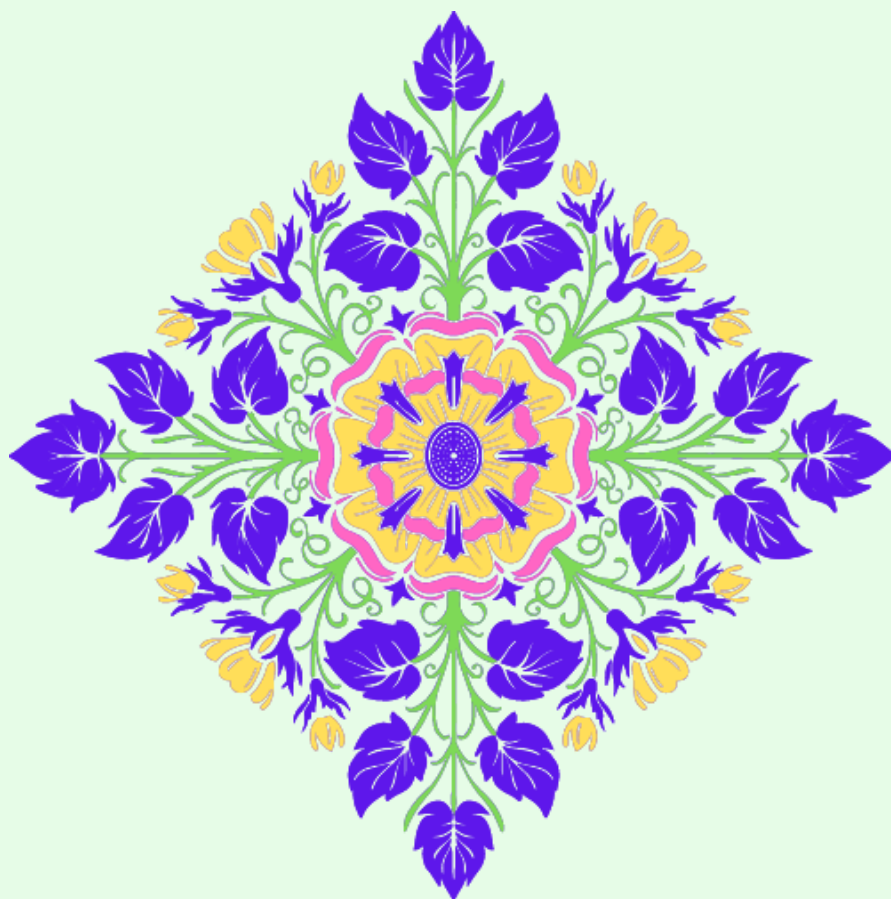




Heart Centred Self-Guided Learning

Workbook

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Module 1 - Setting Your Intentions

Foundations for your growth

Welcome to Module 1. The beginning of your journey back to your heart. This module will set you up for the rest of the course and also provide you with a foundation for your future goals and aspirations. To establish a baseline for your learning, I recommend you pay the most attention to this step to develop a solid understanding of your intentions.

*You will learn to use your intention to create your own reality.

*You have a choice

*Everything is an offer

*We will create what we want through manifesting, asking for what we want, not for the things we don't want. This is achieved through action.

Where to start?

“Where do I start?”

That question can be a hard question to answer. But it doesn't have to be. All we need to do is start by asking ourself what we want for our life. The first step is to create your own intention to set for each day.

You are a powerful being with the ability to set your intention to get anything you desire.

It may not come in the way you expect, but you will receive answers the way that is essential for your growth. It is possible to infuse your intention into water, jewelry, rocks or anything you choice as a way to assist with your journey.

Here is a practice I invite you to try each day:

* Sit in a quiet place with pen and paper.

*Quiet your mind. Ask yourself

“What do I need to know in this moment?”

*Write down any thoughts, images, feelings you receive. Don't overthink it.

*Try this every day for 1 week and make it a daily habit.

* Set an intention before you go to sleep and when you wake up.

For example; I want to focus on being more healthy
or I want to make more money with my business

Create your own reality

Now, this is where the fun begins. We create our intention from what we understand and know about ourselves. This is done by questioning our life and our environment surrounding us. We need to be curious about our inner self before we can take any proper action that is for our highest good.

I have listed 6 important questions for you to answer by tapping into your heart space. This is done like the exercise above, by quieting the mind, focus on the breath and tap into your heart.

