


INNERstrength

Angels Intuition's Inner Strength Life Coaching
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**With an Open Heart & an Open Mind...
Dreams Become Reality!**



*This workshop is part of an experiential exploration of the authentic **you**.*

This is your workbook, and it contains questions for you to consider as part of the process of finding your true self.

Congratulations on starting this journey! Enjoy your trip in realizing your true potentials.

Do these exercises and look back in a few weeks or months... You will be amazed at the changes you will be seeing and feeling about yourself.

Welcome to Inner Strength.

You may notice that this workbook does not provide blank pages for your journal writing. Instead, we suggest a small, comfortable journal from any store, so that you can carry it with you wherever you go.

A word on journaling & this workbook.

Write from the heart - whatever comes to mind without editing your thoughts, feelings, and emotions. This is journaling in its truest form. Hiding from your own thoughts is precisely what we seek to avoid.

This workbook can help you consider questions and subjects to talk about in your journal. Don't feel in any way limited - if something else comes to mind, write about it.

There are no right or wrong answers and you are free to be what you truly are... a wonderful, unique being on this planet.

The journal has questions to help in your exploration if you need guidance in the steps. Writing down your day and the events of your day is a great way of releasing and recharging. Ideas are born with the jotting down a few thoughts of the moment.

There is no right or wrong way with journaling: stories, doodles, any anecdote that clearly communicates to you what is going on right now (and can be interpreted later). It is your thoughts and no one can tell you how or the best way to do it. Most people do journaling first thing in the morning or the last thing at night. To try to get in the habit of writing daily in your journal by working it into your routine.

This journal presents a series of areas to examine. Through journaling, you can find and examine repeating patterns in various parts of your life. These include your career, relationship with your family, friends, personal and intimate relationships... most importantly **yourself**.



Connecting with Yourself

Your thoughts' energies create your reality. If you have a negative feeling or thought about something, you will get exactly that. Here are some tools to help you with getting what you really want out of your life.

Proper Breathing:

Learning to breathe may seem silly, but with each calculated deep breath, we wash away tension, stress and all of the negative junk in our conscious mind. This clears and opens the mind in a way for powerful thoughts that can change our reality.

Meditation:

This is the greatest tool of all in getting everything you ever wanted. When you meditate, you literally lighten your physical body's energy vibration and can tap directly to the information stored in your subconscious and higher self.

Visualization:

The power of our minds and thoughts to see pictures can draw that very thing to you. What you envision, you can have. I have done this many times and many ways. This is a very powerful ability and so easy to master. More positive and detailed your visualization is, the more you will get exactly that.

Intuition:

Your intuition is the vehicle that moves you forward. Trust in "your gut feeling" or "that inner voice" and all is possible. It helps clarify the situation by letting you see, feel, or hear what the solution can be before you decide which direction to take. Creating the reality you really want greatly depends on listening and following your intuition voice or feelings inside of you, and acting on it.

Building Self-Esteem

Self-esteem helps protect people from anxiety and stress. It is an important indicator of happiness and satisfaction with life. Building self-esteem is worthwhile exercise.

What is Self-Esteem?

Self-Esteem is the belief in oneself or self-respect or one's own self-worth. It is a realistic, appreciative opinion of oneself. It is an honest and accurate view of self, with the appreciation of the qualities of self.

Self-esteem is not destructive pride that says we are better, more capable, or self-reliant than we truly are. This is arrogance and deception. Self-esteem permit shame, a sense that we are incapable, or worth less than anyone else. This deep satisfaction motivate you to grow and improve.

Despite the confidence self-esteem brings, people with self-esteem retain a healthy humility, as they are aware of their strengths and weaknesses. Weaknesses are not the totality of who you are; just rough edges that need to be addressed.

Who are you on this date (/ /)?

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People appreciate others' different skills and talents, but no one is more worthwhile as a person than any other. People with self-esteem will respect authority without being intimidated. People with self-esteem are not driven to compete with another to prove their own worth. Self-esteem motivates through the enjoyment of mastery, not to prove worth. Having self-esteem is not the same as being selfish or self-centered.

Self-esteem is primarily built as a child through the parents' actions, thoughts, and interest in the child's activities and opinions. They must use their best discretion in enforcing limits that are in the child's best interests with reasonable standards.

To change self-esteem as an adult, you must first understand the factors upon which it is built:

- (1) Unconditional Worth**
- (2) Unconditional love, and**
- (3) Growing.**

While each is essential for development of sound self-esteem, the sequence is also crucial.

