

risks and chances need space to breathe. They need to be explored and they need to be practiced from time to time. But worry, fear, anxiety and overthinking stop us. Having a safety net is the first step toward taking a chance and going for it.

WORKSHEET

REPLACE THE BAD WITH GOOD

THINGS FROM THE
PAST THAT WERE
HURTFUL

THINGS FROM THE
PAST THAT WERE
PLEASANT

WHY DO YOU THINK YOU'VE BEEN
HOLDING ON TO ALL THAT BAGGAGE
STILL? WHY DO YOU THINK YOU
DESERVE TO MOVE ON?

Setting
BOUNDARIES
MODULE II

Boundaries

11 - Setting Boundaries

PUTTING YOURSELF FIRST

It's okay to say No, it's okay to put yourself first.
Only when you create boundaries you have happy
and can maintain happy relationships.

*Isn't it upsetting to know that, without
boundaries you can be pretty unfair to yourself.*

Have you come across people who have easily shown what's okay and what's not okay for them? haven't you ever wondered how confident that looks and how powerful they come across?

That's the power of boundaries. Being able to say No and being able to confidently express all that you don't agree with.

It's a common mistake to assume that by doing this we're setting up walls or looking bitchy or difficult to be with. But it's not true. Without set boundaries it's easy to be swayed.

There is nothing wrong in being available or serving the needs of other people but without putting our needs first odds are we will exhaust ourselves faster and may even resent the people or situation that we were trying to work on.

It's okay to be a little selfish from time to time and serve ourselves first. It's okay to say no and think about our needs first. It's not our responsibility to keep others happy but when we keep ourselves happy we can then be of better help to others too.

dealing with negativity

WHAT DO YOU DO WHEN YOUR SURROUNDING IS DIRTY? YOU CLEAN THE MESS, MAKE IT TIDIER SO THAT YOU CAN LIVE IN IT, DEAL WITH THE SMELL AND DUST SO YOU CAN BREATHE FRESH AIR. WHEN THAT HAPPENS, YOU CAN NOT ONLY LIVE PEACEFULLY BUT ALSO CREATE. BUT HOW IS IT SIMILAR ABOUT PEOPLE? HOW CAN YOU CLEAN THE MESS AND CHAOS OF PEOPLE?

Compassion is all about kindness and empathy. Even though it is assumed and associated as spiritual this can be applied in your personal and professional lives. People behave the way they do because they're going through something in their lives, their life script forces them to behave the way they do. Sometimes it hurts them sometimes it hurts others. You cannot fix their life story it's not your job to.

#1 - Avoid the drama –

Don't get sucked in the drama. Its only going to make it worse. It could be a bit difficult if it involves you directly. But try to stay away from any kind of drama.

#2 - Don't judge –

This one is easier said than done. But it does make life so much simpler. When you judge someone or a situation there's a fixed mindset that you form about that person or that event. This tends to create more and more negativity about that person, thing or situation making it difficult to change the perception.

#3 - Create Some Distance –

When around people it can get extremely difficult to keep them at bay for your peace of mind. Every now and then we do get sucked in. Especially at work when there is unnecessary conflict. Don't stay mute or unfriendly but usually when you stick with your values there's a high chance you stay away from a lot of negativity.

#4 - Be more Practical –

It's not an impossible thing to do nor is it a cliched advice. By being practical you become more observant to things around you. Read between the lines and pay attention to behaviour, attitudes, motives and find a balance to stay grounded.

There's nothing worse than living in a toxic environment. Whether its in your personal or professional life. What's around you reflects your mood, your thoughts, your goals and your motivation. Our mind, beliefs and thoughts are sensitive towards negativity. Therefore, we tend to become more and more attracted to it and disturbed by it. Being in a toxic environment is unhealthy and can really affect your health in the long run.

WORKSHEET

THINK ABOUT YOU FOR A CHANGE

BOUNDARIES
YOU'VE ALREADY
SET UP

BOUNDARIES YOU
NEED TO SET UP
SOON

[illegible]

Time for
HEALING
MODULE 12

Healing

12 - Time for Healing

PROCESSING EMOTIONS AND FEELINGS

It's not just about recovering but its also important to understand and be aware of your emotions and feelings that essential help in healing.