Please answer the following questions;

Who am I? (You can answer anyway you feel)

How do I see myself? (Personality, characteristics etc)

What do I value in life?

What am I good at?

What are my passions?

What do I believe is my life's purpose?

Now write a short paragraph, in third person, as if someone was reading this about you that includes your answers to the above six questions.

For example;

This is Biljana. She is an intuitive guide, parent of a 11-year old kelpie and she is....

After you have finished your paragraph, if you feel comfortable, please send to me via email to hello@heartofbilje.org. I will send this back to you in 2 months to assist with your personal growth and to further empower you to remember who you are. You are special. There is no one in this world like you. You are unique.

Module 2 - Your Soul's Calling

Discovering Your Soul's Purpose

Have you ever wondered why you are here?

Do you feel you were meant for more?

These two questions always plagued my mind and went unanswered for me for a long time, until I took the time to get in touch with my inner child and creative side. How can we truly live a life of fulfilment and abundance if we are not being authentic and true to our soul's purpose?

Being curious about one's self is the first step to unlocking your potential. Now that you have worked on setting an intention, it is time to dig a bit deeper to discover your creative side.

Being Creative

Being creative and living through your imagination is your power. Unlock your full potential by accessing what you are good at, what you love to do and focusing on your passions.

As you go through this module, this is a great opportunity to go down memory lane and tap into your past interests. Reconnecting with any activities that in the past have provided much joy and abundance. This is your starting point to returning to your heart.

List all your interests, hobbies and passions.

Write one word of how each makes you feel when you think of them
e.g. Painting.....Creative

Hobbies/Interests	Descriptive Word

Your Inner Child

Close your eyes. Focus on your breath.

Ask yourself these questions:

1. What did I want to be when I was a child?
2. If money wasn't part of my life, what would I want to do?
3. What is something that lights me up?

Write the first things that come to mind. Take your time with each question.

Once you have answered those questions, I invite you to carry these answers with you during your time in this course and into the future.

Being authentic and creative is such a powerful motivator for life. You will learn more about yourself while you are in the creative flow of life, as well as being true to yourself during the process.

What did I want to be when I was a child?

If money wasn't part of my life, what would I want to do?

What is something that lights me up?

Module 3 - Goal Setting & Dream Journaling

One Day At a Time

Here we go. This is where the action happens. We have gone through intention, your soul's purpose, but now it is time to make actionable plans for yourself. Remember to lead from the heart through this process.

The first two modules could have been completed at any pace, but I recommend that you work through this module for 1-2 weeks. This is necessary in order for you to integrate what you have learnt already, with everything you will discover in the module.

So I invite you to have a go with completing the exercises.

*Write a list of empowering affirmations for yourself

For example;

I am enough just as I am in this moment

I am the creator of my reality

This list of affirmations can be put up somewhere in your home, car or even at work to guide you through each day. All your thoughts, feelings and actions are yours and yours alone. You have a choice what you think, feel and do.

Next exercise is as follows;

Find a quiet space, calm your mind through focusing on your breath with a piece of paper and pen at the ready.

Now is the time to ask yourself this question:

What do I need to know in this moment?

Third exercise for this module, this is where I want you to really dig deep and think about what you want for yourself in the future. When I say the future; it is not to do with time because everything is happening now. So anything you plan to do for the future will be created now, but the results take time to come into the world.

So this exercise is about thinking about what you want in the future and also now.

Let that sink in.

So here is what I invite you to do:

*Get 3 envelopes dated 2, 3 and 6 months from the date of you starting this module. List 3 goals you want to achieve in 2 months, 3 for 3 months and 3 for 6 months on a separate piece of paper and place in the correct envelope.

*Get a 4th envelope dated 9 months from you starting this module. Write down how you want to feel about yourself in 9 months.

For example; I want to feel safe and comfortable in my body

Any affirmations, goals and thoughts you have written down can be used as an intention to be spoken out loud as soon as you wake up in the morning and even before you go to bed.

2 month goals:

1.

2.

3.

3 month goals:

- 1. _____

- 2. _____

- 3. _____

6 month goals:

- 1. _____

- 2. _____

- 3. _____

9 months:

- 1. _____

- 2. _____

- 3. _____

Dreams Are So Much More...

When you are young, an adult asks you about your dreams when you grow up, why do we refer to them as dreams? Why do you call dreams the state of sleep also?

