

Followyourownspark.com

A JOURNEY TO FREEDOM &
INNER POWER

Karina Schuil

MODULE 4

*Crossing the Threshold -
Shifting Gears*



WORKBOOK

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FOLLOW YOUR OWN SPARK
Exercises

01

CHECKUP: BELIEFS

02

**STEVEN COVEY'S CIRCLE OF
INFLUENCE**

03

OUT OF YOUR COMFORT ZONE

04

5 SMALL STEPS

01

Checkup: Beliefs

JOURNALING

We are now entering new terrains. Instead of looking back at who you thought you were, we will now actively start working on the version of yourself that you want to align with.

Halfway in this course, as an inventory for yourself, gain insight into what limiting beliefs you still hold and what limiting beliefs you have let go or are ready to let go, so you can move forward.

It is not a bad thing if you still have not 'challenged' all of your beliefs. After all, you carried them for many years. It will take time. Being aware of them brings you half way though.

WHAT LIMITING BELIEFS DO YOU FEEL ARE STILL HOLDING YOU BACK

Have a look at the exercise 01 of module 2 (list of limiting beliefs) if you need to.

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WHAT LIMITING BELIEFS DO YOU FEEL IS BEGINNING TO LOSE IT'S POWER OVER YOU

What difference have you noticed? What limiting belief you still experience, but has lost (part of) it's power over you?

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WHAT BELIEF DO YOU NEED TO BREAK THROUGH AT THIS MOMENT TO REALISE WHAT IT IS THAT YOU WANT RIGHT NOW?

.....
.....

01

Checkup: Beliefs

Ask yourself

IS WHAT I AM BELIEVING AT THIS MOMENT TRUE?

CAN I BE CERTAIN THAT IT IS TRUE?

WHAT DO I CHOOSE TO BELIEVE INSTEAD?

WHAT IS THE WORST THAT COULD HAPPEN?

AM I REACTING FROM A PLACE OF LOVE OR FROM A PLACE OF FEAR? REMEMBER YOU CAN CHOOSE TO RETURN TO LOVE ANY MOMENT.

HOW CAN I GET BACK INTO ALIGNMENT?

WHAT DO I NEED AT THIS MOMENT?

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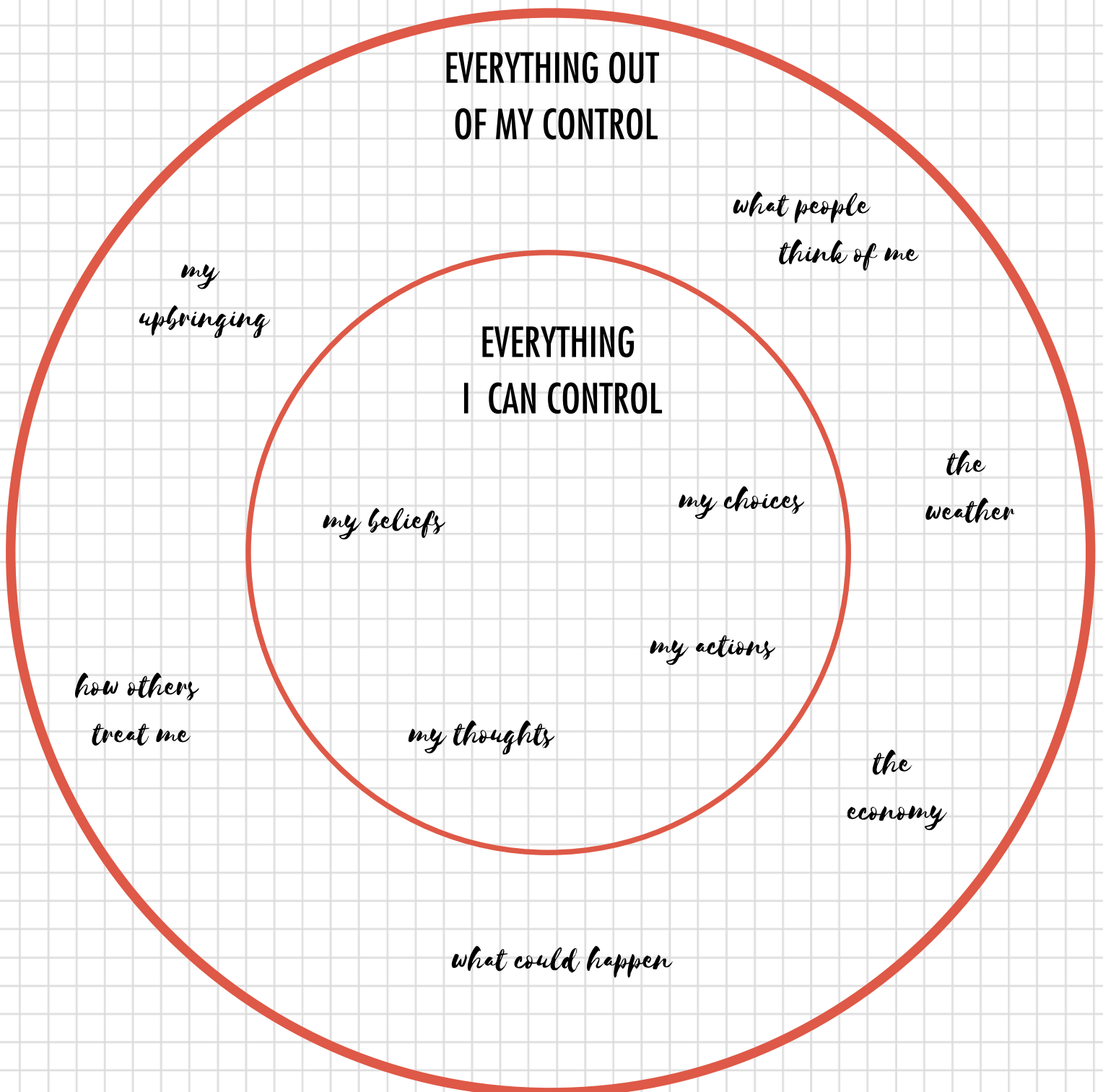
Follow Your Dreams.



