



# Own Your Truth

Workbook

## AN OVERVIEW OF THE COURSE

### Chapter 1 | Awareness

Unlock Your Awareness

#### ROUND 1: AWARENESS OF REALITY

Identify, connect and express your current feelings

Draw your emotions

Learn to express your feelings.

Identify what you love doing (daily, weekly, monthly)

Identify and highlight your strengths

#### ROUND 2: AWARENESS OF JUDGMENT & TRIGGERS

Clarify your story, shift your energy, design your life

Identify your current story

Breathe and emotionally detach

Rewrite your story

Detach from default roles and design new positions

### Chapter 2 | Align

Align with yourself and your team

#### ROUND 3: AWARENESS OF REALITY

Aligning your self talk.

'I AM' awareness

Meditation

Own your truth model

#### ROUND 4: AWARENESS OF REALITY

Align your dream team

Build your tribe of honesty barometers

Onboard your Dream Team

Share your story and remain open to feedback

### Chapter 3 | Awake

Awakening actions for a fun-filled life

#### ROUND 5: AWAKENING ACTIONS TO OWN YOUR TRUTH

Self-worth boosting toolkit

Barriers to boundaries

Decision making framework - Hell Yeah versus F\*ck No

Breathe

Creatively express a barrier

#### ROUND 6: AWAKEN YOUR ENERGY

*Celebrate Champagne Moments & Failures*

Recognise and Celebrate

Play more

Win the morning

Celebrate failure

Awaken your life mind body and spirit.

#### ROUND 7: TOOLKIT TO AWAKEN YOUR SPIRIT

Daily actions to invigorate your mind, body, and life

Rest, digest, and recalibrate

My 7 doctors

OWN YOUR TRUTH

“We are the architects of our lives. We can choose to allow circumstances to dictate our decisions or we can choose to trust and honour our emotions, own our stories and embrace self-care. Owning your truth asserts your self-worth”

*Layne & Tess*

**AWAKE**

Introduction

Own Your Truth Workbook

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Draw how you currently feel...

## EXERCISE 1.1: EMOTIONAL ART BOARD

Have you watched the videos?

There are 4 important videos to view before you get stuck into the work.

Layne's Truth and course overview, Prepare to awaken, Why I created this course and introduction to the work. You can also check out Layne's emotion art board in the resources section.

Draw abstract pictures of these Top 10 basic human emotions :

**Joy, Trust, Fear,  
Surprise, Sadness,  
Disgust, Anger,  
Anticipation, Love,  
Remorse**



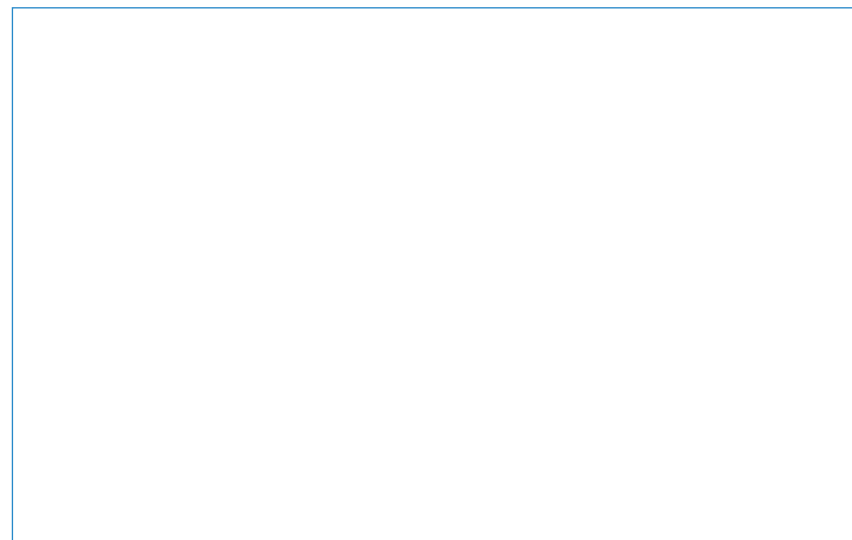
**Base these drawings on how you feel when you see or say each word.**

For example, Disgust. You may initially think what disgusts me? What is the first thing you think of and how does that make you feel? Now draw an image which expresses that feeling.

To gain clarity, ask yourself how do I feel when I say this word and how can I express it visually?

Feel free to look up the meaning of each word if you are unable to clearly define it for yourself.

You are working towards creating and nurturing a life that is meaningful and fulfilling, so this exercise may trigger discomfort or nothing at all.



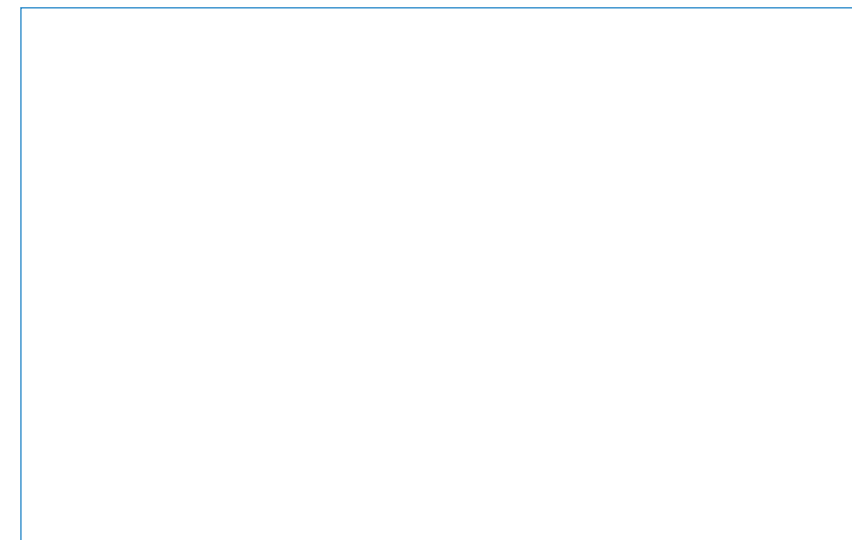
JOY

Circle or underline the ones you most identify with right now. There may be one that is stronger than the rest, or there may be many. Use them as a radar because all emotions pass. If your current feeling isn't represented in these words, feel free to draw this as well and consider doing this daily this week.

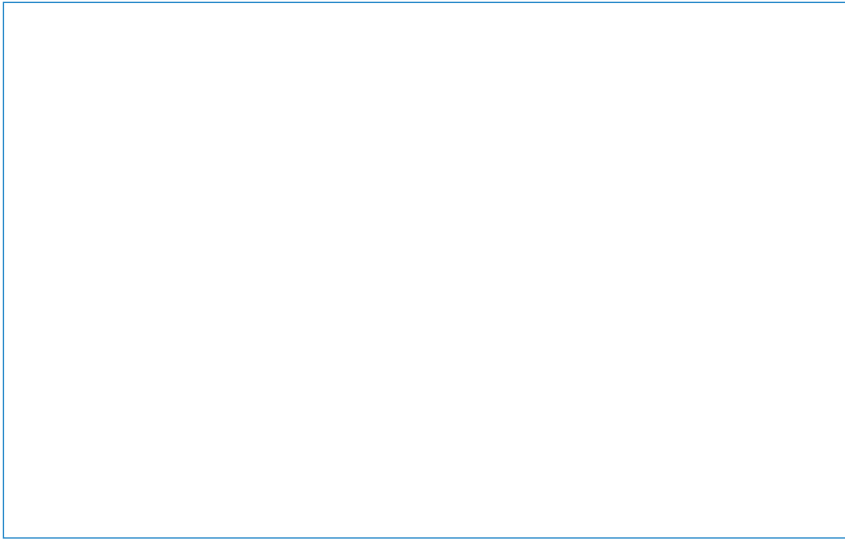
Take a step back and reflect on the drawing as if you were telling someone why you drew this and write it all down. Or share it with a loved one, or trusted friend and the tribe.

Draw in the boxes below or better yet, grab some sheets of paper and allow your creative juices to flow!

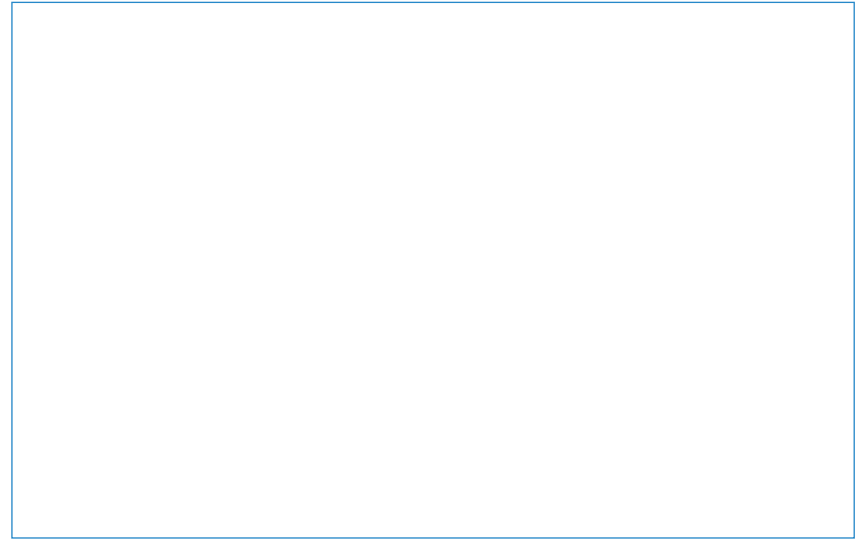
if you're not into drawing, feel free to turn this into a journaling exercise and write descriptively about each of the emotions or a particularly powerful memory or experience you associate with each of them.



