

The Abundant Self

WORKBOOK



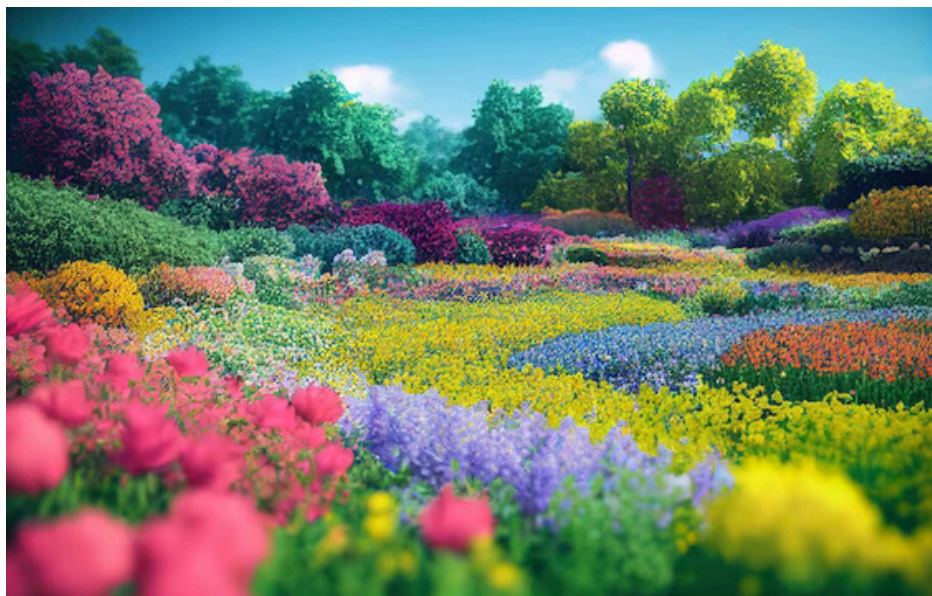
Reconnect with your core energy, shift your inner signal, and begin aligning with abundance.

You're here because almost certainly, something's not flowing in your money, your energy, or your life. This workbook is your first real step toward restoring that flow and reconnecting with true abundance in all areas of your life.



Introduction: A New Kind of Movement

Something in your life needs to shift. It might be on an emotional level, a physical level (including the circumstances of your life) or it might be on a material level. Maybe you took the Abundance Archetype Quiz (and if you didn't and would like to, you can find it [here](#)) and you discovered something about yourself in the way that you've been holding yourself back. Or maybe someone shared this workbook with you. However you arrived here, this is



your chance to look more clearly at what's been shaping your life, and how to start changing it in a real and lasting way that will increase the quality of your life on all levels.

This workbook is where you can start to move your life forward. Think of it as a mirror or a flashlight, it's a way of illuminating what you've been doing wrong and how you can fix it. It's something that'll help you see where you are and where you could be heading.

Inside, you'll find short prompts, grounded practices, and pattern-specific reflections. Each is designed to support real progress, emotional clarity, and reconnection with your true self. And once you're truly reconnected with who you are, at a deeper level, everything becomes possible!



Have You Taken the Abundance Archetype Quiz?

If yes: Great. You'll use that result in Section 5.

If not: That's absolutely fine. You'll still get a lot from this workbook. When you reach Section 5, simply read through the six archetypes and notice which one resonates most for you. But if you can, I encourage you to take the quiz first, then come back here with your result.

