

# WORKBOOK

WEEDING THROUGH  
THE BS OF

# PERSONAL

TRANSFORMATION

*How to go from where you are to where you want to be*



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# Workbook Tie-In: Introduction

## Reflection Prompt

What crossroads are you facing right now?

## Quick Exercise

On a scale of 1–10, how alive and fulfilled do you feel today? Circle the first number that comes to mind.

	1	2	3	4	5	6	7	8	9	10
Your Score	■	■	■	■	■	■	■	■	■	■

## Journaling Questions

1. What personal challenges have most shaped your identity?
2. Which roles in your life do you most closely tie your sense of self to?
3. How would you define your true identity beyond roles or circumstances?

## Action Step

Write one “note to self” that will guide you as you begin this journey.

### *Examples:*

- “This time, I’m not chasing quick fixes—I’m building habits that last.”
- “I deserve to feel strong, calm, and in control of my own story.”



# Workbook Tie-In: Chapter 1 – Part 1

## Reflection Prompt

Write down three current identity statements you've been living out (positive or negative). Example: "I'm terrible with money," "I'm always late," "I'm disciplined in my work."

- 1.
- 2.
- 3.

Rewrite each one into an empowering identity statement that aligns with who you want to become.

- 1.
- 2.
- 3.

## Keystone Habit Exercise

List one habit you'd like to start in each category: Health, Mindset, Relationships, Spirituality.

Circle the one that would make the biggest ripple in your life if you started today.

## Cue–Routine–Reward Map

Pick one habit you want to change. Write down:

- Cue: What triggers it?
- Routine: What do you do?
- Reward: What do you get?

Now brainstorm one new routine you could swap in that still gives you the reward.

## Journaling Prompt

- Finish this sentence: "The kind of person I want to become in this next chapter is..."



# Workbook Tie-In: Chapter 1 – Part 1

## Expanded Reflection

Where in your life have you been “trying” instead of doing?

What small, daily habit could you commit to for 30 days — no excuses, no try?

Take a lesson from Koby Bryant – ‘Don’t negotiate with yourself!’

How would your self-respect grow if you kept every promise to yourself, no matter how small?





# Workbook Tie-In: Chapter 3

## Reflection Prompts

1. Which areas of your EQ ofLife chart are below a 5?
2. How do your red meters (Joy, Spirituality, Mindfulness) influence your green meters?
3. Which area drains the most energy? Which replenishes it?

## Journaling Questions

1. When did you last feel completely “in harmony”?
2. Which low-scoring area feels most urgent to nourish? Why?
3. What belief keeps you stuck in self-sabotage?
4. If you elevated one area to a 9, how would it ripple through your life?

## Practical Exercises

1. Fill Out the EQ of Life Chart (on the next page) (Joy, Spirituality, Mindfulness) honestly.
2. Choose Two Weak Areas: Commit to small, nourishing steps for 90 days. Example: add a morning walk, practice gratitude at dinner.
3. Create a Nourishment Journal: Daily – record what lifted you up and what pulled you down. End of month – rescore your EQ of Life chart.
4. Energy Map: List activities that drain you vs. those that restore you.

Drains Me	Restores Me
_____	_____
_____	_____
_____	_____

## Action Step

Write and speak daily:

***“From this day forward, I am accountable for being the best I can be in this area of my life.”***

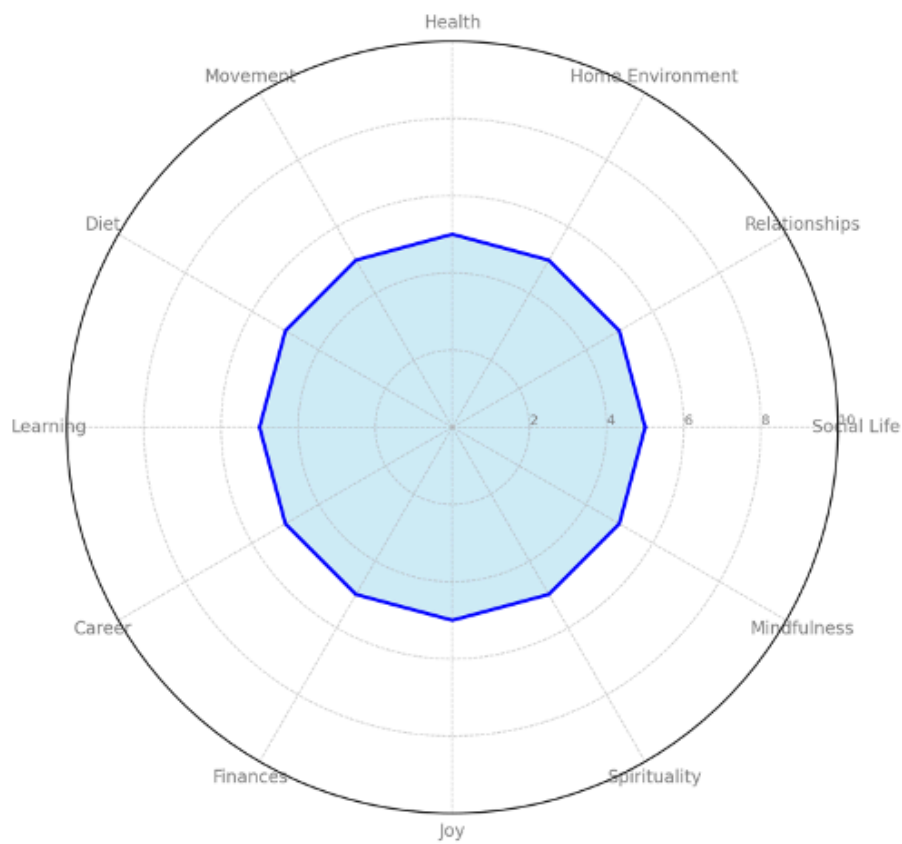


# Workbook Tie-In: Chapter 3

## Fill Out the EQ of Life

1. Place a dot from 0 to 10, with 5 being 'fulfillment'
2. After you plot all the dots connect them to make a graph

EQ of Life - Radar Chart Template



# Workbook Tie-In: Chapter 4 – Deep Alignment

## Reflection Prompts

1. What areas of your EQ of Life are most out of alignment with your beliefs?
2. Which coping mechanisms do you turn to most often when stressed?
3. Where in your life do you experience the most peace and order—signs of alignment?

## Journaling Questions

What promise from The Promise Plan resonates with you the most right now? Why?

When was the last time you chose a short-term “feel good” habit over a long-term aligned choice?

How did it affect you?

What paradigm shift do you need to make about one of your beliefs or habits?

## Practical Exercises

Alignment Audit: Spend 10 minutes writing down all daily habits you can think of.

Circle the ones aligned with your beliefs.

Put a square around the ones that aren't.

Promise Practice: Choose one of the 7 Promises and keep it faithfully for the next 7 days. Notice how it changes your mindset.

Trigger Swap: Identify one bad habit and its trigger. Create a new aligned response and practice it for the next week.

### Action Step

This week, identify one bad habit that undermines your wellness. Write down its trigger and create a new reward aligned with your beliefs. Practice it daily. Keep a log of how you feel.







# Workbook Tie-In: Chapter 5 – Small Hinges in Action

## Reflection Prompts

1. Where in your life have you been waiting for a big breakthrough instead of taking a small step?
2. How does fear or resistance show up when you face change?
3. What “small beginnings” in your past eventually led to bigger doors opening?

## Journaling Questions

1. What’s one habit you’ve been overcomplicating? How could you reduce it to a “tiny hinge”?
2. If you replaced “try” with “do,” how would your self-talk and follow-through change?
3. What would it mean for you to keep every small promise you make to yourself?

## Practical Exercises

1. Tiny Habit Drill: Choose one area (health, relationships, career, or spirit). Create a micro-habit you can do in less than 2 minutes.

2. Don’t Break the Chain: For 7 days, track this habit with an X on your calendar or planner.

Day	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Habit Done?	■	■	■	■	■	■	■

3. Momentum Multiplier: At the end of the week, reflect — did the small hinge create momentum for more?

## Action Step

Identify one “tiny hinge” habit you can commit to for the next 30 days. Make it non-negotiable, measurable, and small enough that you can do it even on your busiest day.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Completed?	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	



# Workbook Tie-In: Chapter 6 – Expanded Section

## Reflection Prompts

1. When do I feel the most stressed in my day, and what physical cues tell me it's happening?
2. How can I use technology (apps, trackers, reminders) as a support rather than a stressor?
3. What foods or drinks do I consume that either help or hinder my hydration?
4. Do I know my chronotype (night owl, early bird, or in-between)? How can I honor it?

## Journaling Questions

1. If my stress had a voice, what would it say?
2. How would I treat water if I saw it as medicine instead of just a beverage?
3. What is one boundary I need to set with screens, work, or social commitments to protect my sleep?

## Practical Exercises

1. Stress Reset: Schedule three "micro-breaks" daily. Track how your stress levels shift after each break.

Time	Trigger	Physical Cue	Reset Used	Stress Level Before	Stress Level After

2. Hydration Audit: For one week, record everything you drink and note how you feel.

Day	Drink / Amount	Time	How I Felt (Before)	How I Felt (After)



3. Sleep Ritual: Create a 30-minute wind-down routine. Track your sleep quality before and after adopting this ritual.

Date	Routine Followed (Yes/No)	Bedtime	Wake Time	Sleep Quality (1-10)

### Action Step

■ Choose one advanced strategy (HRV breathing, electrolyte hydration, or sleep chronotype adjustment) and test it for one week. Record the changes in how you feel.



