



## Week Fourteen: Spiritual Wellness

What does spiritual wellness mean to you?

What daily practices do you already have? Or what kind of daily spiritual practices would you like to create?



## 10 Tips to Living Fearlessly

1. **Understand what fear is and how it appears within your life.** What are the negative things you tell yourself on a regular basis? How do these affect your life? Fear is an illusion created by your own mind to keep you safe from pain. If you find that your thoughts are not coming from a place of love, they are coming from a place of fear.
2. **Identify your personal fear:** What fear-based thoughts are blocking you from becoming your best you? Exactly what is it you are afraid of? If you are afraid of walking into your boss's office, is it because you are afraid of your boss? Or, is it because you are afraid of feeling powerless? Asking yourself these questions will help you identify the specific fear that is being harbored.
3. **Analyze your fear:** Is your fear rational? Will it hurt you? What is it exactly that will happen when you face your fear? Is there evidence that it will happen? Fear is a good thing if it keeps you safe and prevents you from physically getting hurt or injured. However, most things that we are afraid of are not actions but rather emotions. These emotions, although intense and unpredictable, will not harm you to truly feel them.
4. **Take Care of Yourself:** The more you take care of yourself by exercising, eating right, and showing self-love, the more your fear will disappear. There are many forms of exercise. Find what challenges you and builds your confidence. A couple of great exercises for conquering fears are dancing and boxing. Each of the 9 Elements of Wellness must be valued and respected in order to establish self-love.
5. **Do what scares you:** Start small. Take baby steps to gradually melt the fear away. If your dream is to speak in front of crowded rooms of people, start by getting a video camera and recording yourself without an audience. These small steps will propel you into actions that will allow you to achieve your dreams.
6. **Change the way you look at things:** Dr. Wayne Dyer teaches, "If you change the way you look at things, the things you look at change." You CAN control your thoughts. Whenever you catch yourself dwelling on the things you're afraid of, simply change your thoughts to positive ones. When fearful thoughts flood your conscious, it is most likely out of habit. Habits cannot be broken overnight. Stay mindful and acknowledge the fear for no more than what it really is: a thought. Make the conscious choice of allowing love to fill the vacant space where the fear had previously been.
7. **Practice Affirmations:** One of the most powerful actions you can take is to stand in front of a mirror, look yourself in the eye, and repeat an affirmation. To become fearless, a good affirmation to practice in the mirror throughout the day is, "I am fearless in all areas of my life."
8. **Use meditation and prayer to drown out the negative thoughts:** This can be done in ANY moment and can be extremely powerful.



## Week Fourteen: Spiritual Wellness

9. **Send love to your fear:** Fear disappears when confronted with love. Send love to past relationships, fear-evoking situations, and/or people who have hurt you.

10. **Go public about your fear:** There is power in letting it out. Remove your masks. Tell everyone how scared you are and the fear will begin to dissipate. This is where you are in control and have allowed yourself to be vulnerable. The fear is no longer the tyrant dictating what you can and can't do. That fear has its place and has been a self preservation mechanism. But now, you no longer need protecting- you are strong and capable of protecting yourself with love. Let It Go!

*Fear works hard every day to keep us from pain:  
However; there is no greater pain than fear  
itself.*



# 10 Tips to Living Fearlessly

## Understand Your Fear

What are the negative things you tell yourself on a regular basis?

What are the first thoughts you have in the morning when you wake up?

What do you think about before going to sleep?

Are these thoughts mostly negative or mostly positive?

How do you think these thoughts affect your life?

*Fear is an illusion created by your own mind to keep you safe from pain. If you find that your thoughts are not coming from a place of love, they are coming from a place of fear. The way that you change your thoughts is by making affirmations a part of your daily life. For a great tool to help you do this, refer to the affirmation section so that you can write your most common negative thoughts and create positive affirmations to counteract them. Post these affirmations everywhere: on your mirror, beside your bed, on your smart phone, in your journal, and in your car.*



# Week Fourteen: Spiritual Wellness

## Identify Your Personal Fear

What fear-based thoughts are blocking you from becoming your best you?

Exactly what is it you are afraid of?

In what area/s of your life do you tell yourself that you are not good enough?