Want to take the quiz now? [Abundance Archetype Quiz](#)

"Abundance is not something we acquire. It is something we tune into" Wayne Dyer

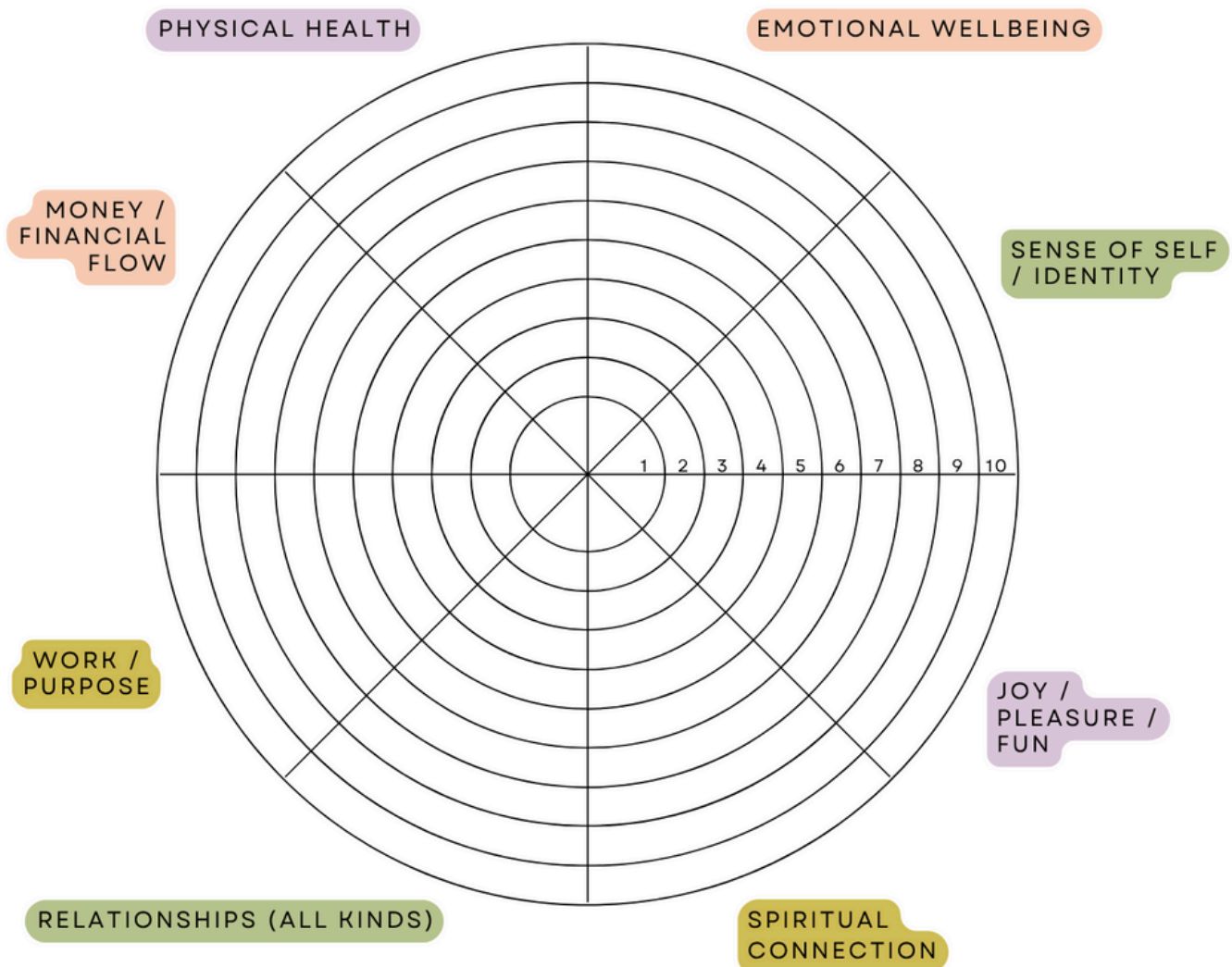
Life Energy Snapshot

Before we go any further, let's take a moment to check in with how things are really going across all areas of your life. This is a snapshot of your starting point. A clear-eyed look at where your energy is flowing easily, and where it's stuck, strained, or under-resourced.

Review the 8 Categories. Think briefly what a satisfying life might look like for you in each area. Rate each area honestly using a scale of **1 (very low)** to **10 (fully aligned, fulfilled, or flowing)** and map them onto The Wheel of Life below.

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!