1 UNCONDITIONAL WORTH

Unconditional Worth means that each person has unchanging and infinite worth as a person. This worth comes with a person's creation and cannot be earned or lost by poor behavior. It is not the same as professional or social worth, which is clearly earned and lost. One person may be a better doctor and you may be a better teacher, but your worth is equal.

Each person is complete in the sense that he or she has every attribute needed (seeds of love, integrity, intelligence, and talents). However, no one is completed or perfect, since no one has developed all attributes fully. Yet the core worth is infinite.

2 UNCONDITIONAL LOVE

Unconditional worth is a thought process; unconditional love involves feelings and applies to the appreciative part of our self-esteem. Each person has the capacity to love, although this capacity might be underdeveloped or buried at present.

Love is:

1. A recognizable feeling that you experience and respond to.
2. An attitude. Love wants what's best for a loved one.
3. A decision and commitment that you make every day. Sometimes you "will it," even though this may be difficult at times. Effort is an emblem of love.
4. A skill that is cultivated.

Love is the way to feel like somebody is of worth (i.e., it does not give you worth but that it lets you feel it). Self-love is to receive ourselves kindly, acknowledging our flaws and experiences.

*After reading this section, ask yourself:
Where is your self-esteem now?
Answer in your journal.*

After you've written, begin the next section.

3 GROWING

Growing is the process of moving toward our potential. It is a never-ending process of developing capacities and attributes at a pace that is suited to you, not someone else.

We are more satisfied with our lives when we feel we are on the right course. This building block could involve many activities including striving for competent and ethical behavior, developing talents or abilities, implementing healthy behaviors, or producing something meaningful.

Many people assume wrongly that if they achieve something noteworthy and achieve social acceptance then they will achieve inner peace and satisfaction. This leads to desperate strides towards quick results. This approach rarely succeeds if the first two building blocks aren't in place. If the two are, then a person can grow freely out of satisfaction, not to prove their worth.

A person who can separate competence and confidence from worth feels secure enough to patiently try just about anything



Clean out the unneeded clutter in your life.

Assess and decide on what ways you would like your life to change. Decide the best ways to change it.

Areas *for* exploration.

The next few pages have 5 lists in various categories.

Look at each list and ask where you are. Where would I like to be? Be as truthful with yourself as possible. Review these questions occasionally to see your progress and reconsider if this is what you truly want to be... Make the necessary changes as needed. Take your time while going through these exercises.

4

Life Questions

" Where am I now in my life: mentally, emotionally, physically, and spiritually?

" What does the purpose of my life seem to be?

" What would I like my purpose to be?

" What am I passionate about?

" What gives me immense joy?

" What is my spiritual source?

" Is my life consistent or in alignment with my values?

" How do other people see me? How do I see myself?

" What qualities describe the person I would like to be?

" What have I been procrastinating about or putting off doing?

Why?

" What do I need to forgive myself/ forgive others for?

" What do I want to do with the remainder of my life?

" What are my life goals?

" What is important to me?

" I have been blessed with skills and gifts. What are they?

" Am I using all my gifts for the highest potential?

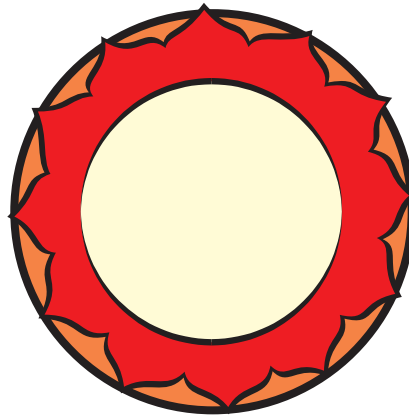




What is your heart's desire?

**If you don't know, meditate and journal on this.
In order to work towards a goal, you must have a goal.**

By putting these tools to work for you, keeping tuned in, caring for them and using them,
you can have the life you want to create for yourself.



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Salute & Congratulations on completing this workbook. You have truly started a new adventure in understanding yourself and finding your inner strength. Once in a while, re-do this workbook and compare with the original to see how you have changed your attitudes and actions.

Check out the website for other suggestions for continuing your journey of the soul:
www.findinnerstrength.org

If you need assistance or have questions about your journey and would like some life coaching, please contact Jenn through her email:
info@findinnerstrength.org

Peace and Blessings to you ~
Jenn