What are your reasonings that you give yourself to justify these thoughts in your mind?  
Example: "I'm not skinny enough." "I'm not smart enough." "I can't..."

What was your life like growing up?

Did you ever feel like you didn't have anyone that you could trust?

What were your family dynamics? Were your parents married or divorced?

Who were the most significant people in your childhood? Who attended significant events like plays or graduation?

Do you find that you have people in your life that you can trust?

Do you constantly feel like the world is going to hurt you in some way?

Are you able to find purpose in your pain?



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Can you see ways in which your pain serves you or is affected by your fears?

Every time positive things happen in your life, do you feel like something bad happens?

When good events happen, do you self-sabotage?

Do you ever try to make yourself feel less successful to support someone else in his or her pursuits?

Do you ever question the fact that you have or don't have something someone else has and desire a different path for yourself? Or do you sometimes worry you deserve a problem someone else has? Example: I can walk, but she is in a wheelchair and cannot walk. Because I do not have any ailments right now, there must be one I'm going to wake up with someday.

What discoveries have you made about your fear that you would like to make note of now?

*A great exercise for working through identifying your greatest fears and upper limit problem is to use your journal and free-write for three pages every day. If you do not have a journal, now is a great time to find one that you love. This freewriting practice will allow you to transition from identifying your fears to analyzing them.*



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### Analyze Your Fear

Is your fear rational? Why or why not?

Will it hurt you? Why or why not?

What is it that will happen when you face your fear?

Is there evidence that it will happen?



## Week Fourteen: Spiritual Wellness

*During this phase of the process, it is a prime opportunity to feel your fear so that you can release it. This is best accomplished by a regular meditation practice.*

Find a comfortable spot in a chair or on the floor and sit in a pose that makes you feel comfortable. I prefer to sit on my meditation cushion in easy pose with my palms facing upward and resting on my knees; this allows me to be in a posture of receiving light and releasing negativity. Some people prefer to sit in their favorite chair in an upright posture with their feet placed firmly on the floor and their hands in prayer pose or placed gently on their laps.

Once you are in position, close your eyes and clear your mind. It is completely normal for random thoughts to surface, so simply honor them and continue focusing back on the purpose of your session: Feeling your fear.

1. Find a song that resonates with you to play while you concentrate on feeling your fear. This song should be at least four minutes.
2. Close your eyes and listen to the song, while completely allowing yourself to feel and experience your fear.
3. Get out your journal and free-write for five minutes. Write about how your fear makes you feel. Where do you feel your fear in your body? When does this fear arise? What areas of your life still need healing?



*Another exercise you can do during this phase is to write each of your fears on slips of paper, place them in a box, and surrender them to your Higher Power by placing the box on an altar or placing the box in a special place within your house that you dedicate to the divine. This exercise is a physical representation of you surrendering your fears to something greater than yourself. This act is very powerful in helping you to release your fears so that you can live your life to the fullest.*



# Week Fourteen: Spiritual Wellness

## Take Care of Yourself

What acts of self-care do you do for yourself everyday?

Do you have areas of your life in which you know you could take better care of yourself?

You are more than just a body, but it is still important to take care of your body. The more negative things that you put into your body, the further away from your dreams you will be because these negativities cause you to feel less self-confidence and self-worth. This leads you to be less connected to your most authentic self. In addition, food is one of the main methods we use to keep ourselves from actually feeling our emotions. This is why cleansing, low-glycemic eating, and mindful eating are so beneficial for your entire well-being during this process.

### **\*Healthy Eating Tips For Connecting With Your Authentic Self\***

1. Eat foods that are closest to their natural state as possible. Avoid processed food.
2. Avoid refined sugar and substitute it with natural sweeteners that you like.
3. Stay hydrated by drinking water daily and avoiding caffeine and sugary drinks.
4. Eat a variety of vegetables each day.
5. Eat meat sparingly.



## Week Fourteen: Spiritual Wellness

### Do What Scares You

What is it that your fears keep you from doing?

What is one small step that will allow you to start working toward this dream or goal?

What are other small steps you can take toward this goal or dream?

After the small steps are completed, in what larger way will you step out to achieve your dream or goal?