Once you've marked all the points in the different categories, join up the dots. You will probably end up with something akin to a wonky wheel. This will show you the areas of your life that you need to work on. Do be aware that you will almost certainly never achieve a perfect wheel; some aspect of life or another is always going out of balance. But this diagram will give us a clear snapshot of where your life is now.



You might like to transfer the information from the Wheel of Life into the table below. Some people prefer their data presented in tabular form rather than visually!

Area of Life	Score (1-10)
Emotional Wellbeing	
Physical Health	
Money / Financial Flow	
Work / Purpose	
Relationships (All kinds)	
Spiritual Connection	
Joy / Pleasure / Fun	
Sense of Self / Identity	

You'll return to this later in the workbook. For now, just notice:

- What stands out?
- Where are you most resourced?
- Which area feels like it's quietly asking for change?



Section 1: What's Still on Loop?

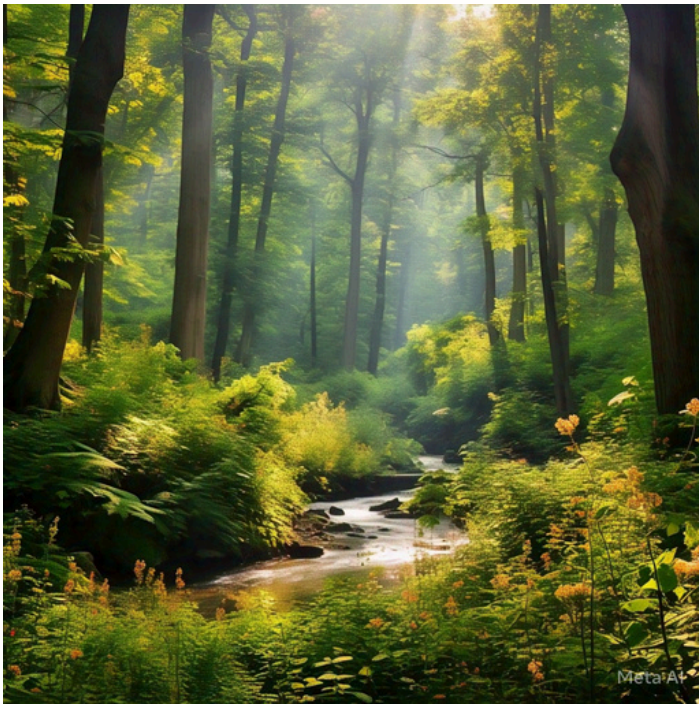
We all have something that's holding us back in life. Often, it's more than one thing. And the chances are, it manifests in the form of a looping pattern or a story of some kind. It might also be in the form of a behaviour we said we'd stop doing, but somehow, we're still stuck right there, trapped in an endless loop that, with all the best intentions in the world, we still haven't been able to resolve. This section is about naming, with clarity and honesty, the loop, the story or the behaviour and then beginning the process of changing it.

Just take a moment to reflect:

Prompt 1:

What situation, behaviour, or emotional cycle keeps repeating in your life, even though you've promised yourself it wouldn't? This could be something quite recent that's causing you a problem, or it could be something that you've been battling with for a long time. Maybe even your whole life.

It could be the way you shut down when you feel overwhelmed, or the way money always seems to slip through your fingers. Maybe it's the way you say yes when you don't want to, just to avoid conflict or to keep others happy, or how you throw yourself into busyness instead of facing what's really going on underneath.



Bonus prompt:

If this pattern weren't running things, how would you be showing up differently right now? You're not trying to fix things; just notice what might emerge if this no longer had power over you.

Write whatever comes up, don't overthink it. Treat this as a stream of consciousness exercise. Get it out of your head and onto the page.

Why all of this matters:

You've just put together your map of past efforts. You'll be able to come back to it later and see clearly why some things didn't touch the real cause of the problem and why others may have helped more than you realised.

As we move forward, you'll start to recognise why certain strategies haven't worked, and how your deeper patterns or protective mechanisms may have been driving them. You don't need to solve anything right now, just take note. We'll return to this later, and you may be surprised by how differently you see it once the inner shift begins.

