



Your Growth Formula

Workbook

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Welcome soul sister

Make sure to tune into the Season 2 Trailer and Episode 44: Rise & Shine. Embrace your Season of Growth with Ease & Grace where we provide deep insights that will help you through this process.

Within these pages, you will encounter thought-provoking questions, lovingly curated to ignite deep introspection, unlock hidden treasures, and inspire soul-stirring transformation. As you embark on this journey, remember that you hold within you the wisdom, strength, and resilience to create a life you absolutely love. Each prompt is an invitation to lean into vulnerability, embrace authenticity, and unearth the brilliance that lies within. It's time to set off on your season of growth.

Plant your seed of intention

Start this journey by picking a virtue to embody in your season of growth. Below is a list of just a few and you can always create your own. If you are unsure you can start by circling the top 5 that resonate with you and then slowly narrow down to 1 that feels most powerful and expansive.

Accountability

Adaptability

Altruism

Authenticity

Balance

Clarity

Compassion

Courage

Creativity

Curiosity

Dedication

Determination

Diligence

Empathy

Faith

Forgiveness

Generosity

Gratitude

Harmony

Honesty

Humility

Integrity

Intuition

Joyfulness

Kindness

Love

Mindfulness

Optimism

Passion

Patience

Perseverance

Presence

Purpose

Resilience

Respect

Self-acceptance

Self-compassion

Self-discipline

Serenity

Simplicity

Trust

Understanding

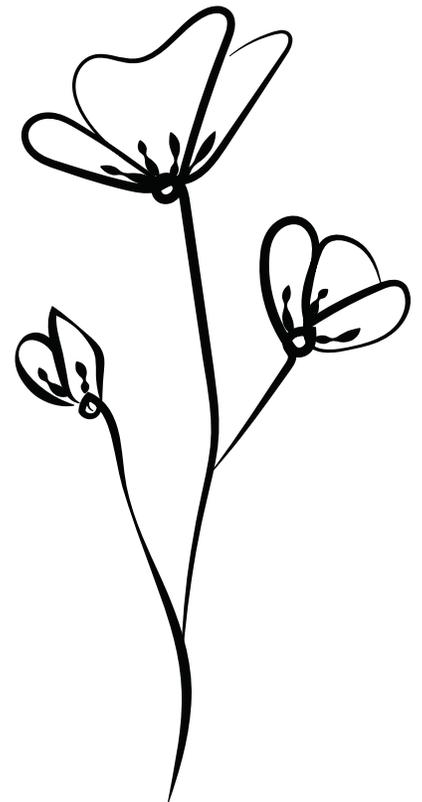
Unity

Vulnerability

Wisdom

Wonder

Worthiness



AREA OF GROWTH QUIZ

It's time to embrace the empowering opportunity of identifying a specific area where you're ready to experience growth. Trust in your own inner wisdom as you embark on this transformative journey. We invite you to engage in this insightful quiz that will align you with the area of your life that is calling for expansion.

Which area of your life do you feel the strongest desire for change and improvement?

- a) Career and professional development
- b) Relationships and personal connections
- c) Health and well-being
- d) Personal growth and self-discovery

What aspect of your life feels stagnant or in need of revitalization?

- a) Financial situation and abundance
- b) Emotional well-being and self-care
- c) Spiritual connection and inner peace
- d) Knowledge and intellectual pursuits

What area of your life do you feel holds the greatest potential for growth and transformation?

- a) Creative expression and hobbies
- b) Family and home environment
- c) Personal beliefs and values
- d) Contribution to society and making a difference

Which aspect of your life do you currently spend the most time and energy on?

- a) Professional responsibilities and goals
- b) Nurturing and maintaining relationships
- c) Physical fitness and self-care routines
- d) Personal development and learning endeavors

What area of your life, if improved, would have the greatest positive impact on your overall well-being?

- a) Achieving a sense of purpose and fulfillment in your work
- b) Cultivating harmonious and meaningful relationships
- c) Prioritizing your physical and mental health
- d) Expanding your knowledge and embracing personal growth

Which area of your life feels the most out of balance or in need of greater attention?

- a) Time management and productivity
- b) Communication and social skills
- c) Financial planning and wealth creation
- d) Self-confidence and self-esteem

What aspect of your life do you find yourself daydreaming or wishing for improvement?

- a) Adventure and travel experiences
- b) Intimate relationships and romantic connection
- c) Emotional intelligence and self-awareness
- d) Personal values alignment and purpose-driven life

In which area of your life do you feel the strongest pull to overcome obstacles and challenges?

- a) Leadership and professional growth
- b) Forgiveness and healing past wounds
- c) Nutrition and overall physical wellness
- d) Expanding your perspectives and embracing diversity

What area of your life do you believe holds the most untapped potential and room for expansion?