### **\*Challenge Yourself\***

*Consider performing one or more of these courageous tasks because facing fears remove their power, which makes them disappear. As fears disappear, you become capable of more. This opens you up to miracles!*

1. Write a letter to someone you need to forgive whether you give it to them or not.
2. Tell someone you love that you love them.
3. Share publically what you are afraid of. Sharing fears takes away their power.
4. Try a new hobby or sport.
5. Start a networking group for those with similar interests, careers, or goals.
6. List 20 things you've never done before that you are afraid of doing and then. . .do them!



# Week Fourteen: Spiritual Wellness

## Change the Way You Look at Things

Is there anyone in your life you expect negative actions from?

Are there any recurring scenarios in your life you expect to always be the same?

Are you willing to imagine these as being different and better? How can you look at them differently?

## Meditation

This is your opportunity to see things differently and manifest miracles! Write and record a meditation on a smart phone or recorder that creates what you desire. Use the following questions as a guide for creating a meditation for yourself that will allow you to see things differently. Listen to this meditation on a regular basis. Example theme for meditation: Seeing your family happily getting along on vacation.

- What would your life be like in the following areas? In what ways do you want them to improve?
  - Family:
  - Friends:
  - Career:
  - Dreams:
  - Goals:
  - Home:
  - Relationships:
  - Money:
  - Physical:



## Week Fourteen: Spiritual Wellness

- Emotional:
- Nutritional:
- Social:

*Write a script or take notes for your meditation in the space below. Which of these areas are you choosing to incorporate now? You can always make more than one meditation. This is your time to dream big! You are awesome and your life is exactly as you desire it to be. Allow these amazing visualizations to create positivity that replaces the space in your life where your fear used to be. It's time for miracles!*



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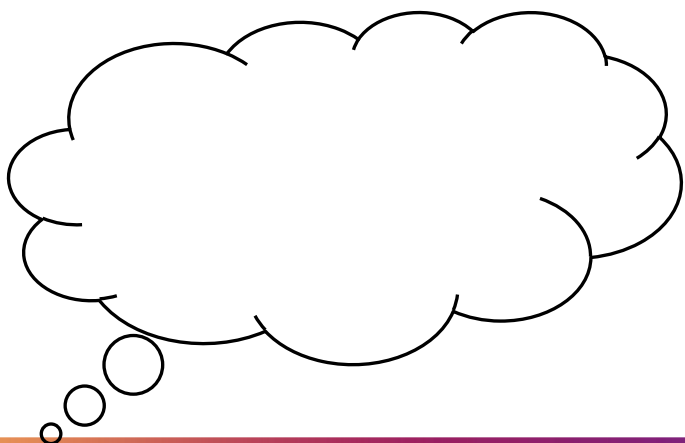
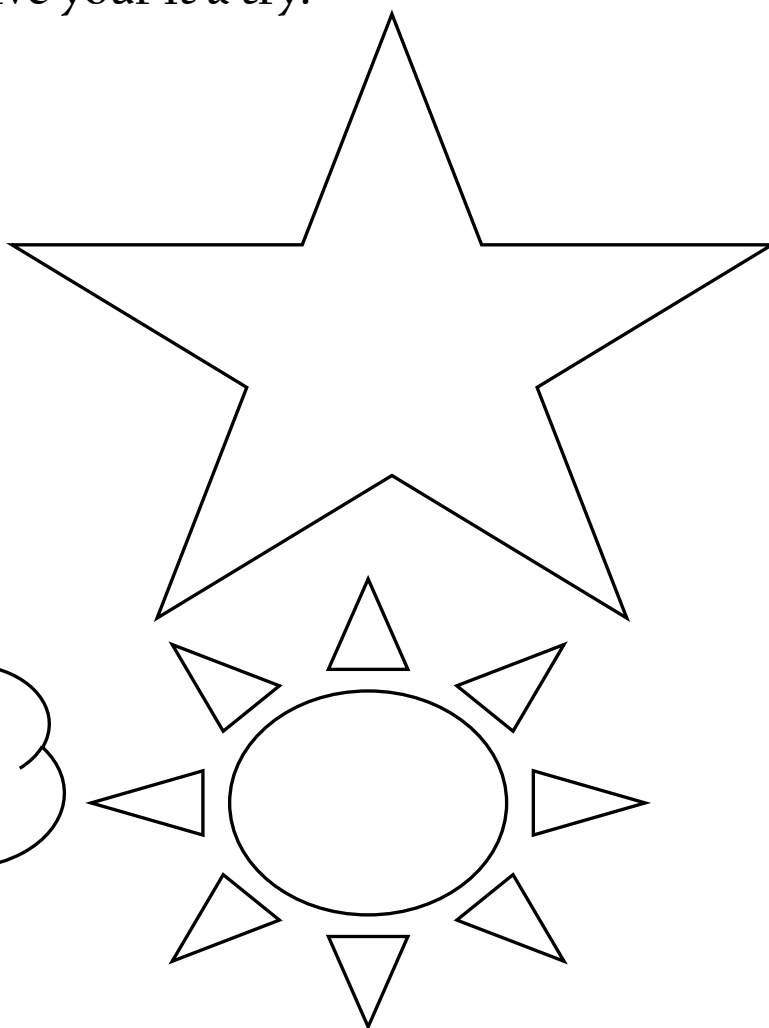
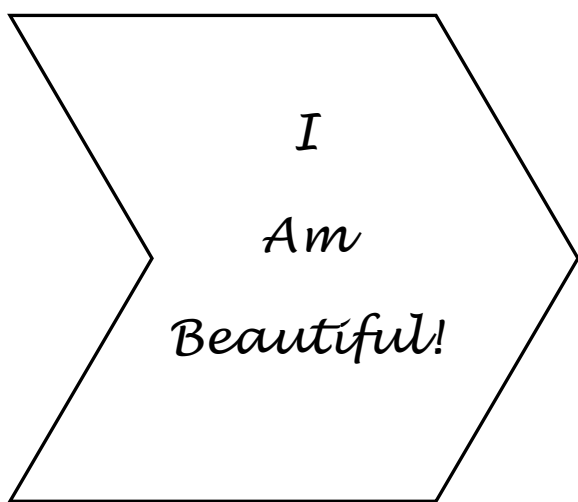
### Practice Affirmations