Section 2: What's Running the Show?



Now that you've named the pattern you're most ready to change, it's time to look underneath it and see what makes it tick. Patterns don't run on logic. They run on identity; a version of you that formed around staying safe, accepted, in control, or out of trouble. This is you in your comfort zone; the place that your mind knows you are safe, and nothing is going to challenge you or confront you.

This is your mind's survival strategy at work, and it has worked very well up to a point, but at the same time it has held you back and prevented you from making progress. Until now.

"You never change things by fighting against the existing reality. To change something, build a new model that makes the old model obsolete." Buckminster Fuller

Prompt 1:

When you're caught in the loop you named in Section 1, what do you tend to believe about yourself? It might sound like:

- "If I don't do it, no one will."
- "I always mess this up."
- "I need to be needed."
- "If I ask for too much, I'll lose everything."

Write what's true for you. You might find that there is more than one belief that you are holding.

Now ask yourself: who believes that? Who, or what is the part of you that must be needed, or never mess it up, or keep everything together? This part isn't bad. It formed to protect you, to keep you safe, accepted, or in control. But it may be running the show long after it needs to. For example, it might be that part of you that is a wife or husband, a mother, a daughter, a work colleague, a boss, a friend.

Let's meet that part now.

Prompt 2:

When you're caught in that never ending loop once more, there's usually a version of you that takes over; a part of you that's trying to earn, prove, or fix something so you'll be safe, accepted, or in control.

You'll meet a clear version of this later in Section 5 (your Abundance Archetype from the quiz), but for now, see if you can gently sense which part is active for you. If you didn't take the quiz yet, now is the time to do it.

Click through [here](#), take the quiz and come back to this document when you're done.



Try this:

Close your eyes for a moment and take a few deep breaths. Allow your whole body to relax and release all the tension. Consciously breathe all the tension out and let your mind settle. You might want to just focus on your breath for a few moments. Then think of a time when you were caught in the loop you described earlier.

Let yourself feel how you were in that moment. Go back fully into that moment, as much as you can unless it's too painful to do so. Was there pressure to perform? Please? Disappear?

What kind of energy took over? What was it trying to protect you from? This last question is really important because it's this part that indicates how your mind is trying to keep you safe in the comfort zone of your loop.

You might sense this part of you as a voice, maybe a feeling in the body, or just a label like “the achiever,” “the one who keeps it all together,” or “the one who can't get it wrong.”

Let that part of you speak. Don't rush. This is just about being aware, not fixing anything, at least not yet.



“Making a dream into reality begins with what you have, not with what you are waiting on.” T.F. Hodge

Mini Action:

Give that part a name in one honest sentence. For example:

- **“The one who always gets it right.”** (Is this the boss part of you for example?)
- **“The one who holds it all together.”** (Is this the husband aspect of you for example?)
- **“The one who can’t be too much.”** (Is this the daughter part of you for example?)

That part got you here. Now you get to decide whether it keeps running things or you take that part of you off autopilot and run it yourself.

Bonus prompt:

If a deeper, more grounded version of you were leading right now, what would that version be like? Make some notes.



Audio Practice 1: Meet the Pattern in Your Body

You’ve just met the part of you that’s been running the pattern or loop; the one who holds it all together, stays in control, fixes, avoids, or proves. Now you have conscious awareness of who or what this aspect of you is.

Now it’s time to meet that part where it manifests in your body, not just in your mind.

Listen to the guided audio: “Meet the Pattern”

Find a quiet space, press play, and let’s take the process deeper. You’ll be guided to feel where this part lives in you and hear what it wants you to know. This will allow you to start shifting your relationship with it on a core, somatic level.



Begin a conversation with this visualised or imagined aspect of yourself. Speak out loud as if it were a real person sitting opposite you.