- a) Public speaking and communication skills
- b) Boundary-setting and self-care practices
- c) Finding and pursuing your passion
- d) Building meaningful connections and community

Which aspect of your life do you feel would benefit from a fresh start or a renewed sense of purpose?

- a) Time for self-reflection and introspection
- b) Creating a nurturing and peaceful home environment
- c) Strengthening your spiritual connection and practices
- d) Setting and achieving ambitious goals

Results

In which area of your life do you yearn for greater authenticity and living in alignment with your true self?

- a) Networking and expanding professional connections
- b) Expressing and sharing your emotions openly
- c) Cultivating mindfulness and inner peace
- d) Embracing your unique gifts and talents

What aspect of your life do you feel would benefit from letting go of fear and embracing courage?

- a) Taking on new professional challenges and risks
- b) Resolving conflicts and enhancing relationships
- c) Stepping outside of your comfort zone physically
- d) Challenging limiting beliefs and pursuing personal growth opportunities

Which area of your life do you feel is ready for a fresh infusion of creativity and inspiration?

- a) Finding innovative solutions and ideas in your work
- b) Bringing more joy and spontaneity to your relationships
- c) Exploring new artistic or creative outlets
- d) Expanding your knowledge through reading and learning

In which area of your life do you feel the need for greater organization and structure?

- a) Time management and goal-setting
 - b) Establishing healthy boundaries in relationships
 - c) Creating a balanced and sustainable lifestyle
 - d) Seeking clarity in your values and life direction
1. What aspect of your life do you feel would benefit from a deeper sense of gratitude and appreciation?
- a) Career and professional achievements
 - b) Cultivating deeper connections with loved ones
 - c) Nurturing your physical body and health
 - d) Acknowledging personal growth and accomplishments

Now, tally up your answers and see which letter (a, b, c, or d) you chose most frequently. The letter that appears most often corresponds to the area of your life where you may be ready for growth. Remember, this quiz is a starting point for self-reflection, and it's important to listen to your intuition and personal needs as you navigate your journey of growth.

A) Theme: Professional and Career Development

This theme focuses on aspects related to your work, career goals, professional growth, and success. It encompasses areas such as finding fulfillment in your job, advancing your skills, pursuing new opportunities, and achieving a sense of purpose and satisfaction in your professional life.

B) Theme: Emotional and Relational Well-being

This theme revolves around your relationships, emotional intelligence, and overall well-being. It includes areas such as fostering healthy connections, improving communication skills, nurturing self-care practices, healing past wounds, and cultivating harmonious and meaningful relationships.

C) Theme: Physical Health and Wellness

This theme centers on your physical well-being, self-care routines, and overall health. It encompasses areas such as nutrition, exercise, stress management, sleep habits, and developing a holistic approach to caring for your body and mind.

D) Theme: Personal Growth and Self-Discovery

This theme focuses on your personal development, self-awareness, and expanding your horizons. It includes areas such as exploring your passions, learning new skills, challenging limiting beliefs, and cultivating a growth mindset to unlock your fullest potential.

SET YOUR GROWTH INTENTIONS

As you now answer the questions throughout the rest of the workbook stay focused on your specific seed of intention and specific area of growth. This will help you formulate your own special growth formula to support you on your journey.

What seed of intention (virtue) are you planting for your season of growth and what does it mean to you? Clearly define it for yourself.

What will fully embodying this virtue look and feel like?

How will you know when you are not in alignment with it? What might that look/feel like?

What specific area are you going to expand into in your season of growth (see quiz)

YOUR GROWTH FORMULA

What "nutrients" do you need to nourish you in your season of growth?

- What makes you feel expansive & energized?
- What brings you joy & happiness?



How will you know when your nutrients are off balance?

- What will it look/feel like if you have too much?
- What will it look/feel like if you do not have enough?

How can you cultivate these nutrients in your life?

YOUR GROWTH FORMULA

Toxin: *Pests & disease = Unsupportive people & Environment*

Antidote: *Surround yourself with supportive people and clear your environment of negativity.*

Who are the people in your life that consistently uplift and support you in your growth journey? How can you prioritize spending more time with them?

Are there any toxic or negative relationships in your life that are hindering your growth? How can you set boundaries and protect your energy?

What actions can you take to create a positive and nurturing environment that aligns with your goals and aspirations?

How can you actively seek out new connections and communities that share your values and aspirations? What steps can you take to cultivate these relationships?