In addition to the exercise listed within the Affirmation section of this workbook, it is a wonderful idea to get into the habit of ending your day by writing in your journal any negative thoughts or happenings you had that day. Use these experiences to uplift yourself by creating affirmations for each one.

### Be Creative!

Make a collage of affirmations. Write them on pretty paper. Stand in the mirror and repeat them to yourself. Post them everywhere.

Give your it a try!





# Week Fourteen: Spiritual Wellness

## Meditation

### Mindfulness

This is also called ‘Vipassana’ which comes from the Buddhist tradition. Being mindful means that you allow yourself to remain present in all circumstances by allowing your mind to think freely and by accepting all thoughts that surface. While following this process, you must practice detaching from these thoughts. Mindfulness incorporates one being aware of his or her breath.

### Mindfulness Strategies:

**Breathing with Mindfulness-** Tune in to your breath. Focus on your in- breath and your out- breath. Do not try to force and change your breath, just let it be. Practice sessions should begin with five minutes and work up to twenty minutes or longer. When your mind drifts to a thought, always aim to redirect your thinking back to your breath.

**Walk with Mindfulness-** Allow every step to bring you a sense of peace and joy as you connect with your surroundings and focus on your breath.

**Tension Release with Mindfulness-** Take time to pause and tune into your body throughout your day (while standing in line, laying down for a nap, stopped at a red light). Breathe in while affirming, “I am aware of my body.” Breathe out while saying, “I release all tension”.

### Zazen

Sit in a comfortable position, preferably easy pose in your meditation space. You may choose to focus on nothing or on a scripture or affirmation for at least five minutes.

### Transcendental Meditation

Find a TM teacher who will provide you with your own personal mantra that you repeat. In a seated position, you recite a mantra or sacred word. The goal for each session is to focus on one’s higher purpose. There are various levels of TM. Higher levels include a focus on changing one’s breath to change his or her state of mind.

### Kundalini

Kundalini is a type of energy that exists within everyone that rises, beginning at the base of the spine. Kundalini encourages focus on breath as a means of concentrating on the body’s various energy centers. Youtube has a variety of teaching videos on the various styles of breathing. My favorites are long deep breathing and breath of fire.