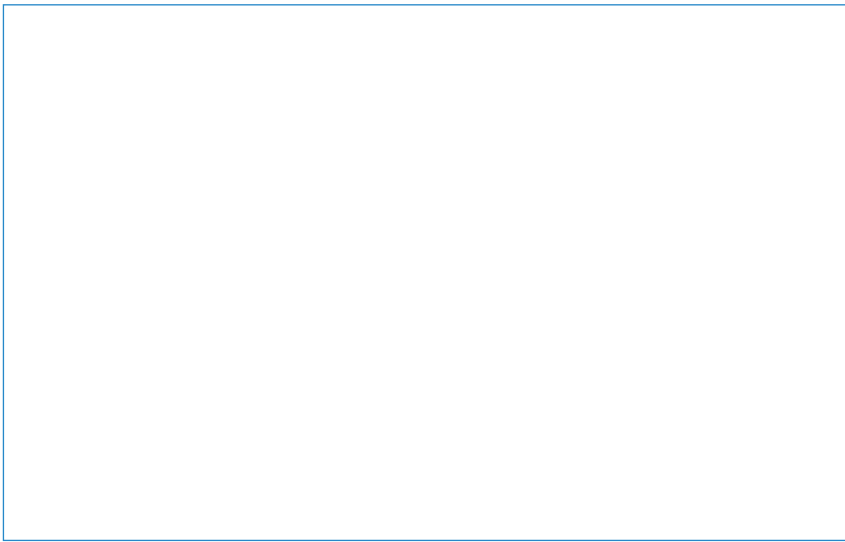
TRUST



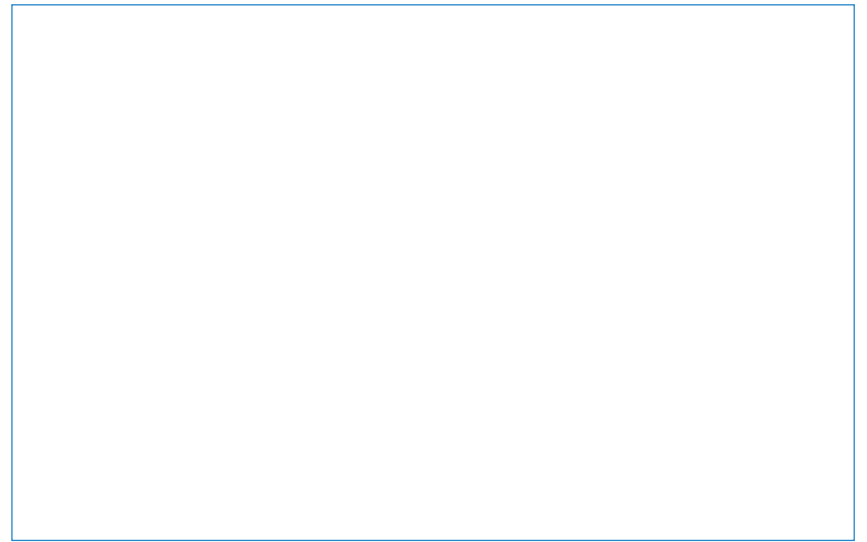
**FEAR**



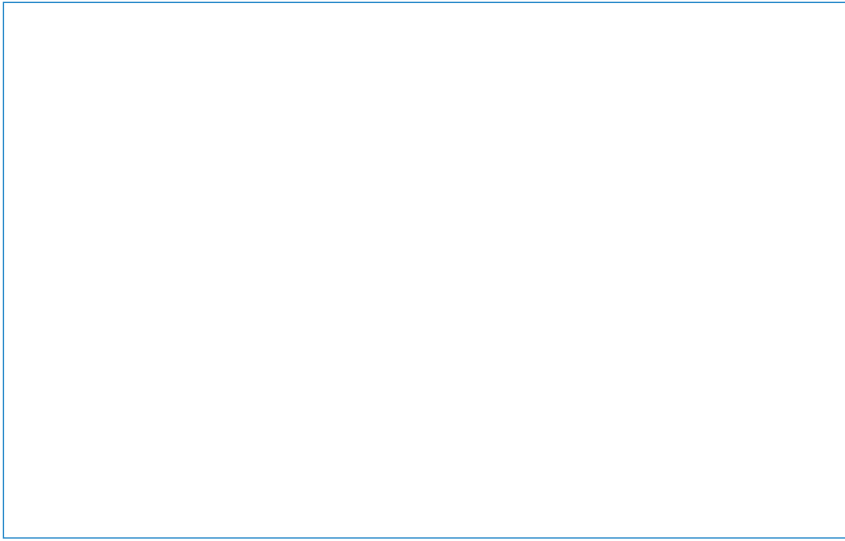
**SURPRISE**



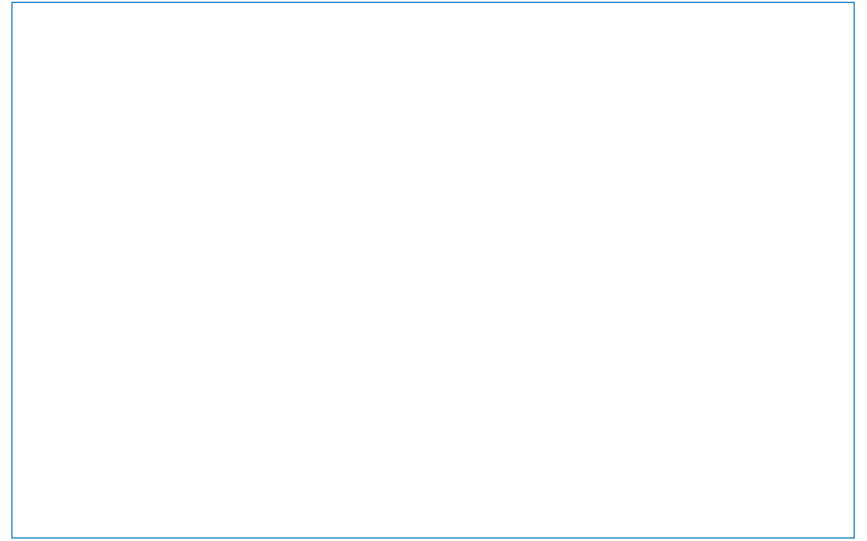
**SADNESS**



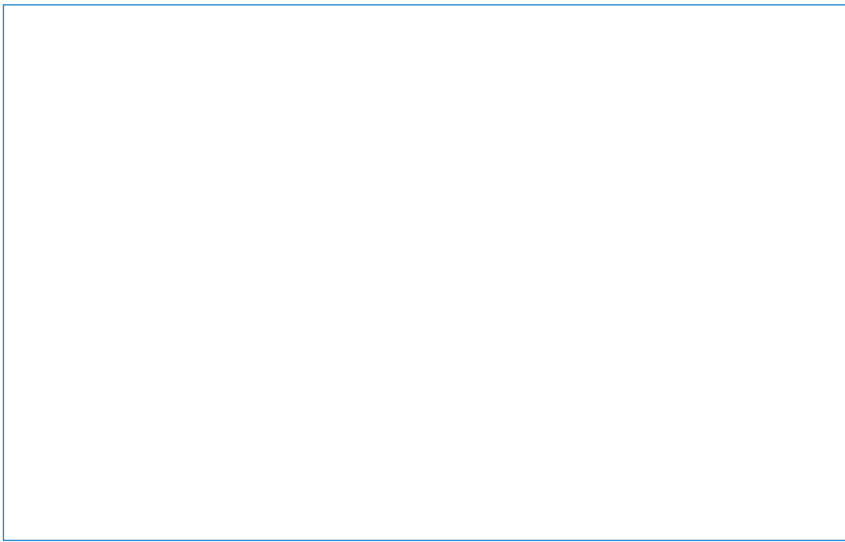
**DISGUST**



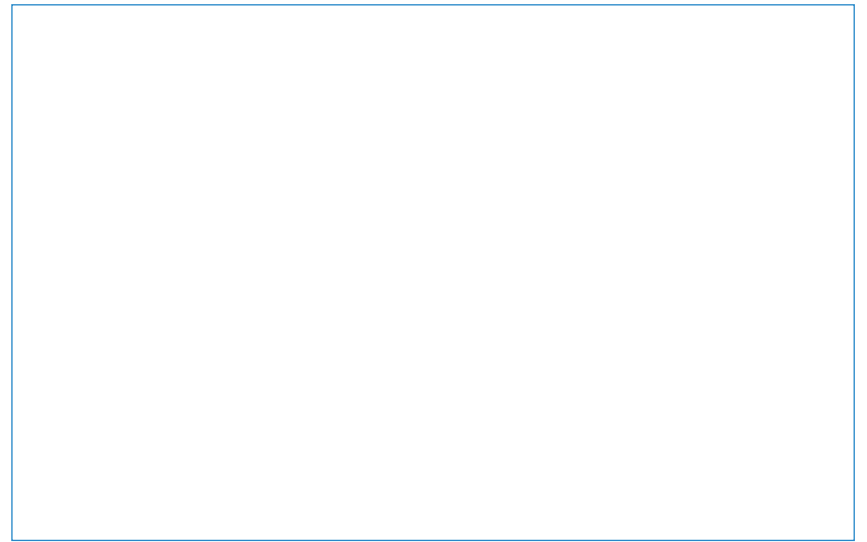
ANGER



ANTICIPATION



LOVE



REMORSE



## EXERCISE 1.2: LOVE, LOVE, LOVE... TO DO

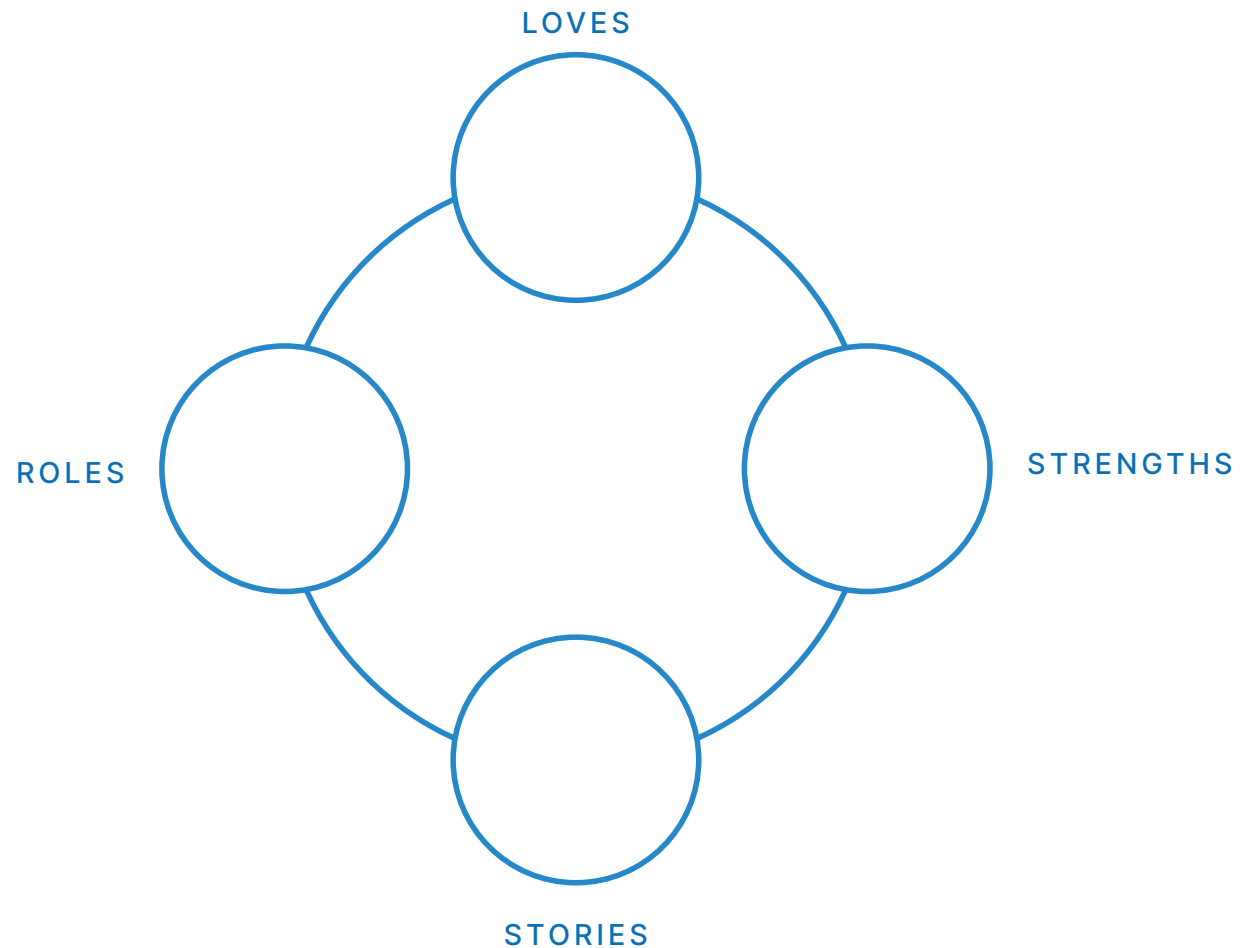
Now you have creatively expressed what love feels like to you, it's time to shine a light on all the things you love to do.

What do you love to do?

How often do you make the time?

How often do you want to do it?

My responses are examples for you to draw on or inspire you to connect with your own. Please take the time to make it your own. It's an exercise that may highlight all the beautiful things in your life which may have been ignored, taken for granted or have unintentionally faded away.



This Own Your Truth model is going to become your accountability partner. Your answers from the following rounds will be used to fill it out at the end of round 3. You will also be required to share it with members of your dream team in round 4.

List all the things you love to do. All of them!! Irrespective of when you last did this activity, or how often, simply write down everything in your life that you love to do.

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This is my list of all the things I love to do.

It seemed like a simple exercise at the time but it made me recognise how many things I love to do and the joy they bring to my life.

- Surf
- Yoga
- Eat healthy
- Quality time with friends
- Travel
- Nap
- Sex
- Relax
- Read
- Learn
- Challenge myself
- Share
- Colour in
- Laugh out loud
- Help people
- Listen to music
- Dance
- Sunbake
- Pampering
- Bake / Cook
- Shop
- Meditate
- Date nights
- Adventure
- Hugs
- Drink Water
- Barefoot walk in grass

## EXERCISE 1.3: LOVE ACTIVITY SCALE

Engaging in activities or practices you love is the key to maintaining a sense of connection, centeredness and certainty.

Now you know what you love to do, how often do you make the time for these? Take every item on your Love Love Love to do list and place them in the columns below. Make sure each one lands in one column!

This sparked several ahhhhaaaaa moments for me because I realised there are various things I love to do, activities that feed and nurture me, which have unintentionally faded out of my life. It helped me prioritise the things I need to do more often, as some activities are easier to engage in than others.



This exercise will bring awareness to your day to day choices. It will help you understand and prioritise what's important to you.

Once you have completed this table take the time to reflect on each of the columns.

What makes you feel good, are you making the time for it, and what changes need to be made? And when are you going to commit to it?

DAILY	WEEKLY	MONTHLY	NOT ENOUGH

This exercise will bring awareness to your day to day choices.

It will help you understand and prioritise what's important to you.

Once you have completed this table take the time to reflect on each of the columns.

What makes you feel good, are you making the time for it, and what changes need to be made? And when are you going to commit to it?

DAILY	WEEKLY	MONTHLY	NOT ENOUGH
Surf	Yoga x 3	Travel	Colour in
Eat healthy	Quality time with friends	Relax	Dance
Read	Naps	Shop	Sunbake
Learn	Challenge myself	Adventure	Pampering
Share	Laugh out loud		Sex
Help people	Listen to music		
Meditate	Date nights		
Drink water	Barefoot walk in grass		
Hugs			

## EXERCISE 1.4: IDENTIFY AND HIGHLIGHT YOUR STRENGTHS

One of the best ways to get to know ourselves is to identify our strengths. We are often so focused on what we are not that we forget who we truly are. We have everything we need but this often gets lost in the pace of life. When we are conscious of our strengths we can better weather the storms of uncertainty and challenge.

Take a deep breath and put on some music. Tune into the Awake by Layne Beachley Spotify playlist- link in the resources section. (or, search for Layne Beachley on Spotify and hit on Awake). Highlight words that resonate with you the strongest to complete your shortlist. There may be many.

Write them all down on a piece of paper, walk away, make a cuppa, come back a few minutes later and chose the words which resonate with you the strongest. Our aim is to land on your top 5. These will be added to your Own Your Truth Model. You can also ask trusted friends or family to name your top 5 strengths for added clarity.



<b>Wisdom</b>	<b>CREATIVITY</b> <ul style="list-style-type: none"> <li>• Clever</li> <li>• Original &amp; Adaptive</li> <li>• Problem Solver</li> </ul>	<b>CURIOSITY</b> <ul style="list-style-type: none"> <li>• Interested</li> <li>• Explores new things</li> <li>• Open to new ideas</li> </ul>	<b>JUDGMENT</b> <ul style="list-style-type: none"> <li>• Critical thinker</li> <li>• Thinks things through</li> <li>• Open-minded</li> </ul>	<b>LOVE OF LEARNING</b> <ul style="list-style-type: none"> <li>• Masters new skills &amp; topics</li> <li>• Systematically adds to knowledge</li> </ul>	<b>PERSPECTIVE</b> <ul style="list-style-type: none"> <li>• Wise</li> <li>• Provides wise counsel</li> <li>• Takes the big picture view</li> </ul>
<b>Courage</b>	<b>BRAVERY</b> <ul style="list-style-type: none"> <li>• Shows valor</li> <li>• Doesn't shrink from fear</li> <li>• Speaks up for what's right</li> </ul>	<b>PERSEVERANCE</b> <ul style="list-style-type: none"> <li>• Persistent</li> <li>• Industrious</li> <li>• Finishes what one starts</li> </ul>	<b>HONESTY</b> <ul style="list-style-type: none"> <li>• Authentic</li> <li>• Trustworthy</li> <li>• Sincere</li> </ul>	<b>ZEST</b> <ul style="list-style-type: none"> <li>• Enthusiastic</li> <li>• Energetic</li> <li>• Doesn't do things half-heartedly.</li> </ul>	
<b>Humanity</b>	<b>LOVE</b> <ul style="list-style-type: none"> <li>• Warm and genuine</li> <li>• Values close relationships</li> </ul>	<b>KINDNESS</b> <ul style="list-style-type: none"> <li>• Generous</li> <li>• Nurturing</li> <li>• Caring</li> <li>• Compassionate</li> <li>• Altruistic</li> </ul>	<b>SOCIAL INTELLIGENCE</b> <ul style="list-style-type: none"> <li>• Aware of the motives and feelings of self/others</li> <li>• Knows what makes others tick</li> </ul>		
<b>Justice</b>	<b>TEAMWORK</b> <ul style="list-style-type: none"> <li>• Team player</li> <li>• Socially responsible</li> <li>• Loyal</li> </ul>	<b>FAIRNESS</b> <ul style="list-style-type: none"> <li>• Just</li> <li>• Doesn't let feelings bias decisions about others</li> </ul>	<b>LEADERSHIP</b> <ul style="list-style-type: none"> <li>• Organizes group activities</li> <li>• Encourages a group to get things done</li> </ul>		
<b>Temperance</b>	<b>FORGIVENESS</b> <ul style="list-style-type: none"> <li>• Merciful</li> <li>• Accepts others' shortcomings</li> <li>• Gives people a second chance</li> </ul>	<b>HUMILITY</b> <ul style="list-style-type: none"> <li>• Modest</li> <li>• Lets one's accomplishments speak for themselves</li> </ul>	<b>PRUDENCE</b> <ul style="list-style-type: none"> <li>• Careful</li> <li>• Cautious</li> <li>• Doesn't take undue risks</li> </ul>	<b>SELF-REGULATION</b> <ul style="list-style-type: none"> <li>• Self-controlled</li> <li>• Disciplined</li> <li>• Manages impulses and emotions</li> </ul>	
<b>Transcendence</b>	<b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b> <ul style="list-style-type: none"> <li>• Feels awe and wonder in beauty</li> <li>• Inspired by goodness of others</li> </ul>	<b>GRATITUDE</b> <ul style="list-style-type: none"> <li>• Thankful for the good</li> <li>• Expresses thanks</li> <li>• Feels blessed</li> </ul>	<b>HOPE</b> <ul style="list-style-type: none"> <li>• Optimistic</li> <li>• Future-minded</li> <li>• Future</li> <li>• Orientated</li> </ul>	<b>HUMOR</b> <ul style="list-style-type: none"> <li>• Playful</li> <li>• Brings smiles to others</li> <li>• Lighthearted</li> </ul>	<b>SPIRITUALITY</b> <ul style="list-style-type: none"> <li>• Searches for meaning</li> <li>• Feels a sense of purpose</li> <li>• Senses a relationship with the sacred</li> </ul>

We highly recommend doing your inner strengths profile on [www.viacharacter.org](http://www.viacharacter.org)





## EXERCISE 2.1: AWARENESS OF JUDGMENT

Watch the video titled My story of detachment and triggers. The story you tell yourself is the self-fulfilling prophecy that determines how you experience life. If you are struggling to identify a story, start by recognising the types of things you say to yourself regularly or the patterns that periodically occur.