# Workbook Tie-In: Chapter 7 – Breaking the Sugar Cycle

## Reflection Prompts

1. What foods from your childhood or culture still hold emotional power over you?
2. Which of your daily meals is most likely to push you off the healthy track?
3. How does sugar show up in your life when you're stressed, tired, or celebrating?

## Journaling Questions

1. When was the last time you felt out of control around food?
2. How did your body feel after a day of high sugar intake?
3. What would "80/20" look like for your actual week of meals?

## Practical Exercises

1. Sugar Tracking (3 Days): Track all sugar intake. Count every teaspoon — even hidden ones.

Day	Sugar Sources	Estimated Teaspoons	How I Felt
Day 1	_____	_____	_____
Day 2	_____	_____	_____
Day 3	_____	_____	_____

2. 24-Hour Sugar Detox: Go one day with no added sugar. Notice cravings and energy shifts.

3. Healthy Prep: Choose one meal prep action this week.

Smoothie Cubes	Protein Batch	Snacks Prepped
■	■	■

## Action Step

Choose one sugar-swap habit to start today (e.g., replace soda with sparkling water, trade pastry for eggs and avocado). Small steps, done consistently, will break the sugar cycle.

My Sugar-Swap Habit
_____



# Workbook Tie-In: Chapter 8 – Healthy Movement

## Reflection Prompts

1. What is your earliest memory of physical movement—positive or negative?
2. How do you currently feel about exercise? Is it a chore, a reward, or something else?
3. What role does food play in your motivation to move?

## Journaling Questions

1. When was the last time you broke a sweat intentionally? How did it feel?
2. What physical activities (sports, dancing, biking, hiking) have you genuinely enjoyed in the past?
3. How has a lack of movement impacted your energy, mood, or relationships?

## Practical Exercises

1. Movement Log (7 Days): Track all forms of movement (walking, stretching, chores, workouts).

Day	Type of Movement	Duration	How I Felt
1 2			
3 4			
5 6			
7			

2. Starter Routine: Follow the 7-day plan above. Circle the workouts you enjoy most and note why.

3. Sweat Check: After each workout, write one sentence about how you feel.

Day	Workout	One-Sentence Reflection
1 2		
3 4		
5 6		



7		
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## Action Step

Pick one form of movement you can commit to for the next 30 days. Put it on your calendar like a meeting with yourself. No negotiation. No excuses. Start with 20 minutes. Let sweat be your receipt.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Completed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Workbook Tie-In: Chapter 9 – Expanded Workbook

## Advanced Reflection Questions

1. Which thought pattern has been most destructive in your life (self-doubt, comparison, fear of failure)?
2. How has your circle of influence shaped your thinking over the last 10 years?
3. When was a time you “counted backwards” and chose differently? How did it change your outcome?

## Expanded Practical Exercises

1. Thought Audit (7 Days): For one week, write down recurring thoughts each day. Label them Positive, Neutral, or Negative. At the end of the week, calculate your ratio.

Day	Recurring Thoughts	Label (P/N/N)	Notes
1			
2			
3			
4			
5			
6			
7			

2. Curiosity Practice: When facing a setback, pause and write down three curious questions instead of one judgmental statement.

Curious Question 1
Curious Question 2
Curious Question 3

3. Circle Upgrade Challenge (30 Days): Identify one person, group, or online voice to spend less time with, and one positive influence to add. Track your mood and mindset for 30 days.

Day	Negative Influence (Time ↓)	Positive Influence (Time ↑)	Mood / Mindset Notes
1			
2			
3			
4			
5			
6			
7			



8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
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20			
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22			
23			
24			
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26			
27			
28			
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30			

## Action Step

Choose one negative recurring thought you want to retire. Create a healthy replacement statement, write it on an index card or your phone lock screen. Each time the old thought arises, read or repeat the new one immediately.

My Replacement Statement

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# Workbook Tie-In: Chapter 10 – Healthy Social Life

## Reflection Prompts

1. Who are the three people in your life right now who lift you up the most?
2. Who drains your energy the most — and why do you still allow that influence?
3. When was the last time you felt truly “seen” by another person? What made it meaningful?

## Journaling Questions

1. How do you typically handle disagreements with friends or family? Do you shut down, lash out, or lean into understanding?
2. Think of a time when you were alone but not lonely. What did you learn about yourself?
3. If you could design your ideal social circle today, what qualities would those friends or groups have?

## Practical Exercises

1. The Connection Audit: List 5 people you interact with most in a given week. Put a “+” if they energize you, “-” if they drain you, or “0” if they are neutral. Adjust your time accordingly.