You might ask, for instance:

- *“What are you trying to protect me from?”*
- *“What do you need to feel safe?”*
- *“What are you afraid would happen if you let go?”*
- *“What do you want me to know?”*

Get creative with this and ask whatever questions you need that will help you to find clarity in why the loop exists and what this aspect of yourself is trying to protect you from.

Then switch chairs: physically. Get up and swap chairs. Step into the other part’s perspective and answer as them. You are now for all intents and purposes that aspect of you that has been engineering the loop.

Keep going.

Switch back and forth, moving from one chair to the other, from one identity to the other; first you, then the part of you that is controlling the loop. Respond. Ask. Listen. Let the conversation evolve naturally.

Keep going until you come to a natural shift, resolution, compromise, understanding or release. Try to get to the point where you have convinced the part of you that has been keeping you in the loop, that you do not need their help or support and that you can manage perfectly fine without them trying to keep you safe or protect you.

Then sit quietly. What just happened? How do you feel now? Is the part of you happy and convinced that you do not need their help any longer?

This work can be really powerful because it brings deep psychological and emotional shifts through the act of embodied polarity resolution.

After any of the above practices, reflect and make some notes:

Prompt 1: What did you see, hear, or feel?

Prompt 2: What did this part need; and did anything shift when it was heard?

Prompt 3: What would your wiser self say now, in response?

Prompt 3:

Define abundance in one sentence, something that includes both how life feels and what it looks like around you. Let it be real, grounded, and totally yours; not what others think life should be like for you.

Example: *“Abundance is living in a way that feels calm and with a sense of freedom, with enough money to rest, provide for myself and my family and to expand my business.”*

Mini Action:

Look back over what you wrote. Underline the part that feels like your north star; the part you want to start leaning into right now.



Who You're Becoming

So, you've just started to name what abundance really means to you. But what is the version of you that is capable of living that way or with those things now present in your life?

This part of you is already here, right now. This is the 'you' that is confident, in control and makes decisions instead of reacting in a knee-jerk fashion to life. It's the aspect of you that doesn't get pulled off course, and who knows what needs to happen to move life forward in a decisive manner.

This is the version of you that is aligned with your true self, and not the one where old habits run the show and hold you back.

Prompt:

Describe this empowered version of yourself. It doesn't have to be a 'perfect you', but it does need to be honest and come from the heart. Try to let your description come from a felt sense of yourself, rather than from the rational and analytical mind.

Section 5: Your Archetype in Action

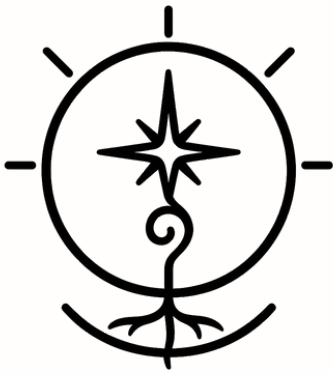
So far, in the previous sections, we've started to get an understanding of some of the patterns in your life that have been holding you back; we've worked on clearing those patterns and now redefined what abundance means for you personally. Now it's time to bring all of that together and action these new understandings in your real, day-to-day life. So, let's take a look at the Abundance Archetypes that you saw in the Abundance Archetype Quiz from earlier.

The Archetype that you identified in the quiz is more than just a label. It's a practical tool that reveals to you how your own patterns play out in your life. It identifies your strengths and helps you to understand how to shift your patterns to align more readily with the life that you want.

In this section we'll explore your Archetype's dominant traits and discover specific actions that you can take to start the process of moving forward.



The Seeker



Gift: Deep intuition and energetic sensitivity.

Loop: Floating instead of acting. Waiting for signs from the universe.

Shift: Your clarity comes through taking action, not waiting.

Ask: What grounded step or action could I take today, even without full clarity?

Try this: Choose one thing you've been waiting on a sign for and take action instead. Even a small step would be good. Then take another, and another. One small step at a time.

The Builder

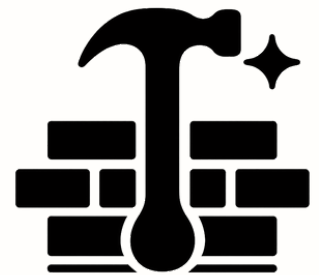
Gift: Integrity, stability, follow-through.