For example, I never get a car space, I often make the same mistakes, I'm always getting in fights with loved ones or practitioners, I'm no good at this, I'm regularly getting sick or injured.

Some of us may not be aware of or notice a prominent dialogue, while others have board meetings with themselves in their heads



## EXERCISE 2.1: AWARENESS OF JUDGMENT

**What is your story?** Here are a few of mine to provide you with some context and provoke more profound thought. Once I became aware of them, I started to see how they kept me stuck in a negative state filled with blame and judgment.

What is my story? (What do I believe)	What proof points validate this?	What does this make me believe?	How does this make me feel?	What is my default response to this feeling?	How does this response make me feel?
I am unworthy of love	Adopted at birth, broken heart and failed relationships	Nobody loves me	Sad and alone	Push people away	Isolated and misunderstood
I am fat	My butt is big, family are all overweight	I will always have body issues	Helpless and invest- ed in struggle	Binge eating then feel guilty	Conflicted and defensive
My life story is boring	Negative feedback	Better speakers than me and I need to find a new job	Deflated	Run and hide	Inadequate
I'm dumb	Business contracts confuse me	I don't deserve board roles or leadership roles	Discouraged	Play small and shy away from opportunities	Disappointed, let myself

Now it's your turn. What are the stories you have subscribed to that are defining your life, and what is the impact? Take your time with this one, and be honest with yourself. As my surf coach and personal trainer often said, your output always equals your input. (You only get out of it what you put into it).

What is my story? (What do I believe)	What proof points validate this?	What does this make me believe?	How does this make me feel?	What is my default response to this feeling?	How does this response make me feel?

## EXERCISE 2.2: BOX BREATH

**Detach from fear and create calm.**

Box breathing, also known as tactical breathing, is often used by athletes, yoga instructors and the military to heighten performance and concentration and relieve stress.

The breath is the current that connects your mind and body. When your thoughts drift off, reflecting into the past or projecting into the future, the quickest way to bring them into the present moment is through deep intentional breathing. Each round only takes 16 seconds which means we can utilise it at any time, in any situation.

Whenever you are feeling overwhelmed, stressed, anxious and want to slow everything down, this simple breathing exercise has the power to help you remain calm and detach from fear and judgment.



## EXERCISE 2.2: BOX BREATH

### Detach from fear and creating calm.

Find a comfortable position, seated or laying down.

Place your right hand on your belly and your left hand on your chest. Inhale deep into your belly, gently moving your right hand as you inhale, breathing up into your lungs which will lightly lift your left hand. As you exhale, let your lungs and chest soften, feel the left hand lower, then the right hand as the belly softens, in this sequence.

Leaving your hands where they are, (right hand on your belly and left hand on your chest) close your eyes and slowly count to 4 as you breathe in deeply, hold your breath for a count of 4, then exhale slowly to a count of 4, and hold for 4.

Repeat this cycle four times. Focus on the sensation of the breath entering and leaving the body, not the words.

Mentally, count like this...

INHALE 2 3 4, HOLD 2 3 4,  
EXHALE 2 3 4, HOLD 2 3 4

Repeat this 4 times.

Using this breathing technique stops the negative chatter and creates the space for you to change your thought patterns, connecting you with a more optimistic and truthful story and way to view your life. Consider doing it every day, even when you're not stressed to develop your skill and evoke a sense of calm.

### Just Breathe!

Use this link below to give you a guided experience or allow me to talk you through it in the Box Breath video in the resources section.



**Healthline Box Breathing**  
(available in the resources section)

## EXERCISE 2.3: REWRITE THE STORY

### A rose-tinted lens

Now it's time to re-write and re-work your story.

Here is how I re-worked mine, through self-compassion, kindness and truth.

What is my story? (What do I believe)	What proof points validate this?	What does this make me believe?	How does this make me feel?	What is my default response to this feeling?	How does this response make me feel?
I am worthy of love	Adopted into a loving family, loads of loving friends	I am loved	Loved and accepted	Detach from external criticism	Confident and supported
I am active and healthy	Physically able to move and exercise	I can take care of myself	Optimistic and disciplined	Commit to eating healthy and moving my body	Energised and motivated
My life story is inspiring	Paid to share it and receive lots of positive feedback	I'm smart and adaptable	Empowered and positive	I determine my opinion of me	Self-assured
I am Astute	Chair of SA, mentor, respected leader	I'm smart and adaptable	Confident and content	Always listen and learn	Empowered

Now it's your turn. Take a deep breath, ground yourself in self-compassion and rework your story through a rose-tinted lens. Awareness of our stories helps us notice when our old story has been triggered. Then, we can sit with it before activating evidence of the new story, which shifts our beliefs. Work towards your responses here to detach from the old story and reinforce the new story and belief.

What is my story? (What do I believe)	What proof points validate this?	What does this make me believe?	How does this make me feel?	What is my default response to this feeling?	How does this response make me feel?

## EXERCISE 2.4: AWARENESS OF TRIGGERS

### What are your roles in life?

Now you have a good read on your emotions and the stories you once told yourself it's time to dive deeper into our triggers.

I refer to our roles as triggers because when we think about all of the roles we play in life, they can often trigger a variety of emotional reactions and fuel our frustrations.

The objective of this exercise is to complete our stories and design our lives by clearly defining our role in each of the stories we tell ourselves.

Are you currently living a life by design or default? What's the difference you may ask?

For me, living a life by default is living in survival mode. Struggle, pain, hustle and challenge are familiar friends, and this familiarity generates a sense of comfort, despite a deep awareness of unhappiness and restlessness.

As a confessed control freak, sticking with what I know anchors me in the illusion of control. I won 5 world titles in this mode, so why not trust it?

Because it's unsustainable!

Living a life by design, on the other hand, requires us to challenge ourselves, embrace change and trust in the natural ups and downs of life without being defined by these events or emotionally derailed by them.

You can also gain clarity by asking yourself, what is happening in my life when I'm connected and what does my life look like when I'm not connected?



## EXERCISE 2.4: AWARENESS OF TRIGGERS

### What are your roles in life?

- a) Connected – trusting, effortless, consistent, grateful, confident
- b) Not connected – trying, pushing, struggling, frustrated, fatigued, overthinking, fearful, defensive.

We often trust our default mode because it's familiar, safe, comfortable, or we expect it of ourselves, or we believe others expect it of us!

These examples may resonate with you;

Mother = pacifist

Boss = problem solver

Dad = protector

Role model = perfectionist

We are going to start by identifying all of the roles we play, first by default, then we are going to reframe them to become positions of our design.

To achieve this, we must connect with the feelings associated with the roles we play and why we feel this way. Don't worry if you can't do them all, focus on the most common or meaningful roles.

Each role we fulfill carries a weight of expectation, and these expectations become judgments of ourselves which we may project onto others, most often the people we love the most.

For example, as the daughter of an aging father, I have a self-imposed expectation of being the provider, as my siblings lead hectic lives with family responsibilities and excessive travel. When I think about this relationship with my dad, I often feel like I have become the parent, and this makes me feel tired and sometimes resentful and unappreciated.

## EXERCISE 2.4: AWARENESS OF TRIGGERS

### What are your roles in life?

What kind of role do I want to fulfil?

Well, as a loving daughter, I always want to be someone my dad can rely on, an unwavering pillar of support. When I think about how this makes me feel, the new feelings associated with this position are heard and appreciated.

Designing these new positions and defining the associated feelings connects me with my truth.

My list of roles is extensive, and yours may be too: Wife, surfer, coach, speaker, business partner, friend, motivator, mentor, chairwoman, sister, aunty, role model, boss, daughter, the list goes on.

The objective here is to design our lives to be more fulfilling and detach from the struggle. Remember, we want to bring back the fun and find our flow.

Our roles don't necessarily change, but our relationship with them can once we define how we want to feel.

Do you want to live your life by design or by default?

Provide as many answers as possible in the table provided below. I have provided a couple of examples from my life to get you started.

- What roles do you play in your life?
- What expectations do you place on yourself to fulfill these roles?
- How do you label yourself in this role?
- How does this label make you feel?
- What position do you want to play?
- When you think about this new position, how does it make you feel?

LIFE		BY DEFAULT		BY DESIGN	
ROLE	EXPECTATION	CURRENT LABEL	CURRENT FEELING	NEW POSITIONING	NEW FEELING

LIFE		BY DEFAULT		BY DESIGN	
ROLE	EXPECTATION	CURRENT LABEL	CURRENT FEELING	NEW POSITIONING	NEW FEELING
Daughter	Provider	Parent	Tired	Supporter	Appreciated
Chairwoman	Problem solver	Boss	Anxious	Listener	Relaxed
Surfer	Successful	Expert	Pressured	Champion of fun	Respected

## EXERCISE 3.1: I AM

There are two important videos to watch before entering this round; Introduction to self alignment and introduction to the work.

Our thoughts are not who we are. What we say to ourselves determines how we feel and how we show up.

We have 50-70,000 thoughts a day! How many of these are positive or serving you verses sabotaging your growth and evolution as a human being?

The relationship we have with ourselves sets the tone for every other relationship we have so having a more positive and kind internal dialogue builds self-compassion and leads to stronger connections with yourself and others.

Once you are aligned with your inner truth, you will be able to recognise the internal critic, this judge, the self-saboteur. The Worm!



## EXERCISE 3.1: I AM

Utilising the power of I AM I was able to fulfil my dream of becoming a 6-time consecutive world champion simply by tuning into my thoughts and choosing words which were aligned with my desired outcome.

I had done the work so the fact I was talking myself out of it demonstrates how quickly the tide can turn. This round we are supporting you to become aligned with who you want to be, simply by tuning into your self talk. Once completed, you can take on the role as your personal cheerleader.

The following exercises will help you understand the purpose of this dialogue in your life, identify proof points to support a more positive view, and then you can complete the own your truth model with your new I AM statement or mantra.

The difference between feeling sabotaged or supported is found in the subtleties of your language.

One moment, one word, is all it takes.

The first step is to let go of old self-sabotaging definitions and self-beliefs. Then we can change our reality, simply by changing the words we speak.

Let's establish yours now.

## EXERCISE 3.1: I AM. HOW DO YOU WANT TO SHOW UP?

Courageous	Confident	Certain
Calm	Creative	Content
Curious	Enthusiastic	Happy
Motivated	Generous	Strong
Tenacious	Resilient	Helpful
Purposeful	Caring	Focused
Energetic	Passionate	Humble
Vulnerable	Determined	Intense
Trusting	Engaged	Patient
Grateful	Capable	Empowered
Healthy	Challenged	Valued
Proud	Successful	Disciplined
Kind	Excited	Empathetic
Sharp	Playful	Loving

## EXERCISE 3.1: I AM

### Layne's Example

## “I AM” – the two most powerful words in any language.

### Do you ever use negative words to describe yourself?

For example, this can be when you are at work, at home, when things don't go to plan, when you are socialising, exercising, looking in the mirror or just during day to day life.

I am fat, I am lazy, I am stupid, I am ugly, I am old, I am useless, I am tired, I am worn-out, I am foolish, I'm crap at this, I'm not good enough.

### What do you experience within yourself when you say these things?

Does it inspire you or motivate you to take action?  
Or does it make you feel guilty and emotional?

These words validate my choices and support my fears. Beating myself up prevents others from beating me up. They make me feel sad, stuck and lost.

They also act as a trigger, alerting me to the fact I have pushed myself too far and need to rest.



## EXERCISE 3.1: I AM

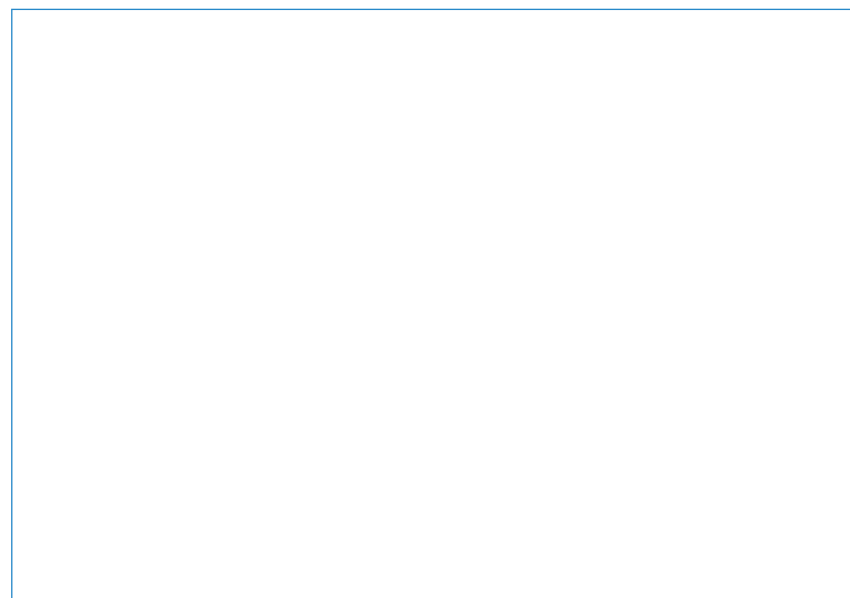
Now it's your turn...

Let's wake up and change the dialogue!!

### **"I AM" – the two most powerful words in any language.**

**Do you ever use negative words to describe yourself?**

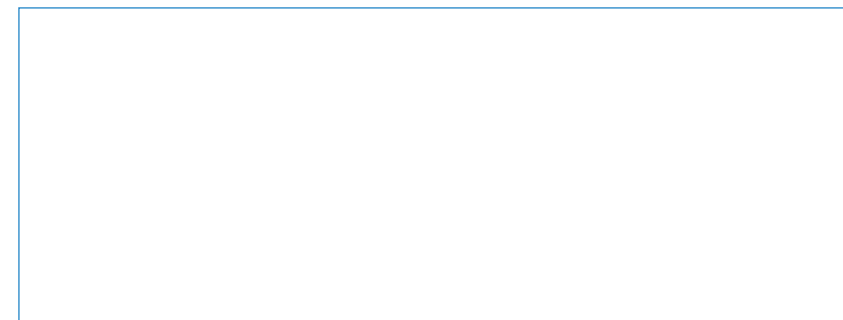
For example, this can be when you are at work, at home, when things don't go to plan, when you are socialising, exercising, looking in the mirror or just during day to day life.