YOUR GROWTH FORMULA

Toxin: Chemicals & Pollutants = Negative thoughts, beliefs and bad vibes

Antidote: Being intentional with your thoughts, beliefs and energy

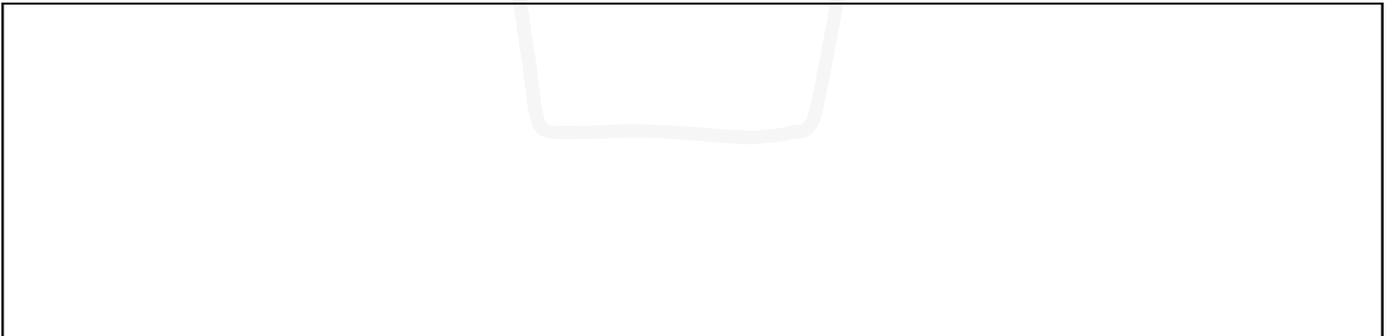
What limiting beliefs have been holding you back from reaching your full potential? How can you challenge and overcome them?



What thoughts or patterns of thinking have been draining your energy? How can you shift your mindset to a more positive and empowering one?



What daily practices can you implement to foster a mindset of gratitude, optimism, and resilience?



YOUR GROWTH FORMULA

Toxin: Damage or injury = Emotional wounds

Antidote: Taking time to heal & do your inner work

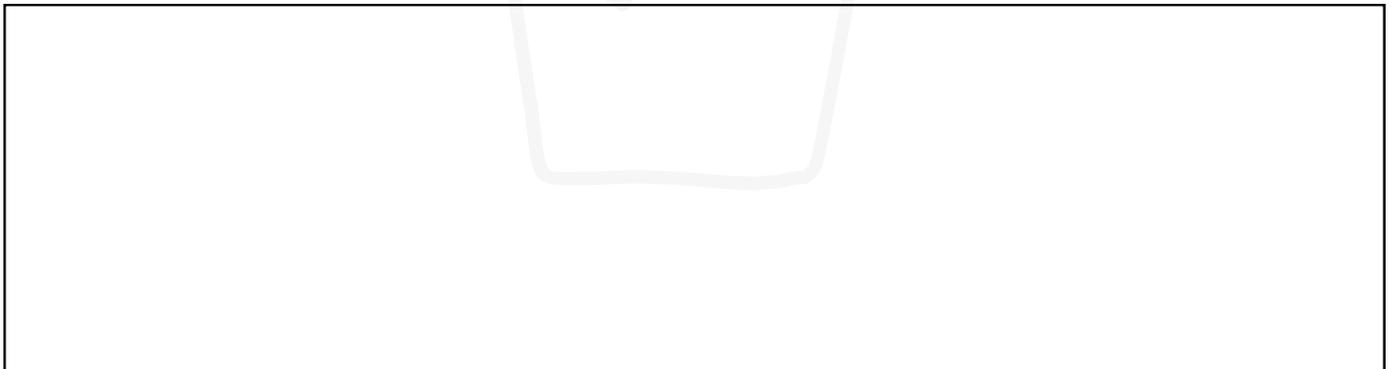
What past experiences or traumas do you need to acknowledge and heal in order to move forward and fully embrace your growth journey?



How can you gently explore and address any unresolved conflicts or hurts in order to nurture your emotional well-being and cultivate healing?



How can you be more gentle and accepting with yourself during your season of growth.



YOUR GROWTH FORMULA

Toxin: *over crowding = scarcity mindset*

Antidote: *Abundance & growth mindset*

What would abundance in your area of growth look like?

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What do you truly believe is possible? Do you have any doubts you need to get clarity on?

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How can I cultivate a mindset of curiosity and a willingness to try new things in this area of growth?