Are these connected in some way?

If something you strive for in your life, is linked to any experiences you have when you go to sleep, then both are connected to your heart. That is why I have dedicated my life to being heart-centred and focus on my dreams. I started a dream journal to understand myself more and to decipher the random (what I thought were random) dreams I would have on a regular basis.

To assist with delving deeper into your heart, you need to take notice of everything you experience in your life. And that means your dreams. Grab yourself a notebook and get journaling.

After you create a dream journal, each time you wake up write down everything you remember about your dream.

Date, time, phase of the moon, how you felt, any sensations in your body

Enjoy! If you have any questions, please email me anytime at hello@heartofbilje.org.

Extra Resources

Check out my DreamOracle4U Podcast for more guidance and information about dreams.

www.dreamoracle4u.com

www.youtube.com/@dreamoracle4u

Comments

Module 4 - Reconnecting With Nature

We Are Nature

Here we are again. This module will be about reconnecting with nature. We are part of nature, therefore we are remembering who we are. Nature encompasses plants, trees, birds, animals, weather, sun, wind, water, us and more.

With the increase of technology, we are more and more disconnected from nature's beauty as well as distracted by our daily struggles. We are never fully disconnected from nature, but we must become aware of the importance of why we need to be in sync with the environment around us. I regularly go for a drive out into a natural environment of trees, plants and animals to ground myself, take my shoes off and leave my phone at home. This is a great way to release yourself from the constant demand of technology of our world and be one with who and what we are.

For this module, spend at least 1 week doing these activities to ensure you experience moments of peace and clarity. So this first activity for you;

*Have a Technology-Free morning or night for 1 hour. If you have family in your home, have them try it with you. Encourage each other to take a break and instead engage in wonderful conversations or fun board games.

*Go outside in your yard or your local park. Connect with a plant or tree.
Sit under the tree. Talk to the plants, say "hello" or "I love you."

Write down any thoughts or feelings you have during this time because these insights can be very important for you.

Module 5 - Adding Value To Your Life

Setting Boundaries

You're almost there. You have done a great job getting through the previous modules and now you are towards the end of this journey. Your journey through life will never end and you will continue to learn more about yourself.

Let's chat about setting yourself boundaries.

We live in a society that doing things for yourself is selfish or if you say No to someone's request means you're a bad person. These two statements are illusions and not true. In order to achieve what we desire for our lives, there is a need for balance and boundaries.

I wanted to change my people-pleasing from a dis-empowered state to a state of authority and being valued for my time. So I tried something to flip this state of being, by saying Yes to every offer life presented to me.

Can you imagine what happened? I experienced something magical. I realised that once I surrendered control of my life, I opened myself up to receive what would be for my highest good, but also showed me the things I didn't want in my life. This empowered me to only say Yes when I wanted and say No when I wanted because I began to value myself more.

So let's get to it.

Please take your time to answer these questions with as much detail as possible.

What are some boundaries you want to set for yourself?

What offers do you want to say No to?

What offers do you want to say Yes to?

You Deserve To Be Valued

It is time to stop giving away your power, consent and time to everything external to you. You have the power within you. You are the creator of your reality. You orchestrate the events that occur in your life. Therefore, it is important to value yourself.

Everything is shifting and what once existed will no longer exist. There will be more opportunities for you to create what you desire for yourself and everything you care about. We no longer need to chase careers to make money and be successful. You have the power to create.

To value one self, is to know who you are in this life. As I previously mentioned that everything in life is an offer and you have a choice.

Once you have answered the above questions, I invite you to dig deep again and answer the following questions:

What is your time worth?

What do you value in yourself?

Module 6 - Bringing It All Together

So What Now?

WOW! You've made it!

You should be so proud of yourself to stick through this process to remember who you are and for taking a moment to lead with your heart.

So I have one final request of you and I hope you enjoy bringing everything you have experienced into your own creative outlet.

I invite you to:

*Write a short story or a poem of your journey through this process.

*What advice would you tell your previous self?

I would really like to read your story or poem about your experience. You can either email it to me or if you feel comfortable to share in the Private Telegram group <https://t.me/+mUxIs55UeSEwZTU1> with any other participants. No judgement and no shame. Be courageous to share your inner self with the world because this world needs us to be our true, authentic self. That is how we make change in the world.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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