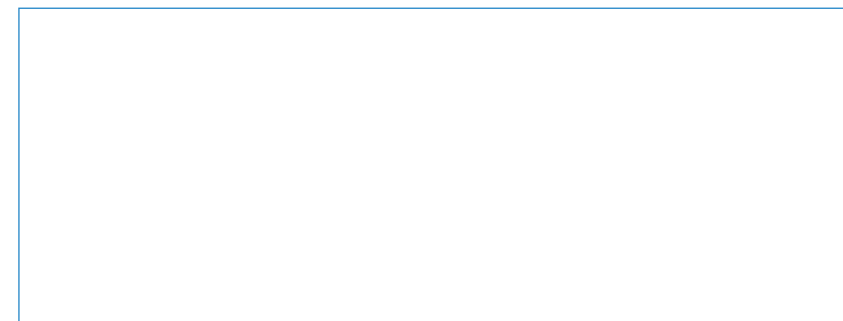
**What do you experience within yourself when you say these things?**

Does it inspire you or motivate you to take action?

Or does it make you feel guilty and emotional?



**Starting with I AM, what 4 or 5 words best describe who you want to be, or how you want to feel?**

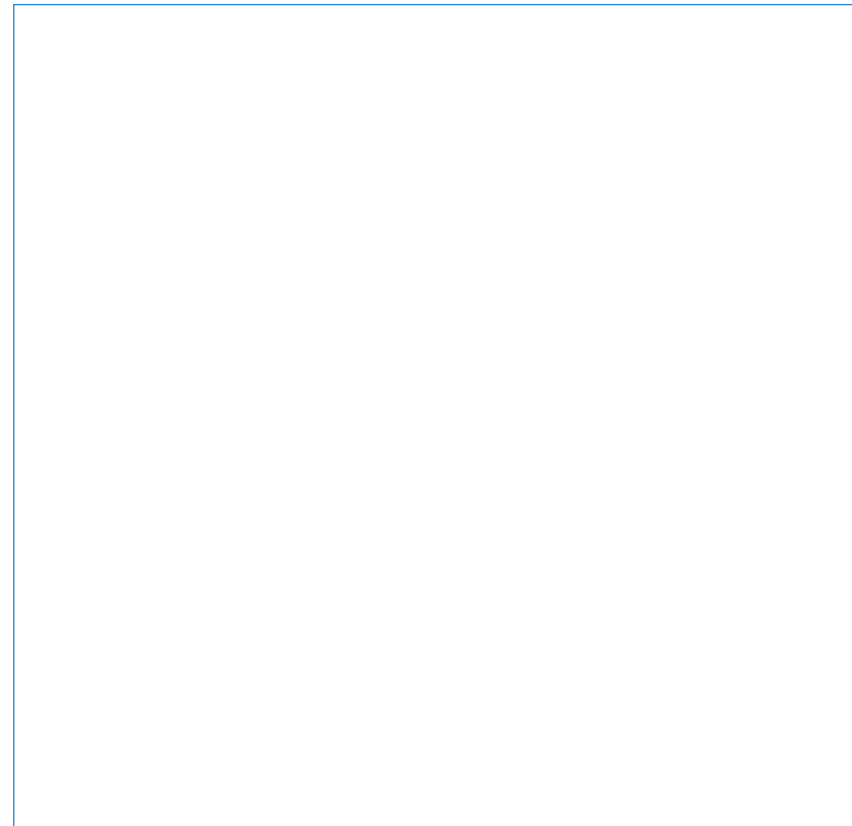


## EXERCISE 3.1: I AM

**What feelings do you experience when you say these things to yourself?**

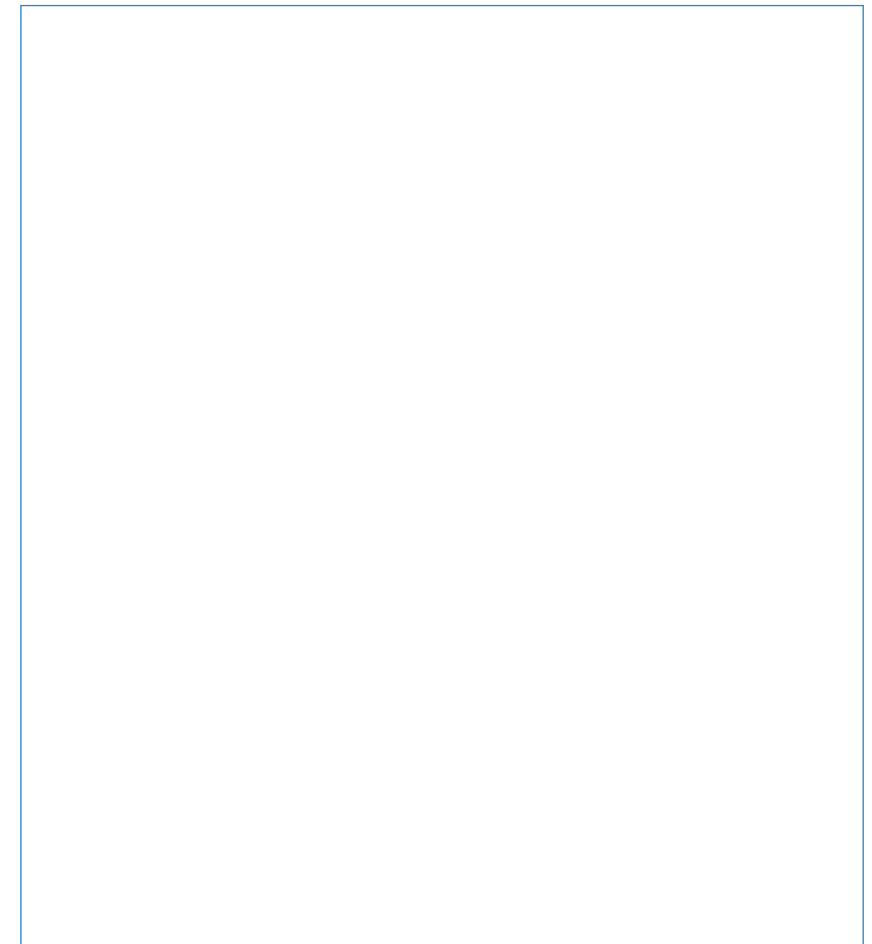
**What impact do these words have?**

Anything from negative to positive.



**Why do you want to work towards this?**

Why do you want to feel this way and what will it give you?



## EXERCISE 3.2: MEDITATION : CONNECT WITH YOUR HEART

Meditation is a process to train your mind to narrow your focus, strengthen your concentration and instill a sense of calmness. It's a way to bring ourselves into the moment and a way to shift who we are in all future moments so we can become more compassionate, clear and caring.

Less reactive and more responsive.

Science has proven there are a plethora of benefits to embracing a daily meditation practice such as; reduces stress and anxiety, creates a more positive outlook, enhances self-awareness and improves sleep, to name a few.

Meditation has also been proven to enhance cognitive function. If you have a high-pressure job and often can't recall names, are easily distracted or have difficulty retrieving some old files in your memory, these are signs of damage to your prefrontal cortex.

This area of the brain controls problem-solving, emotional expression, memory, language and judgment. If you enjoy being forgetful, go ahead and skip this part.

If, however, you are interested in repairing the damage and preserving the long-term function of your prefrontal cortex, meditating for as little as 5 mins every day, over time, will regenerate your brain, improve your memory and increase emotional stability.

I meditate daily, and while it's challenging to see any immediate positive side effects or improvements, over time, you will notice a change in your behaviours.

I believe it has made me a happier, less stressed, more focused and calmer person, without compromising my edge.

## EXERCISE 3.2: MEDITATION : CONNECT WITH YOUR HEART

In fact, as an athlete, it became one of my competitive advantages which is why I have stuck with it, and why I encourage you to give it a go. All you have to do is find a comfortable position for 20 minutes, focus on your breath and listen to Tami's voice.

Thoughts are normal so if you find yourself drifting away in thought, gently and compassionately bring your attention back to your breath. You may have to do this a million times, so don't worry if this is the case. Over time it will become easier to focus your attention. Some days are easier than others, so please persevere.

My dear friend and meditation teacher Tami Roos recorded this guided meditation for you, to reconnect you with your heart, anchor you in the power of I AM and to awaken and align you with your unique gifts.

Enjoy!



**Reconnecting To Your Heart Meditation (Strings).mp3** (available in the resources section)

*Meditation is the journey from sound to silence, from movement to stillness, from limited identity to unlimited space*

– SRI RAVI SHANKAR

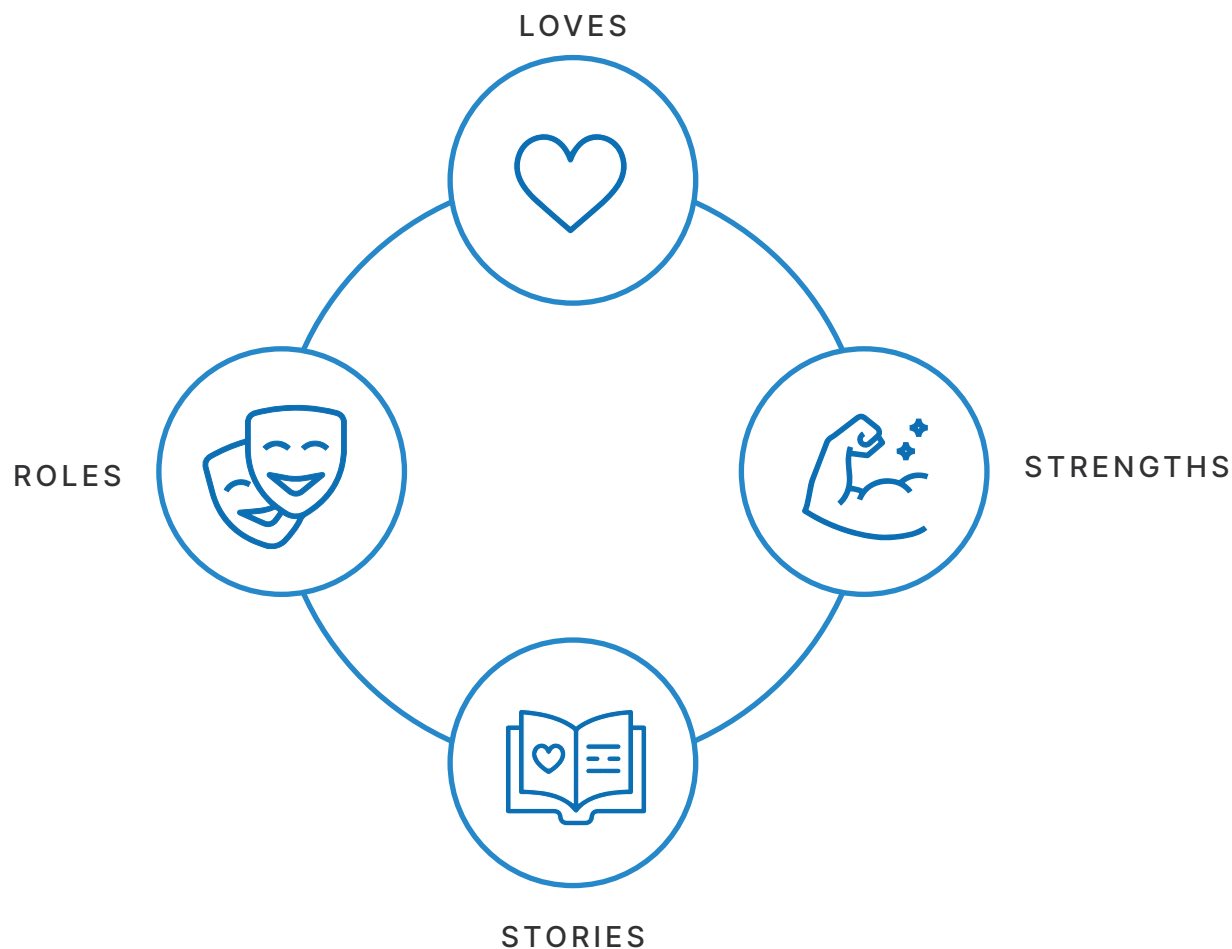
## EXERCISE 3.3: COMPLETE THE OWN YOUR TRUTH MODEL

### Self-Alignment

All the work you have completed in the previous rounds is now going to appear here in your Own Your Truth model.

List your top 5 loves, top 5 strengths, your top 3 reworked “rose tinted” stories, your newly defined roles and your I AM mantra then add them to the diagram here in your workbook, or download the model from the resources section.

Once it’s completed, display it where you can see it daily as a healthy reminder of who you truly are. You will also be required to share it with a trusted team member in round 4, so keep it handy.



