

Followyourownspark.com

A JOURNEY TO FREEDOM &
INNER POWER

Karina Schuil

MODULE 3

*Becoming you -
Remembering who you are*



WORKBOOK

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FOLLOW YOUR OWN SPARK
Exercises

01

**JOURNALING ON
AUTHENTICITY**

02

**JOURNALING ON YOUR SOUL
MISSION**

03

**DREAM BIG: WHAT'S YOUR BIG
HAIRY AUDACIOUS GOAL?**

04

ALIGN YOURSELF

05

AFFIRMATIONS

01

WORKSHEET Authenticity

JOURNALING

Try these journaling prompts to gain insights into what it is you really want. Into who it is you really are. Write down literally what comes to from your creative mind. Freely, instead of from your rational thinking. You are writing this for you, not for someone else to see. I always like to start with a **meditation** first.

During journaling I like to play **music like this by Jai-Jagdeesh** (link is spotify, but you can find it on youtube too). Aad Guray Nameh is a very powerful mantra used for protection, to gain clarity, and to receive guidance from one's highest Self. This mantra creates a protective field of energy, attracting abundance to help you live out your destiny.

In what areas of life are you suppressing your real self? How is this impacting you?

In what areas of life are you purely authentic? What is it like?

In what relationships are you open and expressive? What is it like?

In what relationships are you suppressing your real self? How is it impacting you?



01

WORKSHEET Authenticity

JOURNALING

If you stopped worrying about what others think or say, who would you be? How would that change your life?

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.....
.....

How would you like to be more authentic?

.....
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.....

What part of you, whether it is a strength, a gift, a story, are you still keeping in the dark and do you want to liberate?

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.....
.....

What actions and behaviours would you need to express to be your authentic self?

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.....
.....

What unique qualities (**module 1 Via test**) could you use to be more you.

.....
.....
.....

What would you do if money wasn't an object?

.....
.....
.....



DARE TO BE *you*
EVERYONE ELSE
IS AREADY *taken*

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For this journaling exercise I like to listen to the beautiful manifesting mantra **Ek Ong Kar by Jai-Jagdeesh**. It is very powerful as it is said to lead to instant manifestations of your thoughts. So only use it when you think positive things that you **DO** want to manifest.

Are you happy with the way your life has turned out? Mark on a scale of 1-10

What are your dreams and hopes? What is your mission? Your biggest dream?.....

What is keeping you from living your mission/dream/best life/making that change?.....

If you could change one thing in your present life, what would it be? What is keeping you from making that one change now?

What would you do if money was no object, how would your life be? What choices would you make?



A silhouette of a person holding a lit sparkler against a twilight sky. The sparkler is lit, creating a bright burst of sparks that fall around it. The sky is a mix of dark blue and orange, suggesting sunset or sunrise. The person's arm is raised, holding the sparkler. The overall mood is inspirational and hopeful.

**YOUR SPARK
COULD BECOME
A FLAME
AND CHANGE
EVERYTHING**

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03

DREAM BIG

WORKSHEET

What's your bhag

Let's make your dreams a bit bigger.

Set your BHAG, your Big Hairy Audacious Goal. A goal so BIG and DARING that is might scare you. You might have several goals in life, but your BHAG goes goes a step further. It is a dedicated goal with a bold mission and a high challenge. It is good if it scares you, because if your dreams do not scare you they are way to far into your comfort zone and probably not the furthest you can reach.

A BHAG IS BIG

because it has a big impact on your life, very big, almost impossible is how big you are looking for.

A BHAG IS HAIRY

because it needs to be cuddly, endearing, inspiring. To other people, but mostly to you.

A BHAG IS AUDACIOUS

because it is really bold and ambitious, grand and perhaps might feel way out of your comfort zone, unreachable (but in your heart you know it isn't), cheeky and unapologetic.

A BHAG IS A GOAL

because the difference between a dream and a goal is a DATE.

Why a goal that might be unreachable?

The sheer boldness of your goal will stimulate you to access your greatness. It's ok if you don't make your BHAG, but at least you know where you are aiming for. And if it isn't the stars you'll reach, at least you'll end up on the moon.

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WORKSHEET

What's your bhag

ALL VISIONAIRY COMPANIES SET BOLD BHAGS.

For example:

Google: "Organize the world's information and make it universally accessible and useful."

