



A return to
your essence

WORKBOOK

Worksheet 1: The beginning

What was it that called you to this course? What was it that made your heart sing so loudly that you decided to take part?

What change do you wish to see within yourself? How do you wish to feel by the end of the three weeks?

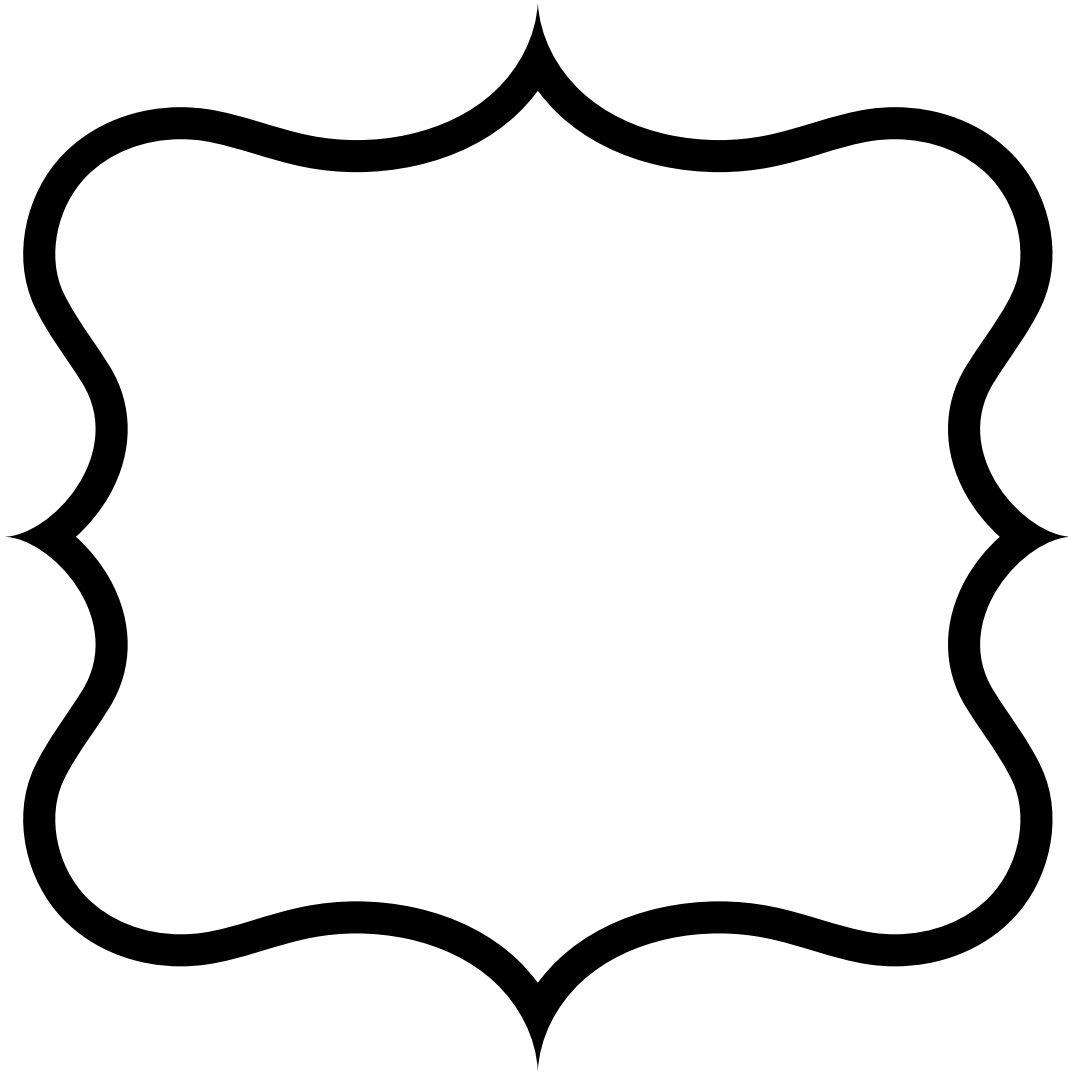
Have you encountered any challenges or joyful moments of beauty within about starting and completing this course? Any fears? Anticipation? Curiosity?

What are you looking forward to the most?

Worksheet 2:

My aim

I would like you to write down in a sentence or a few words what your aim is with this course. Something that can remind you of why you are doing this and what you aim to achieve, where your journey is taking you. It can be emotions you want to have more of in your life, or just other positive words. I do advise you to focus on things you want to bring in, or want more of, and not on what you want to leave behind. Write your words or sentences below and refer back to it when needed. You may want to cut it out and put it somewhere where you can see it.



Worksheet 3:

My gratitude journal

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Well done!!

Worksheet 3:

My gratitude journal

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Excellent work!

Worksheet 3:

My gratitude journal

Day 15

Day 16:

Day 17:

Day 18:

Day 19:

Day 20:

Day 21:

Flippin' awesome work!

Worksheet 4:

Your essence - Reflections

What different feelings come up for you having completed this course?

As you look back on your aim for the course, do you feel you have reached it, if so, what does that feel like?

If you are able to describe how it feels to be in your essence and connected to the Universe, which words come to mind?

Are you planning to continue this journey, and if so, how?

You are amazing.

Worksheet 5:

Closing ceremony

Write down everything you are proud of about doing and completing this course.

What gift, or gifts are you going to give yourself?

What, if anything, are you going to continue doing in order to keep the connection with your essence and to Source?

You rock!