## EXERCISE 3.3: COMPLETE THE OWN YOUR TRUTH MODEL

### Self-Alignment

List the top 5 activities you love to do

Surf, yoga, quality time with friends, reading, helping others

List your top 5 strengths

Courageous, inspiring, fun, witty and disciplined

List your top 3 rose-tinted stories

I am loved, Competing is challenging and fun, I am active and healthy

List your top 3 life by design positions

Supporter, listener, champion of fun

### Layne's Own Your Truth Model



## EXERCISE 3.3: COMPLETE THE OWN YOUR TRUTH MODEL

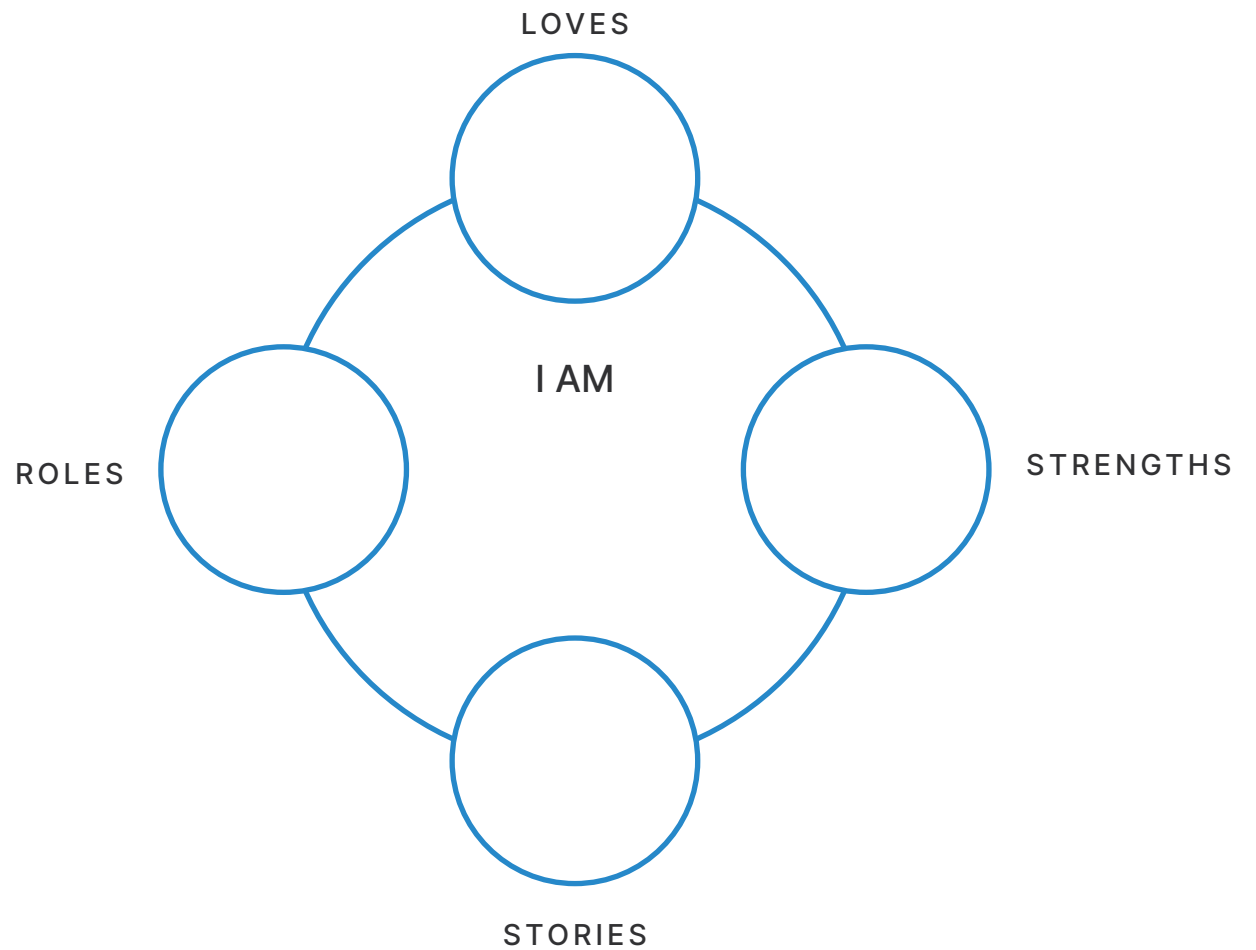
### Self-Alignment

List the top 5 activities you love to do

List your top 5 strengths

List your top 3 rose-tinted stories

List your top 3 life by design positions



## EXERCISE 4.1: IDENTIFY YOUR TRIBE

Build your dream team | watch the video titled  
Introduction to team alignment

Do an audit of all the people in your current team/life then place them into the two categories below. As a reminder, Honesty Barometers are people who are open, honest, supportive, encouraging, listen, hold space for you, hold you accountable, elevate you, accept you and positively challenge you. They enhance your life!

Dream Thieves tend to want to change you, question you or criticise you. They love to emphasise your shortfalls, ridicule you, judge you, hold you back from pursuing anything meaningful or from fulfilling your potential. They also do this to themselves! They are self-critical, judgmental and fear-based.

As you do this exercise, you may find people you love (i.e. family members) appear as dream thieves. Embrace the opportunity to determine who you engage with, how you want to engage with them and commit to having a few crucial conversations.

What are the characteristics of the people I look for in my dream team? They feel safe, are grounded in love, real, rooted in their truth and can support mine, honest, skilled, open to feedback, considered, supportive, have my best interests at heart. They are good listeners, they don't want my life, they operate from love for me, and we have mutual respect.

First, create a list of all the people who play a role in your life, then add them to the chart below. Friends, family, accountants or managers, anyone and everyone that provides a service or supports you in your life, you may realise there are more people in your tribe than you first thought.

This exercise may also shed light on some tricky relationships or a lack of quality ones. Check out the My Mirror blog titled "Friends are not your therapists" as a supportive resource.

In the resources section there is a link to a book called Crucial Conversations to assist you.



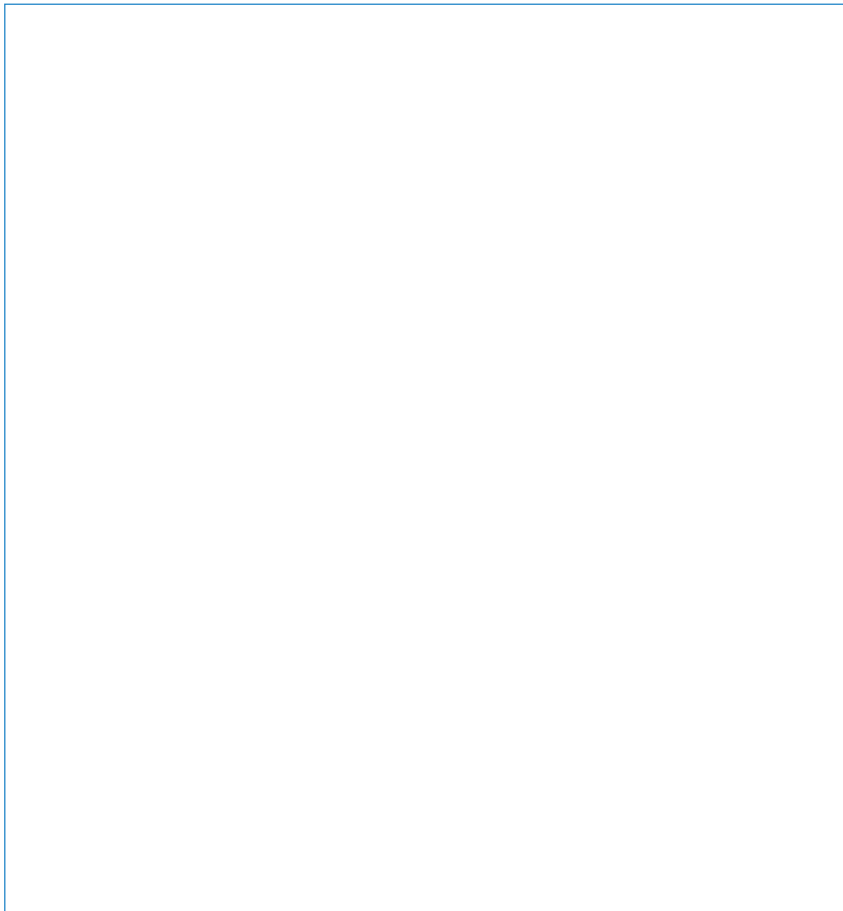
## EXERCISE 4.1: IDENTIFY YOUR TRIBE

Build your dream team

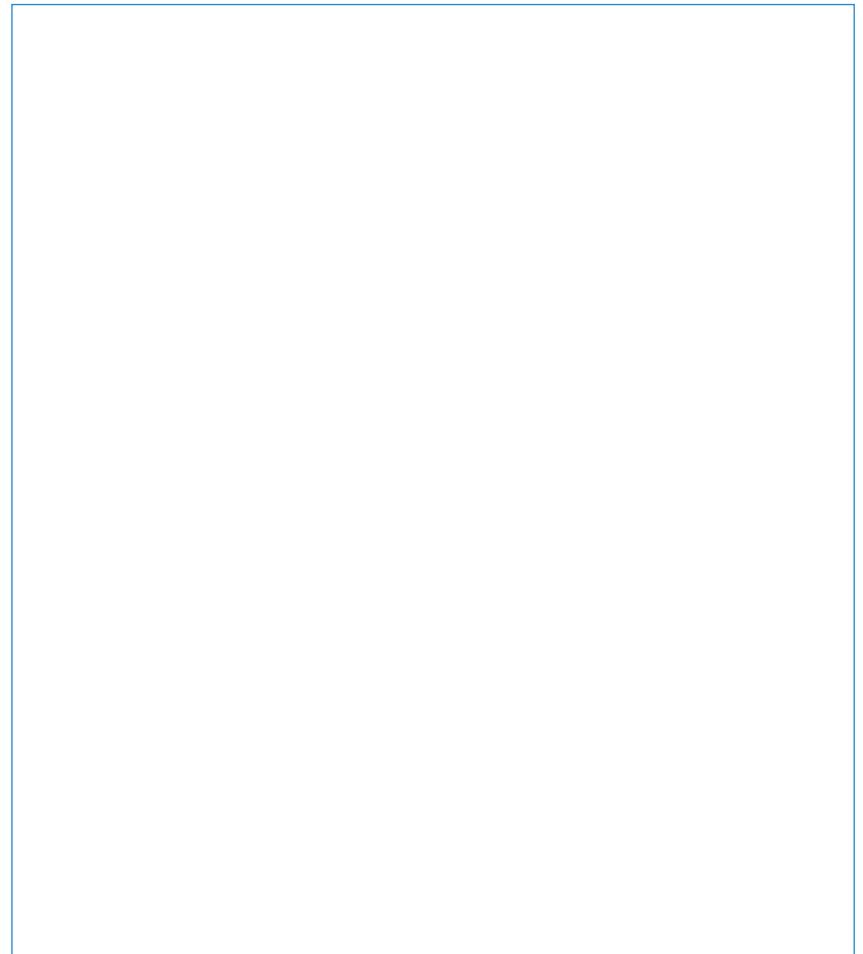
HONESTY BAROMETERS	DREAM THIEVES

## EXERCISE 4.2: HOW DO YOU FEEL ABOUT YOUR TRIBE?

Now you have audited your tribe, how does this make you feel?

A large, empty rectangular box with a thin blue border, intended for the user to write their feelings about their tribe.

Why do you feel this way?

A large, empty rectangular box with a thin blue border, intended for the user to explain why they feel a certain way about their tribe.

## EXERCISE 4.2: HOW DO YOU FEEL ABOUT YOUR TRIBE?

Build your dream team

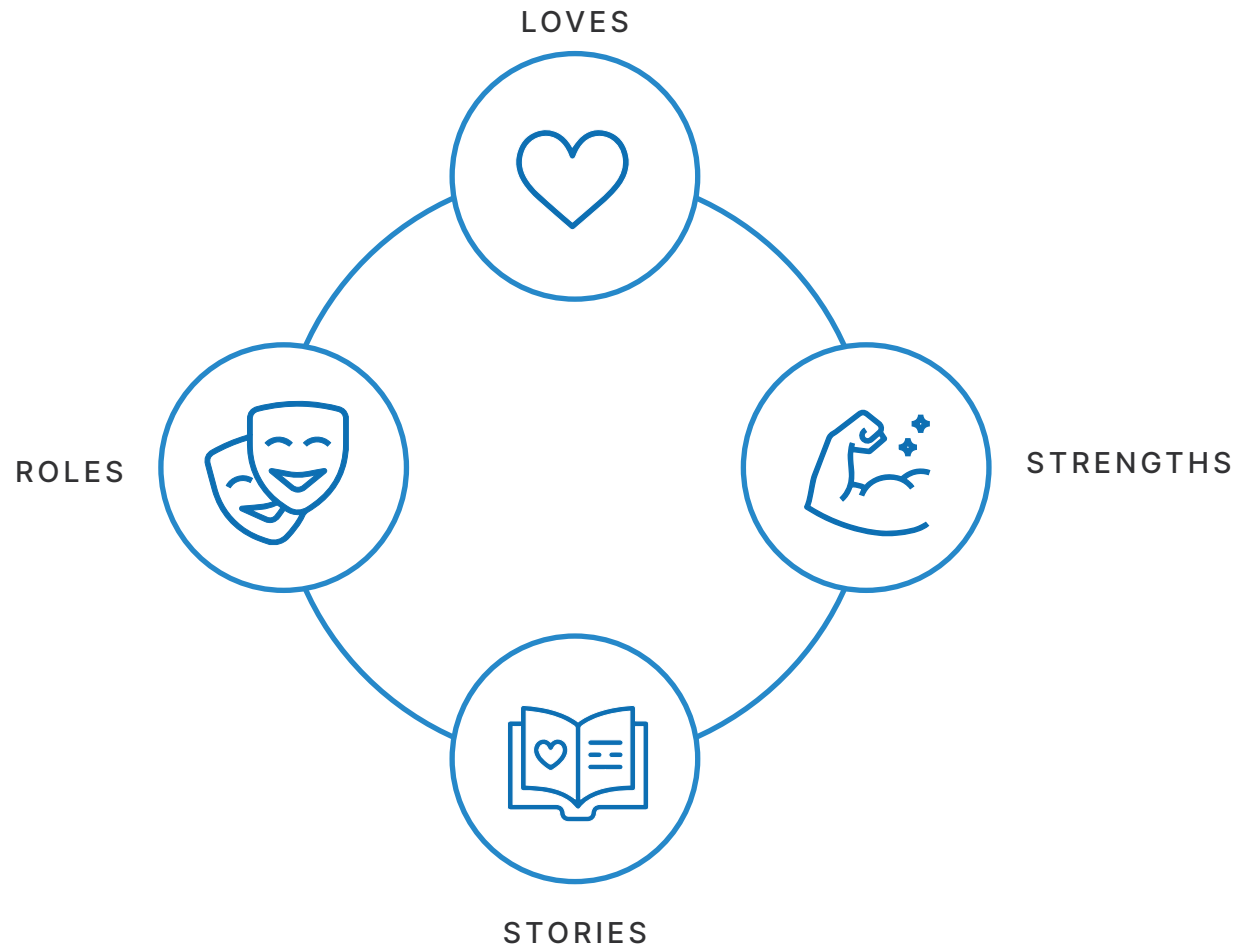
Any other thoughts?

A large, empty rectangular box with a thin blue border, intended for the user to write their thoughts or build their dream team.

## EXERCISE 4.3: BRING YOUR TEAM ON BOARD

No matter who you are or what you go through, it is essential to recognise how your changes (or awakening) affects those around you. We need our dream team to be a part of it. Change scares people because with change comes a sense of loss. If you genuinely want growth, you need to be able to bring people along on the path with you. It requires vulnerability, strength and clarity.

Define your top 5 Dream Team members. Share your completed own your truth model with your two most valued team members and onboard them by sharing your old story, your new story and let them know how they can support you.



## EXERCISE 4.4: FORTIFYING YOUR TEAM

If you have experienced a profound or significant awakening, change or shift, you can use the questions below as a template to reconnect with loved ones and learn more about yourself. Send these questions to the people who you believe have been impacted the most by your change and ask them for their honest evaluation. You may be surprised by what you receive.

- What are my strengths, weaknesses and what can I improve on?
- How do you see me?
- What do you love about me?
- What do you love doing with me?
- How did my change affect you?
- What did it teach you?
- How can I be a better....? (insert relevant role)
- What do you believe I need to work on?
- What is the one thing we can do together regularly?
- What is the one thing we can work on together?

The time required to complete this task will vary for each individual so please move at your own pace. You may not see these people often, or speak regularly, and therefore your degree of change or difference may not be visible or detected.

The reflection exercise following this one (4.5) will not be able to be completed without first receiving the answers to these questions, so feel free to come back to this section when you have received the feedback and have had the time to process their responses.

In the event you haven't experienced a significant change, you can still use this template as a conversation starter, or share your life by design choices and Own Your Truth Model with a significant other and reflect on their response.

