

From Pain to Peace: The Step Everyone Skips

Hello lovely soul,

Welcome to your Episode #3 reflection workbook.

This one is important, because today, we're not leaping toward joy, positivity, or empowerment. We're doing something far more honest, far more brave, and far more necessary:

We're accepting where we are.

As teachers, we're so used to pushing through, fixing, solving, staying strong, and trying to snap ourselves into a better mood. But real movement—the kind that actually shifts your nervous system, your energy, and your wellbeing—doesn't start with forcing yourself up the emotional scale.

It starts with pausing, noticing, and releasing resistance.

In this workbook, you'll practice what we talked about in the episode:

- acknowledging how you truly feel
- allowing the emotions instead of fighting them
- softening the resistance so your system can float back toward the surface
- settling into that magical neutral space where clarity, creativity, and peace can finally reach you

Think of this as your gentle landing place.

A space to tell the truth kindly.

A space to soften instead of struggle.

A space to trust your own ability to rise when you're ready.

There is no rush.

There is no "should."

There is only you, meeting yourself honestly and compassionately.

Use these pages to explore what's happening inside you without judgment.

The more you release resistance, the more naturally you float—toward safety, toward calm, and eventually toward peace. Let's begin.



1. Check-In: Where Am I Emotionally Right Now?

Use the Abraham Hicks Emotional Scale to locate where you are today:

- *Despair / Overwhelm / Exhaustion*
- *Anger / Frustration*
- *Blame / Discouragement*
- *Worry / Doubt*
- *Contentment / Neutrality*
- *Hopefulness*
- *Optimism / Appreciation*
- *Joy / Empowerment*
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Circle one, then briefly write why you chose that spot:

2. Accepting Your Current Experience

What emotion or situation have you been resisting or trying to “jump over”?

Now, practice saying it out loud or writing it down. Be honest. Name exactly what you feel.

Example:

“I feel tired, pulled in many directions, resentful, and angry.”

Your turn:

3. Releasing Resistance

What small ways can you release the tension or resistance you're feeling?

This could be writing, moving, shouting in a safe space, crying, or even breathing deeply.

- 1.
- 2.
- 3.

Reflection: How does it feel to let yourself release a bit, instead of pushing through?

4. Floating to the Surface

Floating is the space between resistance and clarity. It requires:

- *Trust*
- *Calmness*
- *Safety*

Questions to reflect on:

- *How can I create a safe space for myself this week to "float"?*
- *What small actions help me feel calm and supported while I rise to the surface?*
Remember....this can be as simple as listening to your favorite comedian.

5. Neutrality and Next Steps

Neutrality is the gentle bridge between pain and happiness.

List 5 small neutral steps you can take this week (nap, walk, mindfulness, play, etc.):

- 1.
- 2.
- 3.
- 4.
- 5.

Choose one to commit to this week:

6. Moving Toward Clarity and Joy

Once you've released resistance and floated:

- *What clarity or insight starts to emerge?*
- *What solution or action feels possible now?*

7. Self-Compassion Statement

End with a statement of self-compassion:

- *“I honor that I am feeling _____, and that’s okay.”*
- *“I give myself permission to float and release today.”*
- *“I am allowed to take gentle steps toward peace.”*

Write your own:

8. Closing Insight

What is one takeaway from this episode that you want to carry into your week?

As you finish this reflection, take a moment to acknowledge the courage it takes to be honest with yourself. You’ve given your mind, body, and heart something they rarely receive in the rush of teaching life: **space.**

Space to feel.

Space to release.

Space to soften instead of resist.

Remember, you don’t have to climb from pain to joy in one big leap. Your only job is to allow, to breathe, to notice... and to trust that your system knows how to rise when the pressure eases.

Let this be your reminder that peace doesn’t come from pushing—it comes from letting go.

“I float when I stop fighting myself.”