



BENEATH THE GOLD™

WORKBOOK

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Hi There!

WELCOME

Hey, I'm Kerry — therapist, coach, and creator of Beneath the Gold™. I guide people on the journey of remembering who they are beneath all the labels, expectations, and survival masks.

For years, I tried to fit into boxes I was never meant for — shrinking myself to be accepted, doubting my worth, questioning my place. But healing taught me something powerful: we were never broken — just carrying cracks that hold wisdom.

This workbook is your invitation to begin that journey home to yourself.

It's for you if:

- You feel stuck in self-doubt and want to reconnect with your truth
- You've been masking or hiding parts of yourself to survive
- You're ready to release old stories and reclaim your identity with compassion and courage

Beneath the Gold™ weaves together the soulful wisdom of Kintsugi, the grounding tools of Acceptance & Commitment Therapy (ACT), and the clarity of identity work to help you:

- ✦ Let go of what no longer serves you
- ✦ Honour the parts of you shaped by pain, not broken by it
- ✦ Uncover who you are beneath the noise, shame, and shoulds

Some pages may challenge you — and that's okay. Growth can be tender. Go gently, go bravely, and above all, go as you.

I'm so glad you're here. Let's begin.

Kerry Tidman

"You were never meant to fit into a mold that was never designed for you. True power comes not from perfection, but from embracing every crack, every flaw, and every part of your story as golden threads of strength. The moment you stop seeking validation and start owning who you are, unapologetically, is the moment you become unbreakable." – Kerry 🧡



SECTION 1

Do you feel like you're constantly questioning yourself? Like no matter how much you achieve, you still don't feel "good enough" or like you truly belong?

01

Step 1: Awakening – Seeing Through the Conditioning

💡 The thoughts that hold you back aren't yours—they were given to you by society, family, or past experiences. It's time to rewrite the script. Quick Reflection: What's one belief about yourself that you've carried for too long?

02

Step 2: Acceptance – Embracing Your Golden Cracks

💡 Your imperfections and struggles are not weaknesses—they are golden cracks that shape your wisdom and strength. Quick Exercise: Write down a challenge you've overcome. What strengths did it give you?

03

Step 3: Alignment – Discovering Who You Are & What You Stand For

💡 Your purpose isn't lost—it's just buried under expectations. Let's uncover what truly matters to you.

Mini Ikigai Prompt:

- Write down 3 things you love
- Write down 3 things you're good at
- Write down 3 things that light you up

Where do these intersect? That's your true self calling.

SECTION 2

You're not broken—your self-doubt is a reflection of years of conditioning. But you don't have to live by those old narratives.

Step 4: Integration – Facing the Hidden Parts of You

💡 You are not just your light—you are also your shadow. The parts of you that you've rejected hold power.

Simple Exercise:

What's one part of yourself you've been afraid to own? (e.g., your ambition, sensitivity, boldness?)

What would happen if you embraced it instead of suppressing it?

Step 5: Embodiment – Stepping into Your Power

💡 Confidence isn't a feeling—it's a choice. You don't become confident by waiting; you become confident by acting.

Bold Action Challenge:

What's one action you can take this week that aligns with your true self?



Completing this workbook is more than a milestone—it's
a sacred act of self-honouring.

You've chosen to meet yourself with honesty, courage,
and care. You've peeled back the layers of conditioning,
questioned old beliefs, and started to see the gold that
was always within you.

By embracing your cracks instead of hiding them, you've
begun walking the Beneath the Gold™ path—one of
healing, reclamation, and becoming.

Every moment of reflection, every uncomfortable truth,
every small act of self-compassion... they are part of your
restoration.

✨ Keep going. Keep showing up. Keep choosing your
truth. ✨

SCHEDULE A FREE CALL

The version of you that's been waiting beneath the
noise?

They're already here—and they are powerful.

Your next chapter is calling.

Will you answer? 📖 🌱



WANNA LEARN MORE?



Ready to Take This Further?

Your journey doesn't stop here. If this workbook spoke to you, imagine what deeper transformation could look like.

◆ Work With Me

Step in. Own it. Let's go. 🚀