Loop: Seeking control. Needing certainty before starting.

Shift: You don't need to know everything before you start.

Ask: Where am I using planning to avoid momentum?

Try this: Take one action with no plan. Let the next step reveal itself. This is a challenge, like jumping off a cliff before you know that the parachute works perfectly fine. It's time to trust.



The Giver



Gift: Heart, presence, healing energy.

Loop: Over giving. Finding worth in sacrifice.

Shift: You're allowed to receive without guilt.

Ask: Where am I giving to be needed or appreciated, instead of being nourished?

Try this: Say yes to something that's only for you. Say no to something that would inconvenience you or cause a delay or problem for you.

The Manifestor

Gift: Clarity, momentum, bold creation.

Loop: Avoiding emotion to keep moving.

Shift: Slowing down won't stop your success. It deepens it.

Ask: What am I avoiding by staying busy?

Try this: Pause for ten minutes today. Spend this time looking at the sky, watching the rain, listening to the sounds of the traffic, enjoying the taste of good food. Let emotions rise and breathe with them.



The Awakener

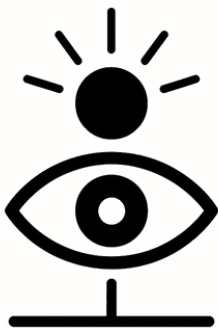
Gift: Radical honesty and self-awareness.

Loop: Constant self-correction. Looking for what's still wrong.

Shift: You don't need to fix yourself to be whole.

Ask: What if there's nothing to fix right now?

Try this: Write a short letter from your future, thriving self to your current, struggling self, as if it's already true.



The Harmoniser

Gift: Empathy, emotional intelligence, connection.

Loop: Avoiding tension to keep the peace.

Shift: You can be loving and honest.

Ask: What truth have I been holding back?

Try this: Speak one truth today, even if it's uncomfortable. To do this you might want to consider the stories you tell yourself that are fictions designed to keep you in your comfort zone. Stories that don't rock the boat. It's time to rock it a little.





Prompt 1: Choose One Area of Your Life

Go back to the definition of abundance you wrote in Section 4. Now pick one area of your life where that definition needs to be worked into it more. This might be in one of the following areas for instance:

- Your daily routine
- Your money habits
- Your emotional boundaries
- How you handle your work
- How you eat, rest, move and go about your day
- A relationship dynamic

Name the area now:

The part of my life I'm focusing on is:

Prompt 2: Choose a Pattern to Let Go

Pick one repeating behaviour, habit, or reaction; something you do automatically in that life area, that no longer aligns with your new definition of abundance.

This is about identifying what doesn't fit anymore.

Be clear. Make it visible and real. This is something you're done with because it doesn't fit with who you're becoming.

Example 1 (Life area: Money)

The part of my life I'm focusing on is: Money

The pattern I'm letting go of is: Saying yes to low-paying work out of fear that nothing better will come.

Example 2 (Life area: Relationships)

The part of my life I'm focusing on is: Relationships

The pattern I'm letting go of is: Staying silent to avoid tension, even when I know I need to speak up.

Prompt 3: Choose the New Action

Now define the new action that replaces it; something aligned with your definition of abundance. Take a look again at the mini actions you started to implement in Section 5. How can you build on those?

This doesn't need to be dramatic. Just real, repeatable, and aligned with what matters most to you.

The new action I'm committing to is:



Mini Action: Make it Stick

You've named the new action. Now let's make it real and get it moving in your life.

Draw a simple 7-day tracker or make copies of the Daily Habit Tracker template. You can make your own version by ruling up the pages of a notebook or you can buy graph paper from a stationery store. You can use the format in the example below.

Each time you follow through on your action, put a check, tick, a dot, or a short note.