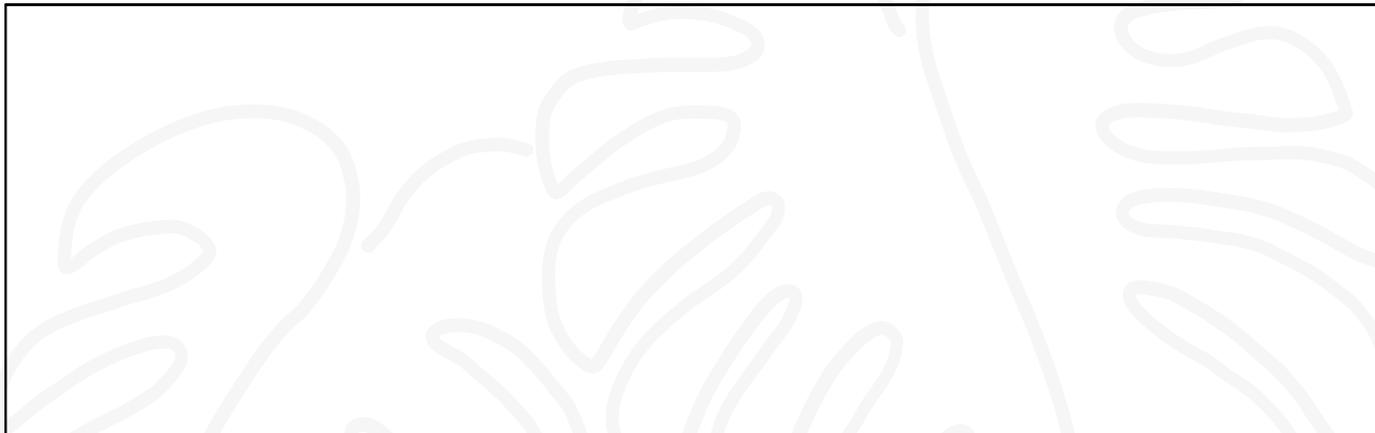
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YOUR GROWTH FORMULA

Toxin: Lack of pruning & maintenance = Neglecting yourself

Antidote: Self care & self love

What does self-love and self-compassion mean to you? How can you cultivate a deeper sense of love and acceptance towards yourself as you navigate your growth journey?



What are some simple yet impactful ways you can practice self-care on a regular basis, even amidst a busy schedule?



What can you do to care for and nourish yourself during your season of growth?



YOUR GROWTH FORMULA

Toxin: Removed from natural environment = Forcing, pushing & pushing

Antidote: Honor the cycles of of your life & nature

How can you become more attuned to the natural rhythms and cycles present in your life and surroundings? What actions can you take to live in harmony with them.

How can you embrace the natural cycles of life and allow for growth, transformation, and release?

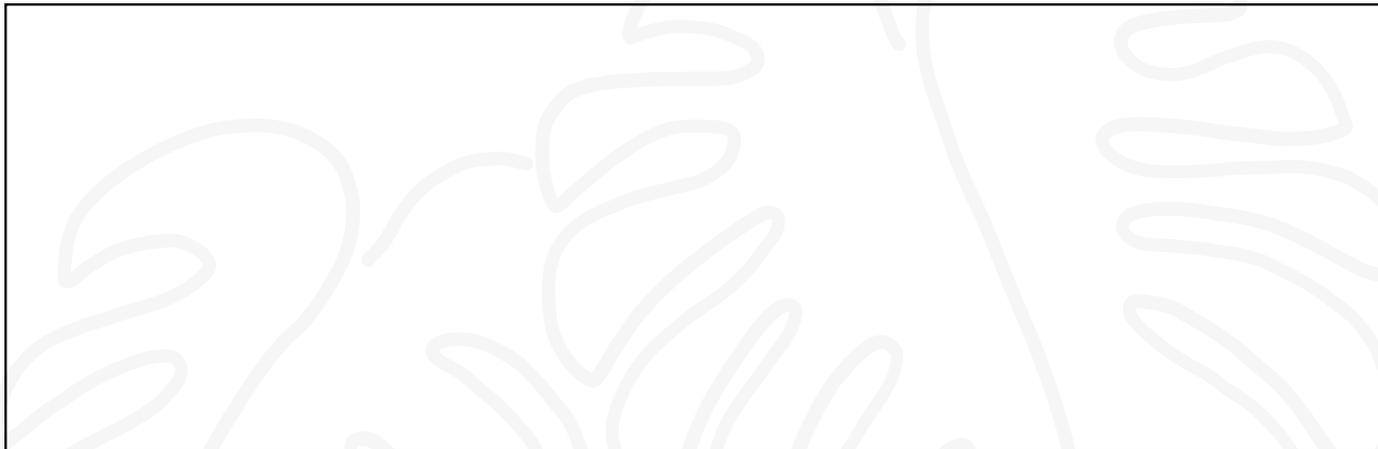
What rituals or practices can you incorporate to honor the different phases or stages of your own personal cycles?

YOUR GROWTH FORMULA

Toxin: *Pot is too small = settling & playing small*

Antidote: *Expanding into new areas & stepping out of comfort zone*

What areas of your life do you feel a strong desire for change or growth? What specific actions or goals will help you move forward in these areas and create positive momentum?



How can you approach these new challenges with a sense of curiosity and openness?



How can you celebrate and acknowledge your courage and resilience when you step out of your comfort zone?

