



I AM *Becoming*

WORKBOOK 3

SELF DISCOVERY





Self Discovery is Unfolding

"What do I want?"

This video is about walking the multiverse of possibility to see what truly lights you up.
Remember your power mantra: I am the Purpose!

I AM THE POISON *and*
I AM THE *Antidote*
I AM THE PURPOSE,
AND I AM THE *Power*

NOTE: Remember, the multiverse has NO LOOP; it's unlimited potential. In this space, you can freely dream, imagine, and feel yourself doing, having, and being anything, exploring each path in its fullness.



Feeling stuck

Is there a specific area of your life where you feel most stuck?

Come to an awareness of different loops for different areas. If you feel stuck in any of these areas, look at the repetitive thoughts that you get stuck on. See if you can find the CORE belief; it will sound like something a three-year-old might say.

EXAMPLES OF CORE BELIEFS:

MY BODY IMAGE

"If I was slimmer and prettier I would be loved."

MY PHYSICAL BODY

"My body is just not good enough."

MY HEALTH & WELL-BEING

"No one supports me."

MY MONEY FLOW

"It's not fair..."

MY CAREER OR BUSINESS

"I can't because of..."

MY LOVE RELATIONSHIP

"They don't love me."

MY FRIENDSHIPS AND SOCIAL CIRCLES

"People always take advantage of me."

MY FAMILY RELATIONSHIPS

"I feel unseen."

MY SELF WORTH

"Nothing works out for me."

MY PERSONAL GOALS

"My needs are never met."



Which area do I feel the most stuck? Choose one.

Body Image

Physical Body

Well-being

Money Flow

Career/Business

Love Relationship

Social Circles

Family

Self-Worth

Personal Goals

What is the core belief in this area? Choose one which feels the most true for you in this area.

- "I am not a priority. I don't have support. I don't have time for myself. I am helping everyone else."
- "I am not enough. I am not good enough. If I changed ___ I would be good enough. If I was ___ I would be loved."
- "Poor me. It's not fair. My needs are never met. Nothing works out for me. I feel disempowered."
- "I avoid this area. I don't like how it feels. I avoid setting the boundaries I need. I don't know or recognize what my needs are."



Write a list

Write a list of 10 things you love to do for your own joy and stress relief.

Think about what truly brings you happiness and relaxation. It could be anything from reading a book, going for a walk, enjoying a bath, to making a beautiful meal. Maybe it's stretching your body, dancing, learning something new, making something creative, hanging out with people you love, writing, listening to music, an audiobook, or a podcast. It could be going to therapy, having uplifting conversations, meditating, or journaling...

WRITE YOUR OWN list that resonates with you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

"I can see now that I chose _____ as a stress relief or misaligned self care. This has become a problem. I can now release this awareness to acceptance."



Walk the Multiverse

Let's walk the Multiverse of possibility. Before you decide to change any area of your life, first spend some time walking the multiverse. Walk the multiverse in all areas of your life and feel the right path light up.

Body Image

Body Image is our thoughts and feelings about our bodies, mostly influenced by inherited patterns and societal beauty standards that make us constantly grade ourselves on worthiness, and we then project that belief about ourselves into our own bodies with our own thoughts.

So when you walk the possibility in your body image, challenge the beauty standard you keep returning to in your thoughts and reconnect instead to how it feels to be free in your body. The key is to prioritize your most authentic self-expression so I can be who I truly want to be and walk confidently in self love in this identity, this is how you cultivate a positive perception of your own body. You see it as beautiful when you let it be what it wants to be, free to wear what you want, move how you want.

In the multiverse ask:

"What if I changed? Who would support me, and who wouldn't? What if I dressed differently? What if I acted confidently in my body exactly as it is? What does that look and feel like? Does my body in the multiverse differ from how I look now? How do people treat me with this different body, and why? What does this FEEL like?"

NOTE: I have been through the quagmire of body image and trauma healing was a part of that. I journeyed my way through reconnecting to my body but the greatest love I felt for my body came after working with Teri on my body acceptance. You see, she triggered me that I still have shame around my tum and that was the moment I realized I was still holding onto something.

If deeper work for body image is needed I introduce to you my dear friend **Teri Hofford**: Artist Author Body Image Angel



JOURNAL: What is your ultimate goal regarding you body image?

[illegible]



JOURNAL: My physical body. How I move, rest and maintain my body.

What would I change about my physical body and why? Imagine it, take the time to walk different paths, how do you feel? How do I joyfully move my body? Am I making time to self care? Do I need rest, timeout, quiet time, naps, meditation, nature [MAKE THE TIME]

What if I worshiped my body? What does that look and feel like? Is my body different? How are people treating me with this new BODY? What does this new me feel like?

NOTE: The multiverse is not a place of comparison—that's competition. It's a place of creation, so just imagine different paths of possibility, and you'll start to feel the right one, the path that most attracts you. Then start connecting to, growing, and developing that path.

When you feel competition, you're not in the multiverse. There is no 'BUT HOW' in the Multiverse; there are only possibilities and choices.

JOURNAL: What boundaries do I need to set to get more time for me? How can I prioritize myself in this area?

[illegible]



My Money Flow Am I doing what I love? Do I feel valuable? Do I feel worthy of asking for more?

JOURNAL: What does financial security look like to me? Who makes me feel empowered or disempowered around money? What would it feel like with more money? Imagine sitting in a new space; what is it for? Do you own it or rent it? What would you paint the interior? What furniture would you buy? How do you feel in this space?

[illegible]



My Career or Business: Am I doing what I love? Do I feel valuable? Do I feel worthy of asking for more?

JOURNAL: What does LOVING my job look like? How successful do I want my business to be? What am I doing? How do I create and spend my day? What does my CREATIVE haven look like? HOW much am I getting paid? Who do I work for, with and what do I create? What do I want to MASTER?

NOTE: I have spent my career developing MY path forward that I have walked in the last 23 years. I also believe you could walk many futures, but mastery takes time and mastery requires certainty conviction, commitment, and connection, so try not to limit your thoughts but also understand the thought of having something (I want this) and the thought of the process of creating it (How I get to having this) are two different things.

You have to feel certainty, conviction, commitment and connection to both. You can't be in love with having it until you're in love with creating it. Walk towards what lights you up!

As I said in the last homework video, you cannot come home in resentment and expect someone else to bring you to love. In the multiverse I felt it. When you don't feel love in your relationship you have stopped giving it. REMEMBER whatever you think is lacking, GIVE IT.

[illegible]

JOURNAL: Do you feel loved and respected in your friendship circles? Is there a relationship you would like to reconnect or nurture? Would you like new social circles? What type of friendships light you up? When you walk the multiverse what are you doing and with whom? How do you feel?

[illegible]



My Family Relationships

JOURNAL: When you explore the multiverse imagine a future where you have the perfect boundaries for you and your family. What does that look like? As you grow your family, what are your main priorities? How can you bring more value to your family relationships?

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.

JOURNAL: What dreams have I always kept locked in my heart that I could explore? This feeling inside you to be more, to become more, it's not just a dream; it's a calling. You are being called to live your purpose. Let it come forward, feel it. What does perfect Self Worth look like to me?

This image shows a single 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.



My Personal Goals

JOURNAL: What do you WANT / LOVE / FEEL the most desire to CREATE?

[illegible]

SELF *Value*