It's a wonderful gift to be aware of how you feel and not be afraid of how you feel, isn't it?

We feel. We go through emotions and have feelings. Each emotion and feelings has it's part to play in our experiences.

Sometimes our emotions and feelings leave us disturbed for a long time. But it doesn't mean these emotions cannot be healed.

One of the major setback in healing from emotions is that we are not aware of it and we are not sure of what we feel. We want to stay detached from emotions that hurt us and feelings that leave us distraught.

Is it necessary to understand and heal from difficult emotions and feelings? It could be debatable if we can function well. Is it unhealthy to not heal from them? Probably Yes.

Imagine if we don't cater to these feelings and emotions and keep going on chances are we will always be afraid of unpleasant emotions and feelings every time.

But if we understand them and become aware of them, we'll be prepared the next time.

understand your thoughts and emotions

THERE'S NO BOOK THAT SAYS WE "HAVE TO" EXPERIENCE ONLY PLEASANT EMOTIONS AND DISCARD UNPLEASANT ONES. THERE'S NO BOOK THAT SAYS WE WON'T EXPERIENCE UNPLEASANT EMOTIONS. IT'S THIS FEAR THAT HAS PUSHED MANY OF US TO THINK THAT WE "MUST ALWAYS" FEEL GOOD AND POSITIVE.

emotions and feelings have a way of telling us something. They tend to teach us something. They are messengers showing us a path. If we let go of the fear that clouds over expressing these feelings and emotions it can help us live a very meaningful and mindful life.

#1 - Replace Negative with difficult –

When you replace or substitute negative to difficult or tough it implies that these emotions need some work and once, we do required work on them they'll be easier to express and experience.

#2 - Name the emotions –

When we name a feeling, there's a focus on that particular feeling, making it easy to understand it. But when we limit it to just bad or depressed there's a block and we don't spend time on it enough to deal with it.

#3 - Understand the Trigger –

This acknowledgement allows us to let go of that trigger and break the loop and helps bring a shift in our mindset and this tends to change the way we feel.

#4 - Compassion and Kindness –

One of the ways to deal with difficult and tough emotions is to show kindness, compassion and support instead of being too judgemental and hard on ourselves. Its not about self-case as much as it is about less critical chatter or negative self-talk.

#5 - Look for the message –

Understanding what the emotion and feeling is trying to tell us, brings a huge change in the way we change our thoughts and beliefs. Sometimes it allows us and encourages us to let go of pain, move toward our achievement and balance, it helps us live a fulfilling and mindful life.

Recently so much has been spoken about mindset and positive thinking that it really can get exhausting after a while. With so many advises and concepts on mindset, it can become extremely overwhelming to say the least about what we think. Next time you have a thought, try to pause and think about the reason it's popping up in your life. Focus on how to understand it instead of trying to get rid of it or running away from it.

WORKSHEET

TIME TO FEEL ALL THE FEELS

EMOTIONS AND
FEELINGS YOU
USUALLY GO
THROUGH

WHAT IS THE
MESSAGE YOU
THINK YOU'RE
RECEIVING

WHAT'RE YOU TRYING TO HEAL FROM
CURRENTLY? WHAT FEELINGS AND
EMOTIONS YOU USUALLY EXPERIENCE
EVERYTIME YOU WORK ON IT?

REFLECTION.

reflection

DESCRIBE YOUR EXPERIENCE POST
WORKING ON THIS GUIDE. HOW DO YOU
FEEL IN YOUR CONFIDENCE AND GROWTH?

[illegible]

[illegible]

WHAT ARE THE NEXT STEPS OR BIG LEAP
YOU'D LIKE TO TAKE IN YOUR PERSONAL
AND/OR PROFESSIONAL JOURNEY?

[illegible]

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If you're interested in working on this in-person and in-depth then take a look at the coaching program I offer for a period of 12 weeks to help you improve your productivity, increase your confidence and help you navigate stress.

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