## EXERCISE 4.5: REFLECTION

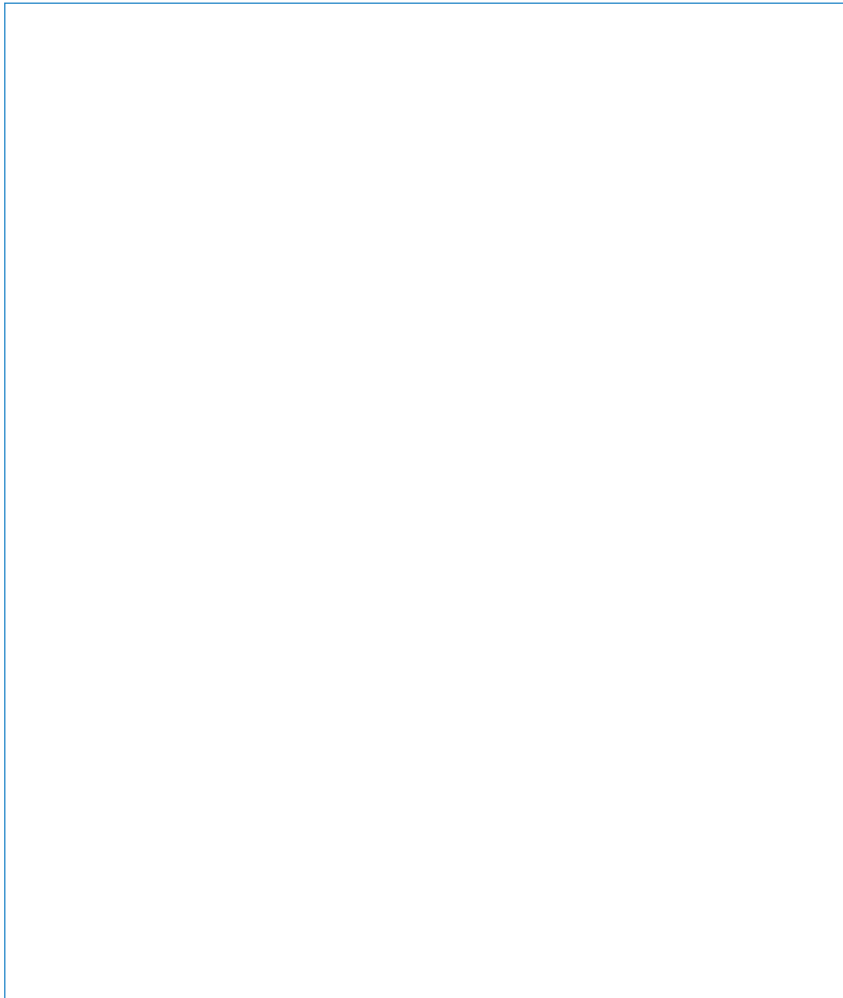
Once you receive this information, journal and meditate on what you learned about yourself, what you heard (key themes) and actions you commit to take.

How do I feel?

I feel this way because...

## EXERCISE 4.5: REFLECTION

What action am I going to take?

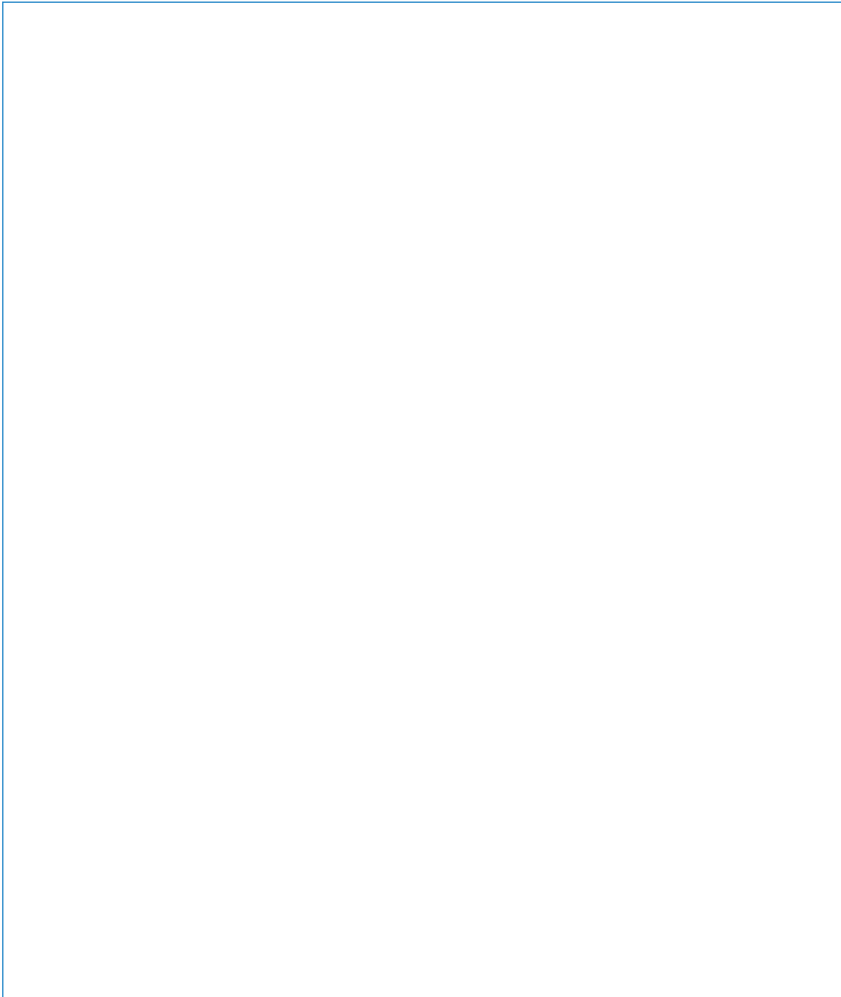


When?

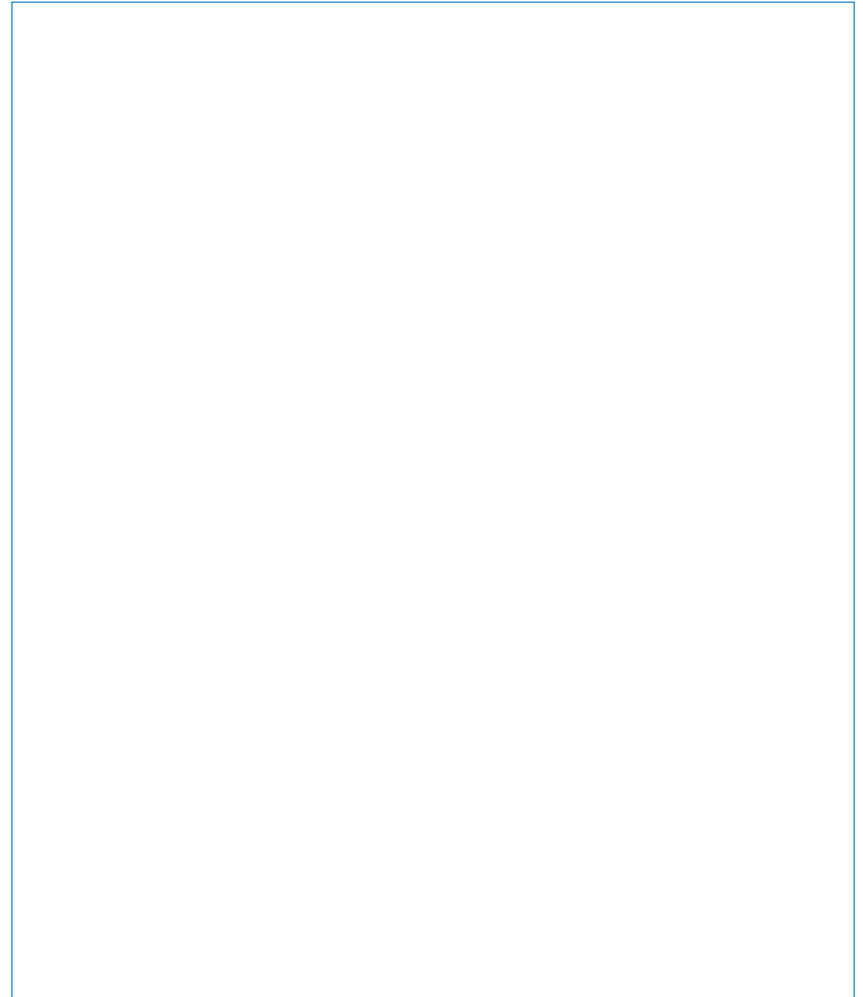


## EXERCISE 4.5: REFLECTION

I am grateful for...



I am grateful for this because...





## EXERCISE 5.1: IDENTIFY THE BARRIERS

### Letting people down

Let me put this round into context. Watch the video; introduction to barriers and boundaries.

Being let down, especially by loved ones hurts because we see ourselves through the eyes of our closest relationships and make sense of our lives through their actions. (You will find an example of my answers at the end of this round). Close your eyes, take a deep breath.

Recall a time when you chose to do something because you were afraid to let someone down.

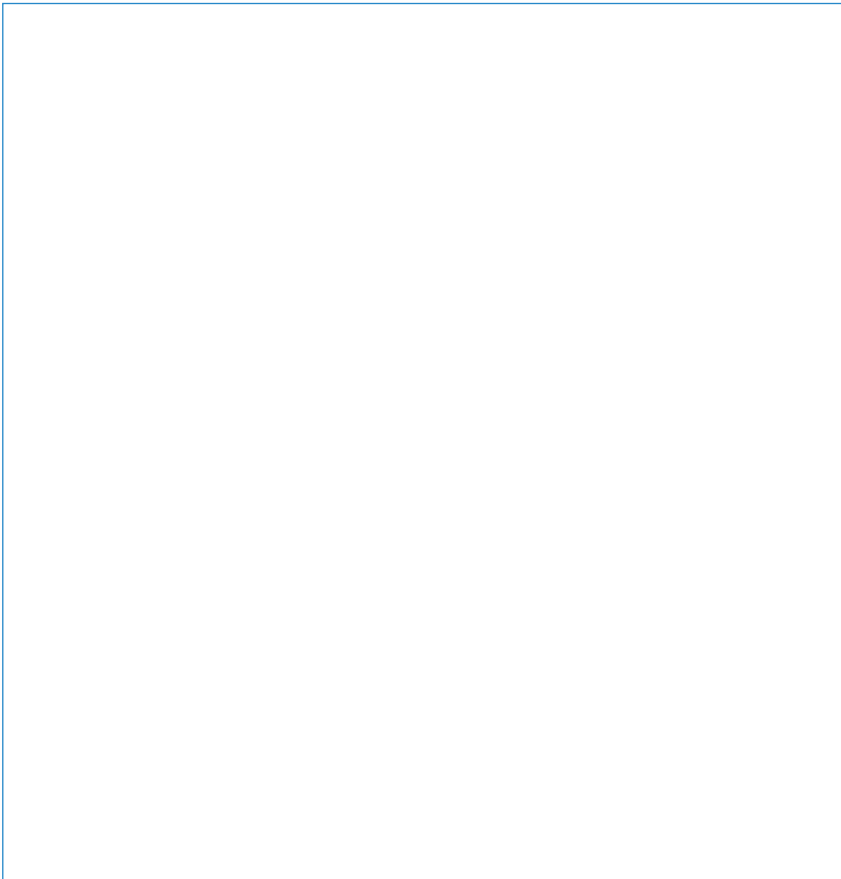
**How did you feel when you said yes?**

**What did you experience when you followed through?**


## EXERCISE 5.1: IDENTIFY THE BARRIERS

Letting people down

**Are you aware of any familiar stories that drive these decisions?** (Reference awareness of judgment - RD 2, exercise 1)



**Can you recall a time when you were let down?  
What was happening?**



## EXERCISE 5.1: IDENTIFY THE BARRIERS

Letting people down

How does this make you feel?

What is the story you tell yourself?

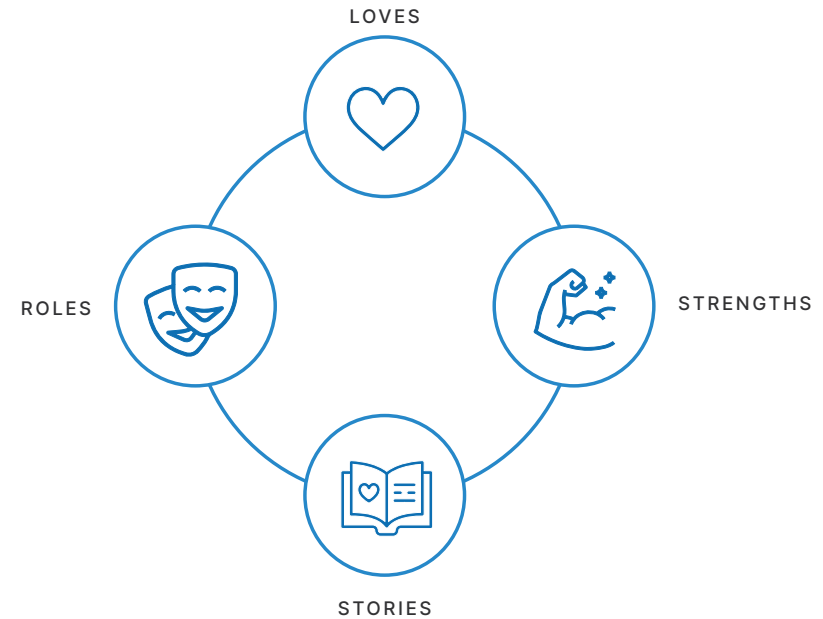
(Refer back to RD2, exercise 1)

## EXERCISE 5.1: IDENTIFY THE BARRIERS

### Letting people down

Articulating the truth may be challenging because it requires us to hold up a mirror to our lives and ask ourselves “What am I choosing not to see?” This was practiced in round 2 when you took an old story and applied a rose tinted lens to it. Your truth requires patience and depth so remember to breathe, take your time, be kind to yourself and articulate your truth through a lens of accountability and honesty.

### What is the truth?



## EXERCISE 5.2: IDENTIFY THE BARRIERS

### Scarcity Mentality

In his book *The 7 Habits of Highly Effective people*, Steven Covey says “The Scarcity Mentality is the zero-sum paradigm of life. People with a Scarcity Mentality have a very difficult time sharing recognition and credit, power or profit – even with those who help in the production. They also have a very hard time being genuinely happy for the success of other people.”

#### Is your life being held hostage by your fear of lack?

Please write down anything you feel is lacking in your life right now. E.g. Self-worth, energy, happiness, opportunities, money, etc.

#### What word/s best describe your relationship with;

- a) money –
- b) time -
- c) energy -

#### Have you ever felt resentful or jealous of others?

Examples; wealth, relationships, lifestyle, structure, anything!  
Be honest and own your truth. Write your examples here

#### Describe the feeling associated with the answer above.

## EXERCISE 5.3: IDENTIFY THE BARRIERS

### Expectations

*Expectations are resentments waiting to happen. They often coast under the radar, making themselves known only after they have bombed something we had high hopes for, into rubble.*

– BRENÉ BROWN

There are 3 main types of expectations- our expectations of others, peoples' expectations of us, and expectations of ourselves.

