



# I AM *Becoming*

WORKBOOK 5



ASKING FOR MORE

## ASKING FOR MORE



**Journal:** HOW did Mum and Dad ASK for anything? What was your example of healthy asking?

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**How often in my relationships do I feel like “I shouldn’t have to ask. They should KNOW what I need”?**

Always

Often

Sometimes

Never

*“I GIVE without being ASKED, they should too. My GIVING is not reciprocated.” (Mmm, people pleaser).*

Which relationship(s) make you feel this way?

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How can I ask for more in this relationship?

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## ASKING FOR MORE



**Journal:** The old me believed ASKING was... (spoiled, selfish, entitled, pointless, etc. fill in the blank)

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**Journal:** Were there any emotional wants listed above? (wanting to be seen, loved, respected, valued, etc...)

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**You can spend  
your life never  
*asking*  
for what you  
want, but then  
you can't be  
upset when  
your needs are  
not met.**



## What am I going to ask for in each area of my life?

Time for myself

More space

Support

More money

Help

Someone to pay me back

Someone to pay half

Grace

Forgiveness

Equal exchange

More communication

More connection

My love language

*write more...*

**SELF WORTH:** I'm going to ask for...

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**CAREER & BUSINESS:** I'm going to ask for...

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**BODY IMAGE:** I'm going to ask for...

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**LOVE RELATIONSHIP:** I'm going to ask for...

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**SELF CARE:** I'm going to ask for...

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**FRIENDSHIPS:** I'm going to ask for...

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**HEALTH & NUTRITION :** I'm going to ask for...

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**FAMILY:** I'm going to ask for...

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**MONEY FLOW:** I'm going to ask for...

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**MENTAL HEALTH:** I'm going to ask for...

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**Journal:** What am I asking for? What will I offer as equal exchange?

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How can I step up to receive this? What value do I need to bring to myself and this situation?

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Ask, "How can I bring value in return?" How can you bring value to this room, to this moment, to this experience, to this meeting, to this connection, to this relationship, to this business, to this client? IN  
EQUAL EXCHANGE

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**You have the ability to LOVE yourself and ASK yourself what you need. ASK YOURSELF:**  
What do I want? What feels good to me?

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Why do I want this? How does it make me feel?

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**Check in with yourself:** AM I in love with my day? Am I in love with my body? Am I in love with my home? Am I in love with career? Am I in love with being myself? Am I in love with the life I have right now? The opposite is IN-LACK

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**When you get stuck in a loop, ASK:** What do I feel? Why do I feel this way?

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What is the thought driving this emotion? How long will I choose to stay in it?

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**If it's FEAR, ask:** What happens if I get rejected here? Remember rejection breeds obsession.

**If it's SELF DOUBT, ask:** Am I people pleasing or am I in alignment with what I want?

**If it's EGO, ask:** Why am I looking for comparison to feel better about myself? What do they have that I want? Write an envy list and explore it.

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# The synonyms for “Manifest” (*verb*) are:

Confirm, Declare, Demonstrate or Embody.

**This is CLARITY.** When you are ready to manifest you will have certainty and conviction - and then commitment and connection.

I AM BECOMING...

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I CONFIRM...

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I DECLARE...

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I DEMONSTRATE...

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I EMBODY...

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**HOMEWORK CHALLENGE:**

Create time to CREATE!

**POSITIVE AFFIRMATIONS:**

I am becoming someone who knows what they want and need.

I am becoming someone who meets their own needs.

I am becoming someone who asks for more.

**SELF** *Value*