Person	Influence(+ / - / 0)	Notes

2. The Yes Challenge: Say yes to one social invitation this week that you’d normally decline. Journal afterward about how you felt.

3. Small Social Risk (7 Days): Each day, give one genuine compliment or start one new conversation. Track the results.

Day	Compliment / Conversation	Result
1 2		
3 4		
5		



6		
7		

4. Digital Detox Hour: Pick one hour each day to put away all devices and use that time for connection. Track for one week.

Day	Detox Hour	What I Did Instead	How I Felt
1 2			
3 4			
5 6			
7			

## Action Step

Reach out to one person you've lost touch with but miss. Call them, set up coffee, or send a thoughtful message. Re-opening that door could be the first step to strengthening your circle.



# Workbook Tie-In: Chapter 11 – Words of Wisdom

## Reflection Prompts

1. Which quote or scripture from this section resonates most with you right now? Why?
2. What daily reminders help you refocus when you get off track?
3. How might you use short, memorable statements (like quotes) as “anchors” during stressful times?

## Practical Exercises

1. **Sticky Note Inspiration:** Choose a favorite scripture or quote. Write it on a sticky note and place it where you’ll see it often (bathroom mirror, desk, car dashboard).
2. **Phone Reminder:** Set a daily reminder on your phone with a short inspirational phrase. Notice how this affects your mindset throughout the day.
3. **Quote Journal:** Start a journal where you collect sayings that inspire you and revisit them regularly.

Date	Quote / Scripture	Why It Matters

## Action Step

Commit to 30 days of daily wisdom. Each morning, pick one scripture or quote to carry with you. Reflect on it, journal about it, and find one way to apply it before the day ends.

Day	Scripture / Quote	Reflection	Application
1			
2			
3			
4			
5			
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# Workbook Tie-In: Chapter 12 – Living Your Legacy

## Reflection Prompts

1. Who in your life right now needs your full, undivided presence? What will you do this week to give it to them?
2. When have you felt most fulfilled—not because of what you achieved, but because of how you contributed to someone else’s life?
3. Which verse or quote from this chapter resonates most with you? Why?
4. What fears or distractions keep you from being fully present in one-on-one relationships?

## Journaling Questions

1. How do I define legacy for myself?
2. What “weights” or distractions do I need to lay aside to run my race with endurance?
3. How can I intentionally bring more faith, hope, and love into my daily decisions?

## Practical Exercises

1. Daily Quote Practice: Choose one inspiring quote or Scripture each morning. Write it down, place it somewhere visible, and reflect on how it applies to your day.

Date	Quote / Scripture	How It Applied to My Day

2. The Presence Challenge: Pick one person each week to give your undivided attention. No phones, no multitasking—just listen, encourage, and connect.

Week	Person	How I Showed Presence	Reflection
1 2 3			



3. Legacy Note: Write a short letter to someone you love, telling them how they've impacted your life. Deliver it. Don't wait for "someday."

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## Action Step

Register online (if available) for daily quotes or set up your own "wisdom reminders"—a journal, an app, or sticky notes around your home. Commit to one new quote or verse each day, reflect on it, and let it shape your choices.



# Workbook Tie-In: Bonus Chapter – Managing Complex Personal Changes

## Reflection Prompts

1. What is my deeper “why beneath my why” for the change I want?
2. Who (or what) do I need to forgive before I can move forward?
3. In what ways have I denied my own worth, and how can I start validating myself?
4. What is the very next step I can take — today — toward my bigger goal?
5. What does honoring myself look like in practical, daily choices?

## Journaling Questions

1. Where in my life do I still feel unclear, and how can I seek clarity?
2. What old “data” or beliefs do I need to delete from my mental hard drive?
3. How has gratitude already shifted my perspective in small ways?
4. What patterns emerge when I review my progress daily or weekly?

## Practical Exercises

1. Purpose Map: Write your “why” at the top of a page. Underneath it, list three deeper layers of “why beneath the why.”

Why: \_\_\_\_\_

Why beneath the why #1: \_\_\_\_\_

Why beneath the why #2: \_\_\_\_\_

Why beneath the why #3: \_\_\_\_\_

2. Forgiveness Letter: Write a letter to yourself or someone else you need to forgive. You don’t have to send it — just release it.

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3. Validation Ritual: Each morning, speak one affirmation that declares your worth. Example: “I am enough.”



4. Journaling Practice: Spend 5–10 minutes daily reflecting on what worked, what didn't, and one step for tomorrow.

Date	What Worked	What Didn't	Step for Tomorrow

5. Honor Contract: Write a short contract promising to keep one small daily commitment to yourself for the next 30 days.

Day	Commitment Kept (Yes/No)	Notes
1		
2		
3		
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### **Action Step**

Pick one step from the five requirements. Commit to practicing it for the next 7 days. Keep it small, simple, and consistent. At the end of the week, journal what changed.