Action to be taken:	<i>Speak up for myself in meetings</i>						
Days:	S	M	T	W	T	F	S
Week 1		X	X	X	X	X	
Week 2		X		X	X	No meeting	

Read this each day to reinforce the shift until it feels natural. More importantly, try to feel the positive emotions associated with your new reality as you read. The universe doesn't deliver on the basis of hollow words. It delivers on the basis of emotions that are in alignment with your new reality.

Mini Action: Set It in Motion

Before moving on, take a moment and actually initiate the action. Schedule it. Say it. Move something. Book something. Cancel something. Write the email. Have the conversation. Clear the drawer. Whatever it is, do it now.

Your new identity will stabilise through constantly aligning yourself with your new life and desires. And you need to begin that immediately.



Section 7: Where You Are Now

Before you complete this workbook, let's take a moment to reflect on your journey so far.

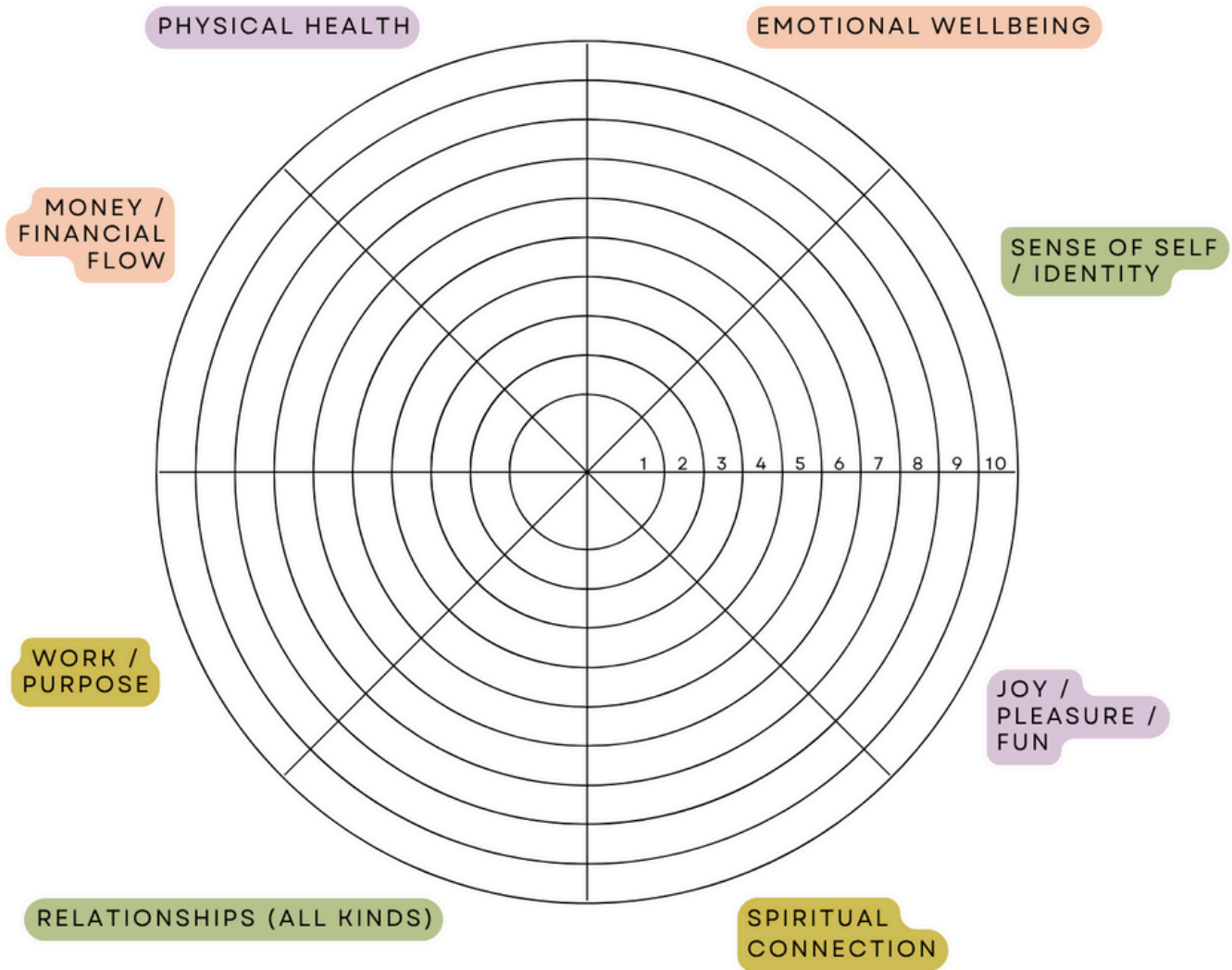
You began by naming a pattern in your life that felt immovable. Then you met the part of you that lurked behind it and kept the pattern in place and confronted it directly to release it. Then you defined what abundance means to you and began to choose a new way forward.