# Week Fourteen: Spiritual Wellness

## Guided Visualization

Choose an image or an environment to focus on. You can listen to soothing music or guided meditations in the background. Use your imagination while focusing on your breathing.

### Send Love to Your Fear

One of the best ways to send love to your fear is by meditating, fully visualizing your fear in a loving light.

1. With your eyes closed, envision and feel one of your fears. (Each session will focus on one fear until you have released them all. You can work through feeling more than one fear in each session, but be sure to finish one fear before moving on to the next one.)
2. Ask yourself, what part of the body do you feel that fear in? Now is the time to send love to that part of the body.
3. Begin by inhaling deeply thinking about inhaling light. Without holding your breath, exhale love to that part of your body that you are feeling your fear in. Continue sending love to your fear daily until it dissipates. Send this love by visualizing to past relationships and people who have hurt you.



## Week Fourteen: Spiritual Wellness

### Go Public About Your Fear

What are your masks?

Who do you pretend to be?

How does this hold you back?

If you could be more authentic, how would you show up everyday?

What types of things would you get rid of in your life if you weren't wearing any masks?

What small step can you make today to get closer to who you really are?



# Week Fourteen: Spiritual Wellness

## Perceived Stress Scale

The following questions ask about your feelings and thoughts during the last month. For each question, circle the number below your choice indicating how often you felt or thought a certain way.

Add the numbers to get your score.	Never	Almost Never	Sometimes		Fairly Often	Very Often
In the last month, how often have you been upset because something happened unexpectedly?	0	1	2	3		4
In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3		4
In the last month, how often have you felt nervous or “stressed out?”	0	1	2	3		4
In the last month, how often have you felt confident about your ability to handle your personal problems?	4	3	2	1		0
In the last month, how often did you feel that things were going your way?	4	3	2	1		0
In the last month, how often have you found that you could not cope with all of the things you had to do?	0	1	2	3		4



## Week Fourteen: Spiritual Wellness

In the last month, how often have you felt that you were on top of things?	4	3	2	1	0
In the last month, how often have you been angered because of things that were outside of your control?	0	1	2	3	4
In the last month, how often have you felt that difficulties were piling up so high that you could not overcome them?	0	1	2	3	4
In the last month, how often have you been able to control irritations in your life?	4	3	2	1	0

Score: \_\_\_\_\_



# Busting Through Your Blocks, Stepping Into Your Power

*(Adapted with permission from Gabrielle Bernstein's Spirit Junkie Masterclass)*

**\*First, Let's get honest!**

Your ability to get real and raw will determine how successful you are within your process of stepping into your power.

What fear- based thoughts or stories from your past are blocking you?

What are some ways these thoughts or stories hold you back and keep you from stepping into your power and living the life you desire?

How does fear prevent you from reaching out to others and helping them?



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In what ways do you compare yourself to others?

How do you find yourself judging yourself and your choices?

### Let's Meditate!

**90 Second Fear Meditation:** When you feel a feeling for 90 seconds, it can transform because you are not allowing yourself to become stuck from not feeling it. When you allow yourself to comfortably experience this feeling of fear, you will give yourself permission to release your attachment to this fear. It is important to not judge your fear with more fear. Be non-judgmental and non-condemning with yourself. Try using affirmations to counteract your fear and reprogram your thought patterns.



# Your Higher Power

What does a Higher Power Mean to you?

What does it mean to rely on your Higher Power?

When you are connected to the presence of your higher power, what does it feel like to you?

How do you receive messages from your Higher Power?

Envisioning a world where you maintain constant contact with your higher power, what does this feel like?



## Week Fourteen: Spiritual Wellness

Make a list of what currently blocks you from this constant connection?

Make a list of when you feel the most connected with your Higher Power.

Make a list of when you feel the most disconnected from your Higher Power.

What are the things that you believe your Higher Power is trying to tell you when life seems to be difficult and not going the way you would like for them to?



### Homework: Personal Peace Procedure (Created by Gary Craig)

This procedure is extremely powerful to help yourself clear out patterns, fears, and limiting beliefs of the past. Use this procedure with EFT daily to bring about radical change within your life!

