
Shift Happens

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Hello and Welcome!

First things first! I want to congratulate you on taking the seemingly small but actually large step of opening this workbook.

I want to honor you for considering new possibilities for yourself.

Awareness and curiosity are the first keys in what is next when it comes to our wellness. When I began my journey into doing the inner work on myself I wasn't sure where to begin but I knew I needed it. I knew something had to shift to help me alleviate the constant stuck/suck/struggle/anxiety I was feeling.

We all have the power to change our lives, find our passion and purpose, and release ourselves from past suffering. We all want to feel confident and empowered. We all want to be seen for who we truly are. Most of all we all need to know we do not have to figure it all out on our own.

This workbook will help you if you are looking to:

- make a change in your business life, personal life, finances, or relationships
- take action in your life
- liberate yourself from trauma
- expand
- grow
- evolve
- or all of the above

The questions that follow are designed to help you identify where you are, what you want, where your "leaks" are, and what might not be serving you anymore. This will help you move in the direction of working towards the next best version of you - the you who has healthy boundaries, self-love, self-care, alignment in all areas, and who is no longer defined by the past.

I created this quick workbook as an intro to coaching for anyone that is interested in what it's all about but not quite ready to schedule an appointment. This will help you find out a little more and open you up to areas that you maybe overlooking in the day-to-day hustle of life. I have seen many of these offerings that end up feeling like writing a life novel so I have kept it short and sweet...a mini deep-dive, if you will.

Once you complete the workbook go back and read your answers then take stock of how everything lands with you.

If you decide that you're ready to take the next step into hiring a coach I would love to work with you in my coaching program. Email me at tracy@uncontrollablyme.com and we can set up a free 'meet and greet' for you!

You have survived at a 100% rate so far...well done! I am excited to share in what is possible for you!

Sending you joyful vibes!

Tracy

Before You Begin

Before answering these few questions please take a few minutes to relax and get quiet.

Breathe in deeply through your nose, like a balloon filling all the way into your belly, and then exhale the same way.

Repeat this a few times, possibly even dropping into a quick meditation.

Let your mind do whatever it needs to, thoughts can come and then go, just relax into your breath.

Once you feel a bit of clarity and equanimity, drop into the questions.

Remember this is for you, by you, and to you, no sugar coating, no timid or small answers are helpful.

Time for some truth telling!

Just flow with what comes up for you, without judgment or criticism.

Questions

1. What are you most passionate about? What is your one thing that gets you excited, that you never tire of, wish you had more of, and would do every day if you had the chance?

Follow up: Why are you not doing it every day? Is there something standing in your way?

2. How do you define success? In your life, what makes you feel successful?

3. After your big picture passion/success, what do you believe would be the first small step to focus on in creating the life you desire?

4. What is your energy level like most days? Do you feel energetically aligned and excited? Are there “leaks” in your boundaries, obligatory requirements that weigh you down, or energy suckers that make overcoming them difficult?

5. Do you have daily self-care rituals? What are they?

6. If you had to pick one area of your life to work on, set goals for, add some resilience to, or overcome, what would that area be?

Do You Know Your Values?

Here are a few ideas to get your thoughts flowing.
Dive in and pick your top two, non-negotiable, absolute must values.

Achievement

Optimism

Humility

Ambition

Leadership

Faith

Spirituality

Wholeheartedness

Perseverance

Teamwork

Diversity

Patience

Health

Vulnerability

Independence

Forgiveness

Community

Equality

Adventure

Kindness

Dignity

Courage

Belonging

Freedom

Confidence

Balance

Ethics

Power

Integrity

Respect

Uniqueness

Success

Joy

Gratitude

Family

Creativity

Altruism

Loyalty

Peace

Grace

Love

Understanding

Learning

Fun

Security

Connection

Travel

Compassion

Justice

Honesty

Humor

Self-respect

How Are You Feeling Right Now?

Here is a list of emotions, keep it handy to help you uncover what you feel at a core level.
Take note of what comes up along with your answers.

Amazed	Excited	Motivated
Angry	Foolish	Nervous
Annoyed	Frustrated	Numb
Anxious	Fulfilled	Overwhelmed
Ashamed	Grieving	Peaceful
Bitter	Happy	Proud
Bored	Hopeful	Relieved
Comfortable	Hurt	Resentful
Confused	Inadequate	Sad
Content	Insecure	Satisfied
Depressed	Inspired	Scared
Determined	Irritated	Self-conscious
Disdain	Jealous	Shocked
Disgusted	Joy	Silly
Eager	Lonely	Tense
Embarrassed	Lost	Uncomfortable
Energetic	Loving	Worried
Envious	Miserable	Worthless