Let's map where you are.

Now that you've worked through the core of this workbook, let's revisit the same snapshot you took at the start.

Rate each of these areas again, based on how you actually feel right now after the inner shifts have taken place. Rate each area honestly using a scale of **1 (very low)** to **10 (fully aligned, fulfilled, or flowing)** on to the Wheel of Life below:

Once you've marked all the points in the different categories, join up the dots as before.



Area of Life	Score (1-10)		
Emotional Wellbeing		Relationships (All kinds)	
Physical Health		Spiritual Connection	
Money / Financial Flow		Joy / Pleasure / Fun	
Work / Purpose		Sense of Self / Identity	

- What's different now?
- What surprised you?
- Which area moved most?
- What still needs your love, attention, or alignment?

This is your energetic map. Let it guide your next step.

Prompt 1:

What's the impact of continuing to navigate this alone, with no one to guide you or support you?

Prompt 2:

What could become possible with real guidance, clarity, and support?

“The world is full of abundance and opportunity, but far too many people come to the fountain of life with... a teaspoon instead of a steam shovel. They expect little and as a result, they get little.” Ben Sweetland

Mini Action:

On the line below, put an X where you are right now between “*The self I’ve outgrown*” and “*The self I’m becoming*”

The self I’ve
outgrown

The self I’m
becoming

Section 8: Your Next Step: The Abundant Self

What you’ve just worked through is the beginnings of some very deep work designed to shift your mindset and your behaviour into alignment with your goals and who you really are. But it’s just the beginning.

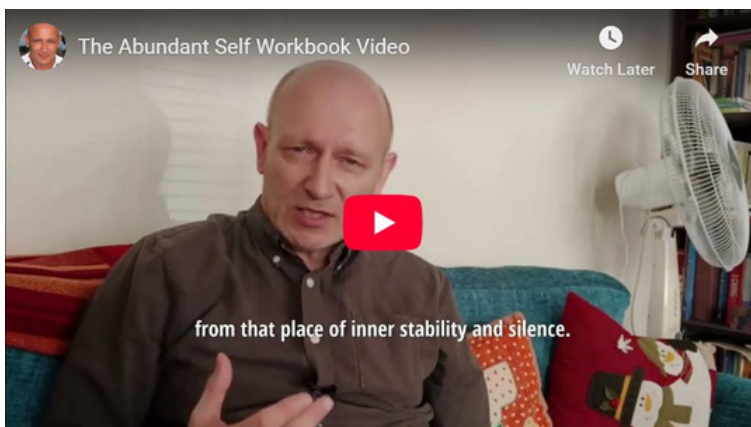
If you’re ready to fully shift the patterns that have shaped and controlled your life for so long, **The Abundant Self** is here to take you further.

In this four-day intensive, you will:

- Release the identity you built to survive
- Reconnect with your core energy and inner knowing
- Break emotional and energetic patterns at the root
- Step into a grounded sense of abundance that’s real and sustainable

Join now and **receive a 30 minute free call to explore your abundance goals and where you are currently stuck. This is time limited to the next 48 hours.**

Begin the Reset Now: [The Abundant Self](#)



← Click the image to watch the video introduction