STEPHEN COVEY'S CIRCLE OF INFLUENCE

02

Take back control and tap into your inner power.
Take a moment to write down what is in your control
and what is out of your control so you can become
very clear and focussed on your path forward:





**SIX MONTHS FROM
NOW YOU CAN BE IN A
TOTALLY DIFFERENT
PLACE.**

**MENTALLY,
SPIRITUALLY, AND
FINANCIALLY.**

**KEEP GOING AND KEEP
BELIEVING IN
YOURSELF.**

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03 *Out of your Comfort zone*

A QUESTION: WHEN WAS THE LAST TIME YOU DID SOMETHING NEW FOR THE FIRST TIME? WHAT WAS IT? CAN YOU REMEMBER?

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Let's practice a bit with your normal behaviour and replace it -just for the sake of curiosity- with new behaviour. practicing a little bit out of your comfort zone. Below exercises are roughly based on the program 'do something different'.

Out of the list below, pick one characteristic that implies to you and pick 1 assignment that you will do today. Pick another one tomorrow and so on:

If you are have difficulty letting yourself be seen:

- Give a stranger a compliment
- Give a personal comment on social media to someone you secretly admire
- Share a personal story with someone or on social media
- Start a small conversation with a stranger
- Speak up at a meeting or social gathering and share a personal point of view

If you have trouble letting go of control:

- Take a different route to work
- Use a different kind of transportation (train vs. car etc.) than you normally would to go to work
- Eat a meal you have never tasted before
- 'Plan' one (weekend) day this week without plans. Just let things run their natural course and do what you feel you have to or what sparks joy

03 *Out of your Comfort Zone*

If you are a rational thinker:

- Take an intuitive decision on something small, even what's for dinner
- If you have a situation at hand that you feel different about than you think, follow your feelings instead
- If you ask someone a question, try to feel what they will answer before they do

If you have trouble protecting your boundaries:


- Say no without giving excuses if someone asks you to do something that you do not feel like
- Try not to say 'sorry' for a whole day
- Speak up in a meeting or gathering if normally you never would

If you cope with feelings of unworthiness:

- Take an intuitive decision on something small, even what's for dinner
- Create a list of everything someone gives you that day: a gift, a compliment, a smile, a tip and say 'thank you'
- Share a personal story on social media or with someone in person
- Take 5 minutes per hour for yourself today. No phone allowed.
- Speak up in a meeting or gathering if normally you never would

General assignments:

- Do something new for the first time: play a different sport or book a never tried session at your local gym
- Play a children's game or join a child's play their way
- Pay for a coffee for the next person in line
- Say 'I love you' to someone you haven't told before
- Write someone a post card that you normally wouldn't and send it
- It is even more fun coming up with your own 'out of your comfort zone' exercises!



**IF YOU CAN SEE IT IN
YOUR MIND
YOU CAN EXPERIENCE IT
IN YOUR REALITY**

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WORKSHEET

5 Small steps

04

THE SECRET TO REACHING YOUR GOAL IS THIS: BREAKING IT DOWN IN SMALL DOABLE CHUNKS.

FOCUS ON THE NEXT STEP ONLY AND DO NOT WORRY ABOUT THE END RESULT, JUST COMMIT YOURSELF TO SMALL, STEADY PROGRESS.

5 small steps

- Define 5 action steps that you can take every day towards your dream life
- Make it small: commit to really small progress (write one page, read 20 minutes a day, save 1 EUR per day)
- Link positive new habits to things you already do. (example: if you already meditate, do yoga, journal or take walks make that one of your 5 action steps)
- Review your process. Celebrate your wins. In one year from now you will look back in awe where you came from

What are 5 small steps you can take every day ?

- 1
- 2
- 3
- 4
- 5

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5 Small Steps

Make it even smaller: what is the smallest step you can take today (so not tomorrow)?

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Review your process

Keep on taking your steps and keep on reviewing your process.


Three months from now, it might not seem much what you have accomplished. Until you think back to the moment you are in now. Then you will see how far you have come. Imagine where you will be one year from now!

Dare to fail

What usually happens when people fall out of a practice is they give up altogether. Because they failed. Try to accept failure as a fact of life. At least you tried. If you fall out for an amount of time, realise falling back in is always an option. Don't be hard on yourself. Have a look at your goals. Feel how much you still want it and pick up where you fell out. No big deal.

Look back and reward yourself from time to time.





**EVEN A JOURNEY
OF A THOUSAND
MILES STARTS
WITH ONE FIRST
STEP**

Lao Tzu