



THE DESERVING WOMAN

A Guided Workbook for Healing, Balance &
Clarity

BY MICHELLE LEWIS
TRANQUIL WELLNESS

WELCOME

Hi There!

This guided workbook is designed to be your companion as you move through the practices of healing, balance, and clarity. Each chapter invites you to reflect, write, and integrate insights into your daily life. Use it as a safe space to explore your thoughts and track your growth over time. Return to these pages whenever you need to realign with your inner wisdom.

Michelle Lewis

ABOUT ME

I am a certified Reiki and Crystal Healing practitioner, Angel Guide, and Trauma-Informed Coach with a deep passion for supporting others on their healing journeys. My work is rooted in both energy and mindfulness practices, blending ancient wisdom with modern trauma-informed approaches.

With additional training in the Foundations of Trauma-Informed Meditation, I create safe, compassionate spaces where clients can release, restore, and reconnect with their inner strength.

Whether through energy healing, spiritual guidance, or mindful coaching, my intention is always to empower you to find balance, clarity, and a deeper sense of peace.

Chapter 1: Why Healing Matters

Reflection Prompts

How do I currently respond to challenges in my life?

What emotions do I tend to push away or ignore?

What does 'healing' mean to me personally?

Chapter 1: Why Healing Matters

Integration

What is one challenge I can begin to face with compassion?

How will healing support me in my career and personal life?

Affirmation

Write your affirmation here:

Chapter 2: Understanding Pain and Suffering

Reflection Prompts

Where in my life do I notice the difference between pain and suffering?

How does unprocessed pain show up in my thoughts, feelings, or behaviors?

What situation from the past still feels unresolved?

Chapter 2: Understanding Pain and Suffering

Integration

What small step can I take today to release one layer of suffering?

How does reframing pain as temporary change my perspective?

Affirmation

Write your affirmation here:

Chapter 3: Trauma and Healing Capacity

Reflection Prompts

What experiences in my life felt too overwhelming to process at the time?

How have these experiences shaped the way I react today?

What does safety feel like in my body?

Chapter 3: Trauma and Healing Capacity

Integration

What is one way I can create a sense of safety for myself right now?

Who or what supports me when I feel triggered?

Affirmation

Write your affirmation here:

Chapter 4: Shifts in Stress and Connection

Reflection Prompts

What stresses feel most present in my life right now—physical, emotional, or relational?

How do disconnections or lack of trust impact my wellbeing?

Where do I feel most supported and connected?

Chapter 4: Shifts in Stress and Connection

Integration

What relationship in my life could use more trust or balance?

What is one action I can take to strengthen my connection today?

Affirmation

Write your affirmation here:

Chapter 5: The Power of Awakening

Reflection Prompts

When do I feel most connected to my true self?

What thoughts or emotions do I most need to let go of?

What does 'I AM' mean to me in this moment?

Chapter 5: The Power of Awakening

Integration

How can I bring more presence into my daily life?

What practice helps me return to my center most easily?

Affirmation

Write your affirmation here:

Chapter 6: Meditation for Everyday Balance

Reflection Prompts

How do I feel about meditation- curious, resistant, open?

What benefits do I hope to experience from meditation?

What challenges do I face when trying to sit still or focus?

Chapter 6: Meditation for Everyday Balance

Integration

What is one way I can bring meditation into my daily routine?

How will meditation support both my healing and career journey?

Affirmation

Write your affirmation here:

Chapter 7: Restoring Energy Balance

Reflection Prompts

Before meditation, how does my body feel?

What emotions are present in me right now?

What sensations do I notice during grounding and balancing exercises?

Chapter 7: Restoring Energy Balance

Integration

What part of my life is asking for more balance?

What small action can I take to protect or restore my energy today?

Affirmation

Write your affirmation here:

Chapter 8: Living as the Deserving Woman

Reflection Prompts

Where in my life am I still holding onto guilt?

What does being 'deserving' mean to me personally?

How would my life change if I fully believed I am worthy of success and peace?

Chapter 8: Living as the Deserving Woman

Integration

What is one area of my career where I can confidently own my worth?

What does the next step toward living as the deserving woman look like for me?

Affirmation

Write your affirmation here:

Conclusion: Moving Forward

Reflection Prompts

What insights have I gained through this workbook?

What shifts do I notice in how I see myself now compared to the beginning?

What practices will I continue to use regularly?

Conclusion: Moving Forward

Integration

What message of encouragement can I give myself today?

What is one commitment I will make to honor my healing journey?

Affirmation

Write your affirmation here:



**WANNA LEARN
MORE?**



**To see if we can work together to find a
path that works for your unique situation,
send me a message to set up a chat**

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