**On a scale of 1 to 10, How do you feel when others fail to measure up to your expectations?**

1 = I don't care | 5 = Miffed but willing to let it go | 10 = Resentful and I will never forgive the

1 2 3 4 5 6 7 8 9 10

**On a scale of 1 to 10, how do you feel when you fail to measure up to other peoples expectations?**

1 = totes chilled | 5 = anxious | 10 = completely inadequate

1 2 3 4 5 6 7 8 9 10

**On a scale of 1 to 10, how do you feel when you fail to measure up to your expectations?**

1 = Whatever | 5 = Disappointed | 10 = Hopeless and depressed

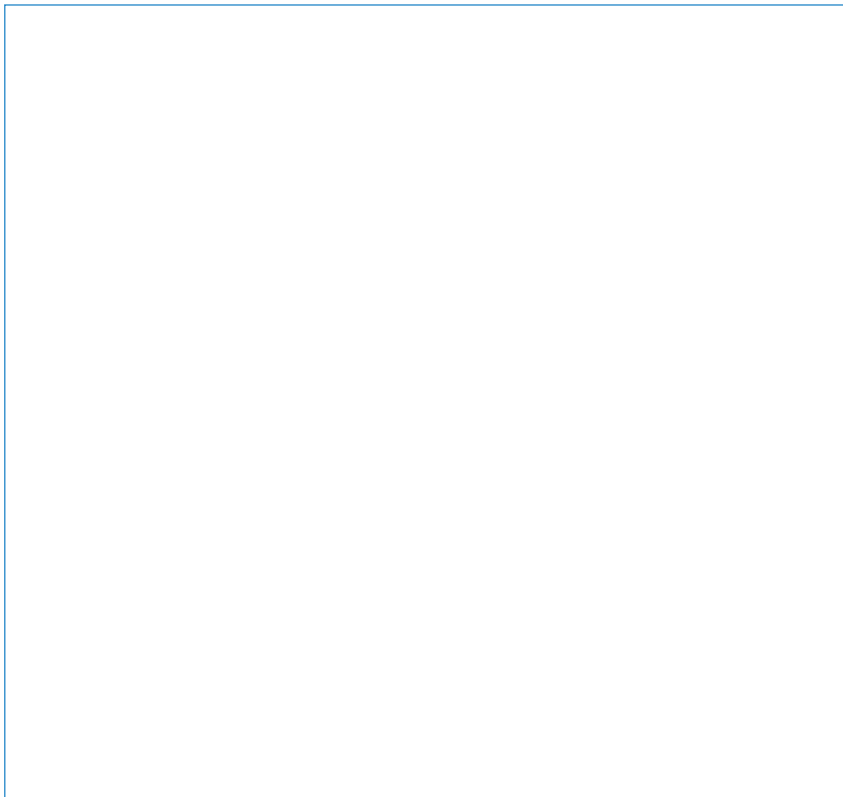
1 2 3 4 5 6 7 8 9 10

## EXERCISE 5.3: IDENTIFY THE BARRIERS

### Expectations

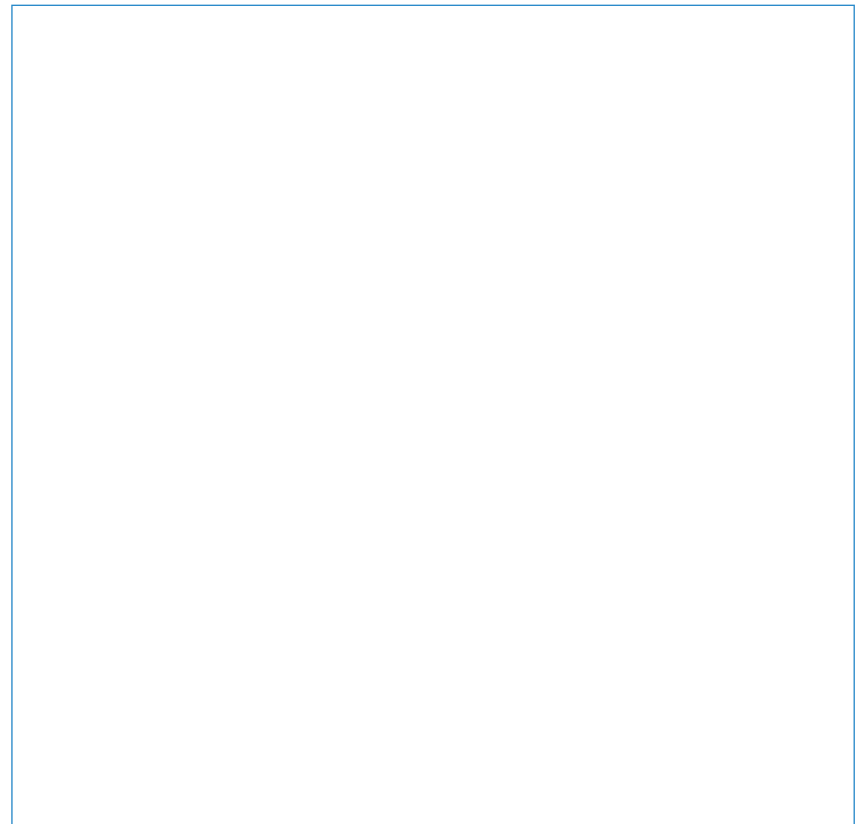
#### What unspoken expectations do you rely on?

For example, are you expecting people to applaud your work, thank you for your efforts, recognise and celebrate your achievements or complement you enough to feel validated and loved?



#### What are some examples of expectations you place on others?

Others can include your partner, family, friends, work colleagues, etc



## EXERCISE 5.3: IDENTIFY THE BARRIERS

### Expectations

What are some examples of expectations others place on you?

What are some examples of expectations you place yourself?

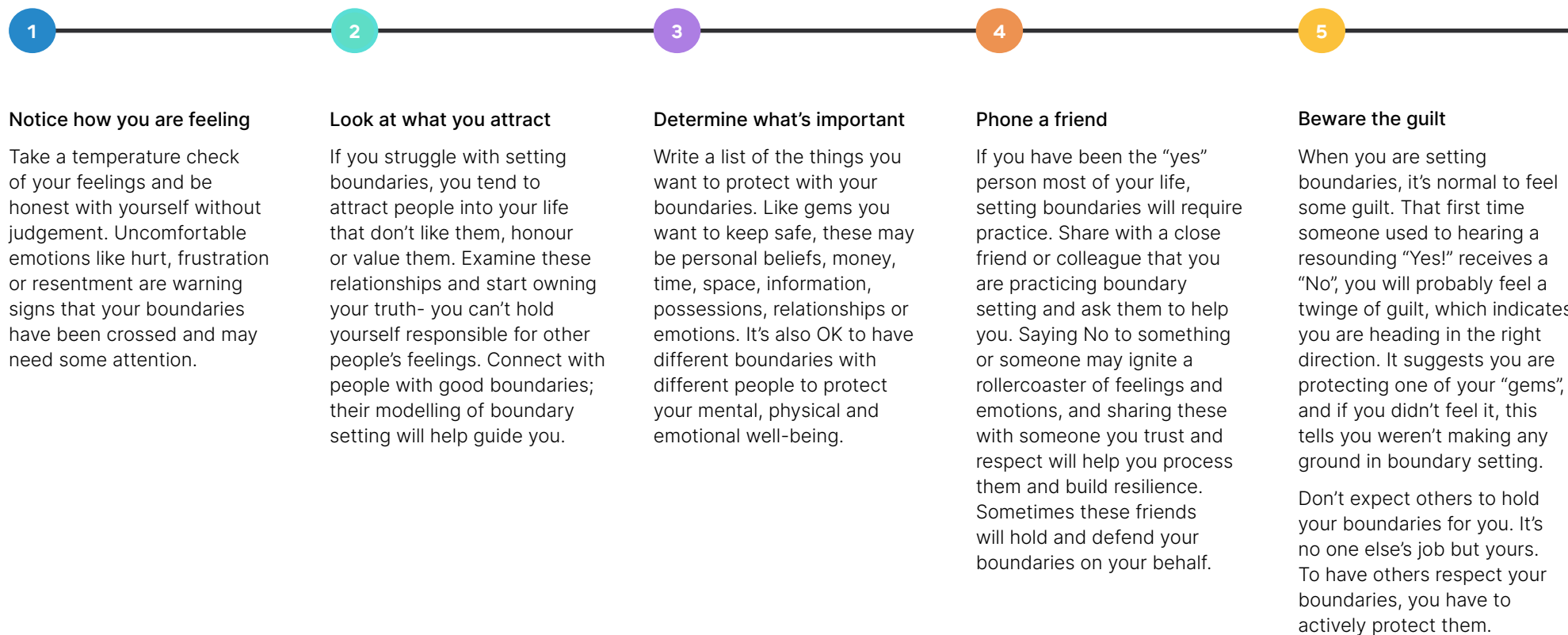


# Boundary setting tips—The key to asserting your self-worth.

## Boundary setting tips

Boundaries are the standards we set to preserve our way of life. They set the guidelines for how you want to be treated. The key to establishing boundaries is communication. The first person you need to learn how to communicate with is you.

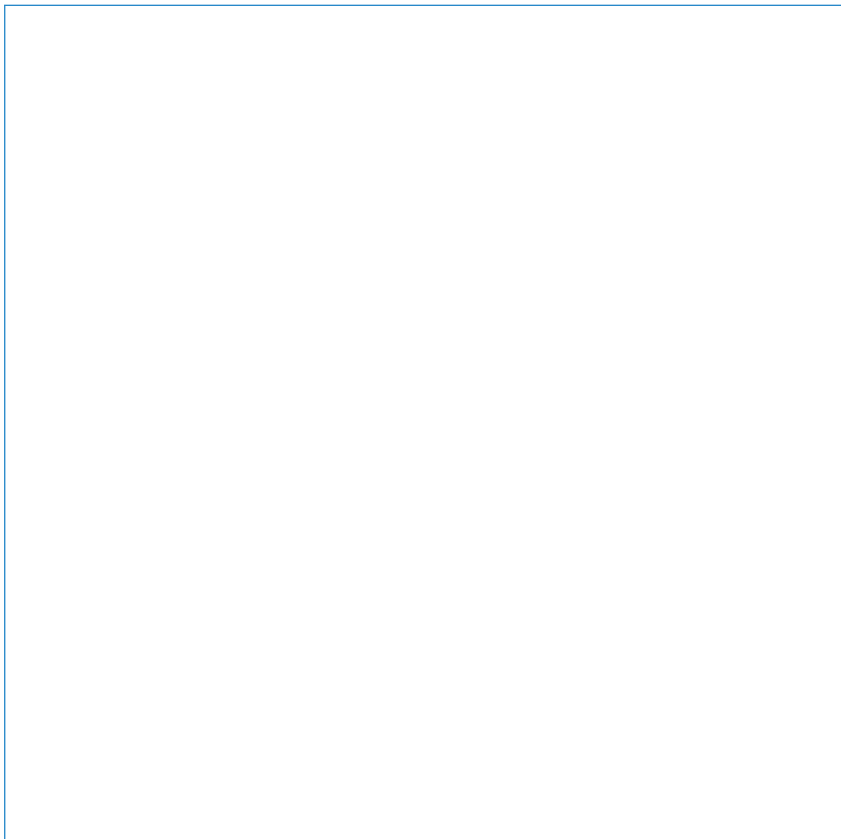
Here are 5 simple ways to set boundaries and honour them.



## EXERCISE 5.3: IDENTIFY THE BARRIERS

### Expectations

If you weren't concerned about what people thought of you, would you still have this expectation of yourself?  
Why or why not?



Do you ever compare yourself to others?  
How does this make you feel?



## EXERCISE 5.4: DETACH FROM THE EMOTION

**Breathe!**

Box Breathe to detach from the emotion – refer back to exercise 2, round 2 and the video in the resources section.

Tap into this technique whenever your emotions are heightened, your thoughts are racing or you are feeling anxious.

Remember, your thoughts are not who you are.

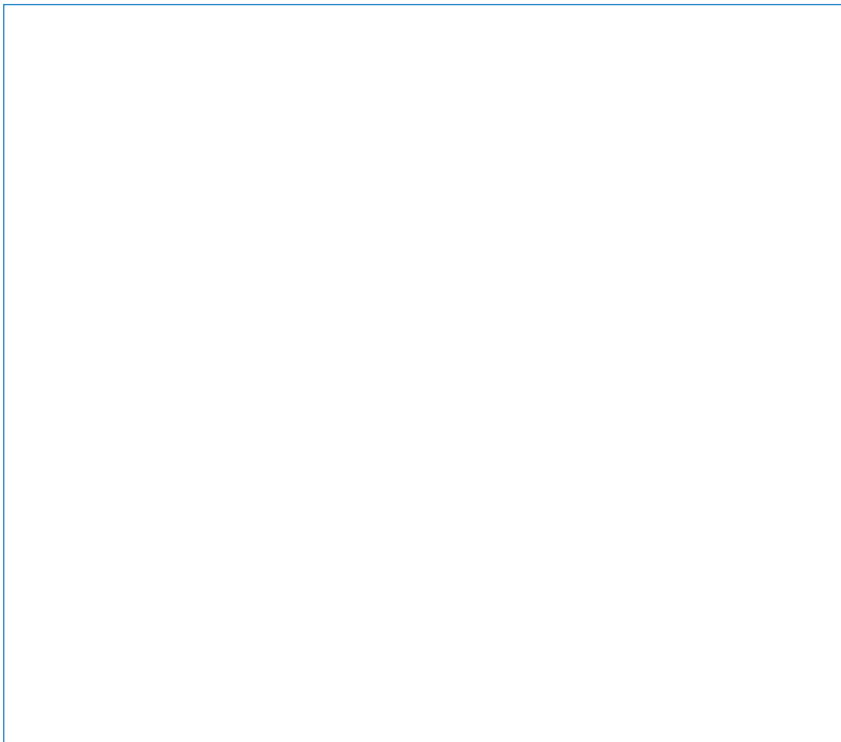
Just Breathe!!