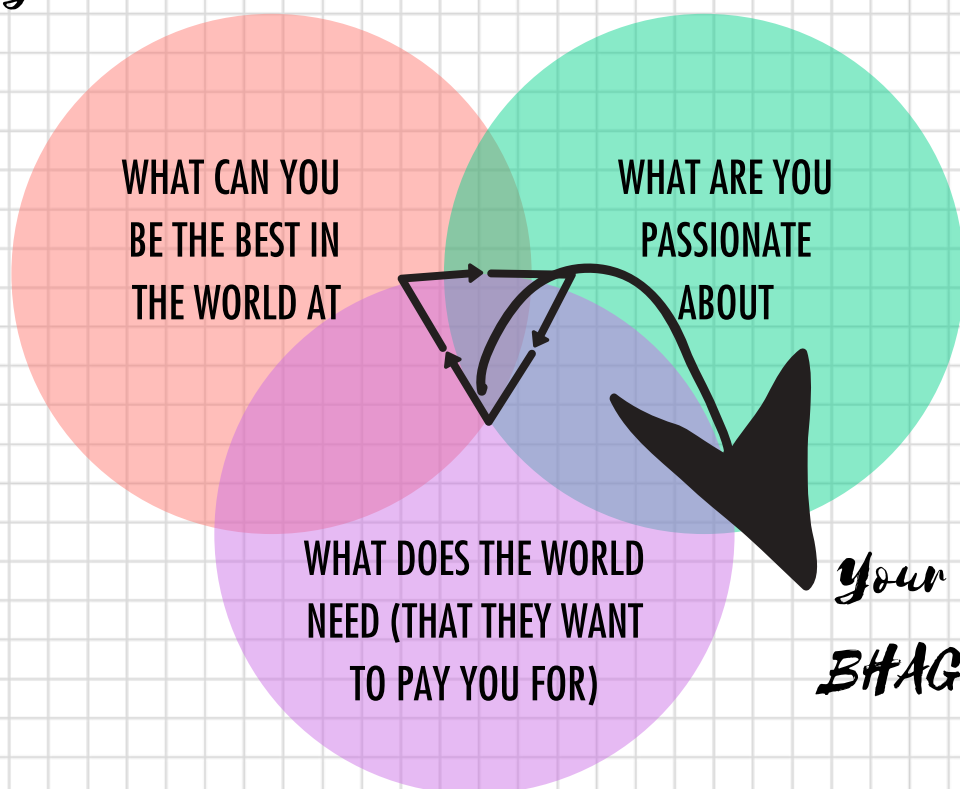
Amazon: "Every book, ever printed, in any language, all available in less than 60 seconds."

Twitter: "To become the pulse of the planet."

Disney: "To be the best company in the world for all fields of family entertainment."

Ford: "Democratize the automobile."

And you?



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WORKSHEET

What's your bhag

WHAT ARE YOU DEEPLY PASSIONATE ABOUT?

.....
.....

WHAT YOU CAN BE THE BEST IN THE WORLD AT?

.....
.....

WHAT DOES THE WORLD NEED (AND WANT TO PAY YOU FOR).....

.....

WHAT DRIVES YOUR ECONOMIC ENGINE?

.....
.....

DESCRIBE YOUR BHAG:

.....
.....
.....
.....



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**IF YOUR DREAMS
DON'T SCARE YOU
THEY PROBABLY
AREN'T BIG
ENOUGH**

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Align yourself

04 EXERCISE

THE EXERCISE

If you are in alignment, you are living from your heart, trusting yourself and perhaps something bigger than you. In this state it is easier, even natural to follow your own spark.

Start to take notice about what it feels like when you are being your authentic self and when you are not. Tap into both feelings a little bit more. When you are in it, let it linger a little bit longer. Feel it. Be conscious of it. Appreciate it. Do the same for the feeling of being out of alignment. Feel how it feels. Feel where you feel it in your body. Feel that you do not want to feel this anymore.

HOW DO YOU FEEL WHEN YOU ARE IN ALIGNMENT

Try to find an example right now. Maybe you're in alignment when you're playing music, when you're swimming, when you're with a certain friend or when you're meditating.

.....
.....
.....

HOW DO YOU FEEL WHEN YOU ARE OUT OF ALIGNMENT

Try to find an example and note it down. Maybe it is when you feel judged, judge yourself, are not in place in a social situation, when you do something that does not spark joy?

.....
.....
.....

When you start to take notice, you begin to recognise the feelings of being in and out of alignment. Let them be your compass to steer you back to positivity and your path.

05

EXERCISE

Affirmations

Defining an affirmation helps you transform any limiting belief into a more positive one.

An affirmation is a positive mantra that you tell yourself every day. You could tell yourself first thing in the morning, before you go to sleep and in any other moment that you need it. Write it on a post it and stick to your bathroom mirror! Your affirmation can change according to your needs and focus.

For this week try taking in all of the above exercises and create an affirmation about who you are and what your mission is. Use your affirmation every day for this week:

.....

.....

.....

Make sure it is:

positive - In the present tense- meaningful to your emotions - short & simple -
starting with 'I' or 'My'



COMING UP:
MODULE 4: CROSSING THE THRESHOLD - SHIFTING GEARS

*If you want
something you've
never had,
you've got to do
something you've
never done*