1. Make a list of all bothersome or traumatic event that you can remember, beginning with childhood. Please list at least 50 events or more.
2. Rate each event by giving it a rate of intensity number from 0 to 10.
3. Start tapping on 1 to 3 of these events every day, beginning with the most intense.
4. Throughout the process, re-evaluate the intensity of each event.

\*Commit to this daily practice and you will open your life up to radical change!



# Creating Affirmations to Transform Your Life

Our minds are like a tape recorder and in order to change our lives in a positive way, we must reprogram our thoughts about ourselves. When changing negative thought patterns, it is important to first evaluate any thoughts that you think on a regular basis that keep you from living at your full potential. These thoughts can be thoughts such as “I’m not pretty,” “I’m not smart enough,” “I’m not good enough,” “I’m fat,” “I’m weak.”

By evaluating and listing your negative thought patterns, you will be able to create positive affirmations that will counteract every negative thought. Once you have formulated both lists, it is important to spend five minutes three times per day reciting your affirmations. You should write or type them out and post them in places where you will see them all day such as your mirror. You may also write them over and over on a piece of paper or a whiteboard.

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Negative Thought or Belief: \_\_\_\_\_

\_\_\_\_\_

Positive Affirmation: \_\_\_\_\_

\_\_\_\_\_

Negative Thought or Belief: \_\_\_\_\_

\_\_\_\_\_

Positive Affirmation: \_\_\_\_\_

\_\_\_\_\_



## Week Fourteen: Spiritual Wellness

Negative Thought or Belief: \_\_\_\_\_

\_\_\_\_\_

Positive Affirmation: \_\_\_\_\_

\_\_\_\_\_

Negative Thought or Belief: \_\_\_\_\_

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Positive Affirmation: \_\_\_\_\_

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Negative Thought or Belief: \_\_\_\_\_

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Positive Affirmation: \_\_\_\_\_

\_\_\_\_\_

Negative Thought or Belief: \_\_\_\_\_

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Positive Affirmation: \_\_\_\_\_

\_\_\_\_\_

Negative Thought or Belief: \_\_\_\_\_

\_\_\_\_\_

Positive Affirmation: \_\_\_\_\_

\_\_\_\_\_



# Introduction to EFT

*\*\*\*Important Note: These techniques are not to be construed as counseling, psychological, medical, financial, legal, religious, or any other type of professional advice. If you need such services, please consult the appropriate professional. The methods presented here are educational and experiential. They can be used in conjunction with and are not intended to be used in lieu of necessary professional services.*

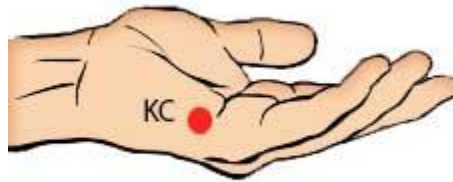


# Emotional Freedom Technique

What is EFT? EFT stands for Emotional Freedom Technique. It is a unique exercise that calms you so that you are able to think more clearly about your problem. EFT is an emotional version of Acupuncture WITHOUT the needles.

### Quick Reference Guide

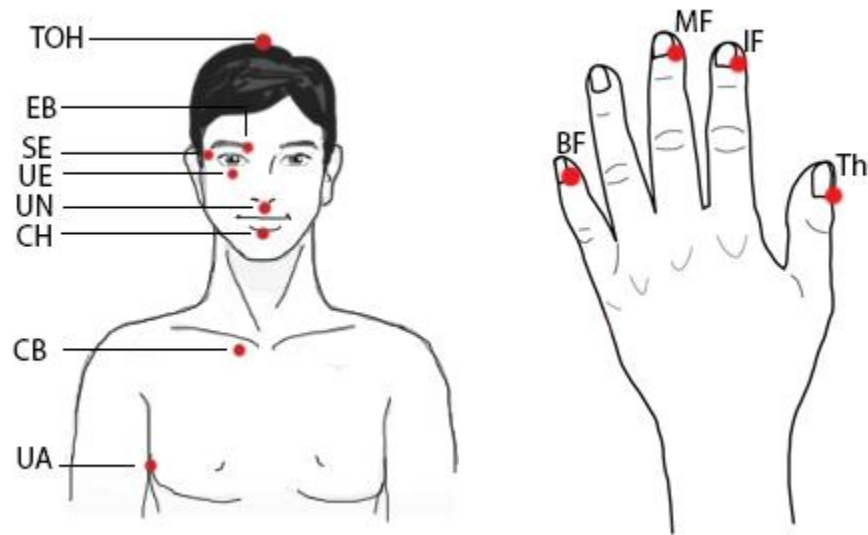
1. **Check in with yourself:** On a scale of 1-10 how do you feel about this issue or situation?
2. **The setup:** Repeat three times this affirmation: “Even though I have this \_\_\_\_\_, I deeply and completely accept myself.” Continuously rub the sore spot or tap the Karate Chop point. The Karate Chop point (abbreviated KC) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or the part of your hand you would use to deliver a karate chop.



3. **The sequence.** Tap approximately seven times on each of the following energy points while repeating the reminder phrase at each point.
  - Top of the head
  - Beginning of the eye brow
  - Side of the eye
  - Under the eye
  - Under the nose
  - Chin
  - Collarbone
  - Under the arm
  - Thumb
  - Index finger
  - Middle finger
  - Baby finger



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- **TOH:** On the top of the head. If you were to draw a line from one ear, over the head, to the other ear, and another line from your nose to the back of your neck, the TOH point is where those two lines would intersect.
- **EB:** At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated EB for beginning of the EyeBrow.
- **SE:** On the bone bordering the outside corner of the eye. This point is abbreviated SE for Side of the Eye.
- **UE:** On the bone under an eye about 1 inch below your pupil. This point is abbreviated UE for Under the Eye.
- **UN:** On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated UN for Under the Nose.
- **Ch:** Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated Ch for Chin.
- **CB:** The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for CollarBone even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point because that is a lot



## Week Fourteen: Spiritual Wellness

- easier to say than "the junction where the sternum (breastbone), collarbone and the first rib meet."
  - **UA:** On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated UA for Under the Arm.
  - **Th:** Tap on the side of the finger that is closest to the thumb, even with the base of the nail
  - **IF:** Tap on the side of the finger that is closest to the thumb, even with the base of the nail
  - **MF:** Tap on the side of the finger that is closest to the thumb, even with the base of the nail
  - **BF:** tap on the side of the finger that is closest to the thumb, even with the base of the nail.
4. **Check in with yourself.** On a scale of 1-10 how do you feel? If it's less than one you have successfully finished the process. If it's higher than one repeat the sequence again. Tap about 7 times on each of the energy points listed in number two while repeating the reminder phase.



# 10 Steps to Manifesting Miracles

1. Clear your mind of fear using mediation, prayer, and affirmations.
  2. Connect to your highest self.
  3. Create a higher power statement.
  4. Become what you want to attract.
  5. Be grateful.
  7. Meditate to the sound of creation.
  8. Turn your body into a magnet for miracles.
  9. Create a clear intention statement or vision board.
  10. Patiently detach from the outcome.
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### Vision Board Draft & Ideas

*What do I want to attract to my life in the near future?*

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# Week Fourteen: Spiritual Wellness

## Your Sacred Contract

Today I, \_\_\_\_\_ (Your Name), commit to working toward the short term and long term goals that I set which include:

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Today, I will begin taking steps to achieve these goals. I will apply these two principles in my practice:

Principle 1:

Principle 2:

Today I commit to apply these two spiritual actions in my life:

Spiritual Action 1:

Spiritual Action 2:

Today I commit to apply these two actions in my business and career:

Business Action 1:

Business Action 2:

Today I commit to practice this meditation for the next 40 days. (If I skip a day, I will begin again at day 1.)

Meditation for \_\_\_\_\_

Today, I commit to this new belief about myself by believing, repeating, and posting the following affirmation:

I believe: \_\_\_\_\_

I am committed to these goals because I believe in myself and my process. I will spend 20 minutes per day completing these and other tasks that will allow me to connect with my highest self. I recognize that making these small actions everyday will transform my life and allow me to fulfill my purpose within this world.

Signed

Date

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