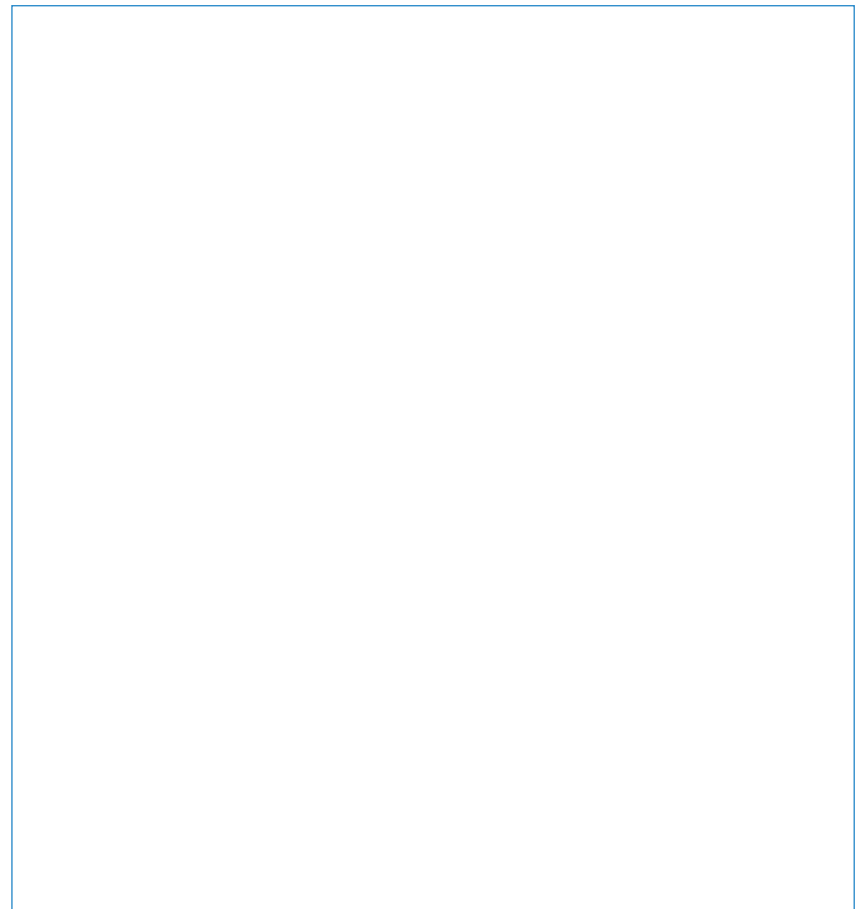
## EXERCISE 5.5: FROM BARRIERS TO BOUNDARIES

Pick one of the feelings you recognised (being let down, scarcity or comparison/expectations) and draw it. If you're up for it, draw all 3!

**Draw the feeling associated with being let down or letting someone down.**



**Draw the feeling associated with scarcity or expectations.**



## EXERCISE 5.4: DETACH FROM THE EMOTION

### Hell Yeah Vs F\*ck No

This style of colourful language is my way way of making decisions, reserved only for certain situations and people who know me well, so please make it your own. I certainly don't say this to colleagues or new acquaintances.

It's your personal response to opportunities and activities that either light you up or make you feel drained so choose words that resonate with you.

The following is the criteria I work with to help me make my decisions.

### Hell Yeah

- Excited
- Butterflies in my tummy
- Curious or intrigued
- Energised by the thought
- Awesome growth opportunity

### F\*ck No

- Exhausting
- Depleting
- Makes me feel drained just thinking about it
- Compromised
- In need of rest

## EXERCISE 5.5: FROM BARRIERS TO BOUNDARIES

### Draw the feeling associated with expectations

Now think about a current or future opportunity, take a deep breath and decide if it's a Hell Yeah or F\*ck No. Draw how you feel based on this decision for both a Hell Yeah and a F\*ck No. Notice or observe the feelings that arise. Reflect and Journal your thoughts and emotions.

### 4 Steps to establishing boundaries

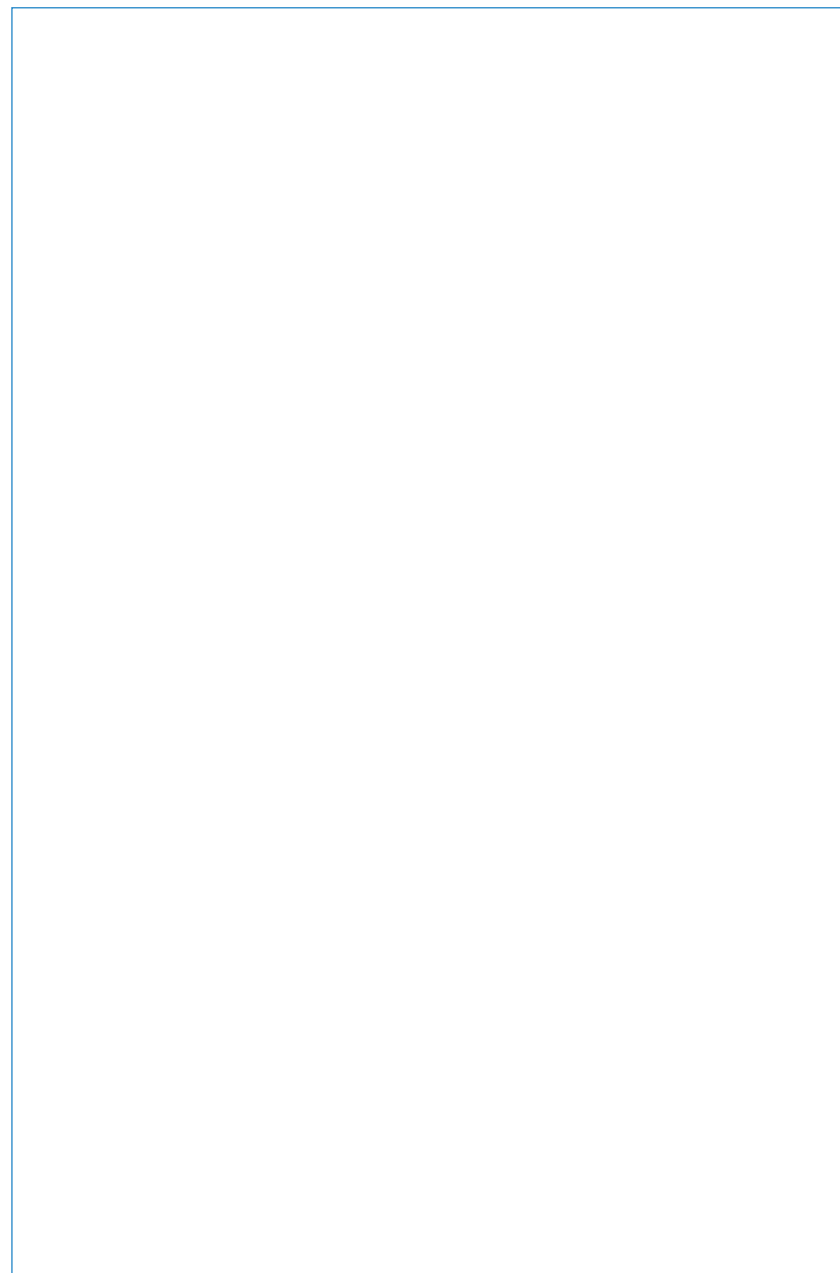
#### 1. Recognise your emotions

Listen to your thoughts and the stories (remember, it's easy to find proof of what we believe or want to believe to validate ourselves)

#### 2. Breathe

3. **Decide** if it's a Hell Yeah or a F\*ck No. Commit to this decision!!

4. **Consider** sharing this new decision making framework with the people you love and work with. The next time they ask you to do something and you choose to respond with a "F\*ck No!" it will be helpful for them to understand why.



## EXERCISE 5.5: LETTING PEOPLE DOWN

### Layne's examples

Recall a time when you chose to do something because you were afraid to let someone down. I accepted a lunch invitation with a notorious dream thief.

#### **How did you feel when you said yes?**

I felt obligated, frustrated and annoyed.

#### **What did you experience when you followed through?**

For example, were you drained, energised, resentful, etc?

I was depleted and disappointed.

#### **Are you aware of any familiar stories that drive these decisions?**

I should do this for them to prove I'm a good friend. Good friends do this. (It may be helpful to reference awareness of judgment - RD 2, exercise 1)

#### **Can you recall a time when you were let down?**

##### **What was happening?**

Yes. My friend rarely picks up the phone or returns my calls, and never checks in to see how I am.

##### **How does this make you feel?**

Makes feel me unloved and unappreciated.

##### **What is the story you tell yourself?**

They don't care about me. I expect my friend to be more responsive and answering my calls let's me know they care. (Refer back to RD 2, exercise 1)

##### **What is the truth?**

My projected expectations are letting me down. I am responsible for how I feel. My friend loves and cares for me because I know they are there for me when ever I need them.

## EXERCISE 6.1: CELEBRATE THE CHAMPAGNE MOMENTS

Recognise and celebrate | Watch the video:  
Introduction to awakening your energy.

When do you stop and applaud yourself for your accomplishments? If we are continually thinking about what's next, we minimise what we have achieved, which is primarily focussing on lack. You deserve to be recognised, and it is imperative to acknowledge your success and growth to help maintain motivation and discipline.

Stop, breathe and celebrate to show yourself compassion and gratitude.

To consciously own your achievements, start a list of 10 past, current, or future results you must celebrate and ten plausible ways to celebrate them.

Look at everything you do in your life and take nothing for granted, including the simplest of tasks, but focus on the ones that stretch you or require more effort, creativity, perseverance or love.

It may be completing a task, delivering a product milestone, exceeding targets, learning and applying a new skill, supporting someone through a challenging time, achieving a health goal, paying off a debt, going to bed earlier or having 2 alcohol free days per week.

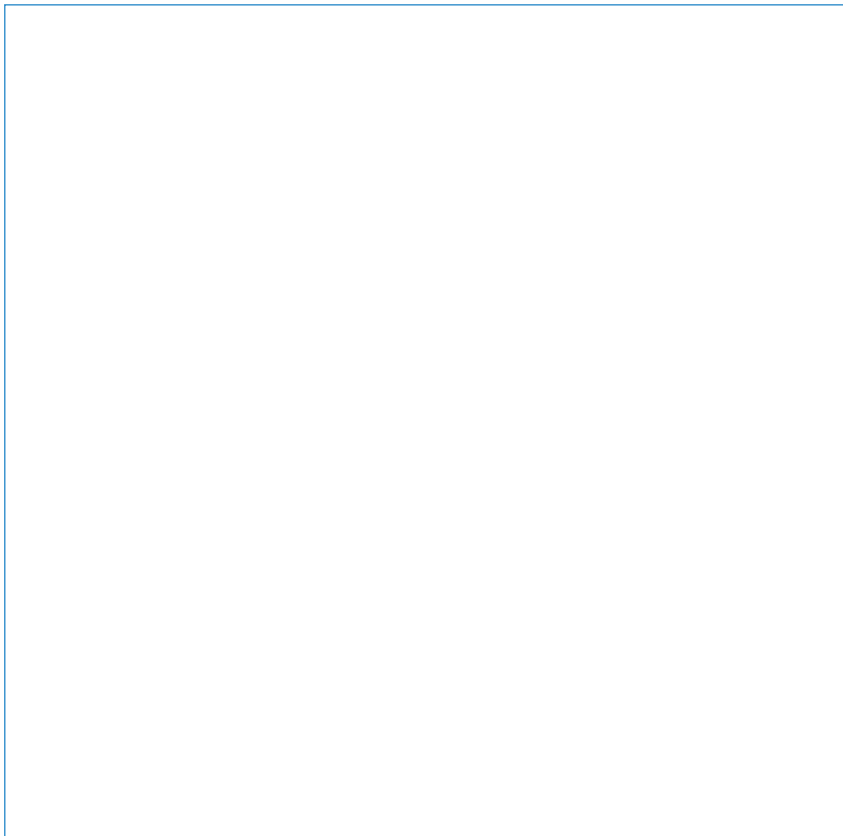
The memory of your milestones and achievements will fade if you fail to celebrate them.



## EXERCISE 6.1: CELEBRATE THE CHAMPAGNE MOMENTS

Recognise and celebrate

List your top 10 celebration moments: from the past, present or future (feel free to add more!)



## EXERCISE 6.2: WAYS TO CELEBRATE

Hell yeah!! Choose one or design your own

1. **Just say it** – write a letter to yourself praising your achievements
2. **Pay it forward by acknowledging the people who helped you**
3. **Give yourself a gift** – something special you desire or flowers
4. **Enjoy the sunset with your favourite beverage**
5. **Indulge in a bath or soak in a jacuzzi**
6. **Gift yourself a massage or a spa treatment**
7. **Take the day off and immerse yourself in nature**
8. **Treat yourself and a close friend, supporter or partner to a nice meal at your favourite restaurant.**
9. **Do one thing on your love love love list from Round 1.**
10. **Donate to a charity with your time or money.**

## EXERCISE 6.3: PLAY MORE

Yay!

Play helps us balance out our responsibilities and deadlines and brings perspective to life. The benefits of play are far-reaching, but we often give up play as adults for more serious pursuits such as our work, relationships, and our families, all of which are valid pursuits.

But do they need to be pursued at the cost of play?

Play in adulthood is critical to help manage our stressful, busy lives. It is scientifically proven to stimulate creativity and improve brain function through the release of endorphins and other blissful chemicals.

One of the things that may often stop us from playing is that we, as adults, get very set on who we are and the types of activities we do and do not like. But making time to play is healthy and fun, so it benefits us to bring play into our lives. Recall activities you enjoyed as a kid and think about ways you can bring those to life.



## EXERCISE 6.3: PLAY MORE

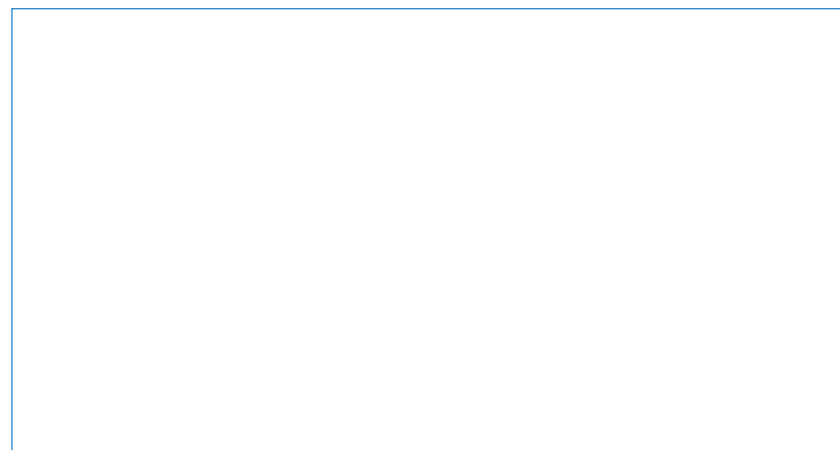
Yay!

**Here are some ways to bring more play in to our daily lives;**

- Turn off your computer and phone – enjoy a digital detox
- Skip through a park
- Do handstands and cartwheels on the beach or grass
- Swing in a hammock or on a swing
- Climb a tree
- Go rock hopping
- Frolic in the ocean – pretend you're a dolphin
- Play a social game of doubles tennis
- Go skateboarding, rollerblading or jump on a scooter
- Ride a bike
- Go for a bushwalk
- Have a picnic
- Walk somewhere you may usually drive

- Watch a movie that makes you laugh out loud – I love kids animated films like Toy Story, Bolt and The Secret Life of Pets.
- Listen to your favourite music and dance with your eyes closed
- Play a board game or build something with Lego
- Do some gardening
- Sing along to your favourite song
- Get creative - Colour in, paint, draw, sculpt.

**How do you like to play and when are you going to do it?**



## EXERCISE 6.3: PLAY MORE

Yay!

These are five steps you can follow to win the morning and start your day with a sense of accomplishment, which fuels success;

**Step 1:** Begin every day with the Box Breathing exercise from RD 2

**Step 2:** Recite your I AM Mantra from round 3

**Step 3:** Make your bed and begin your day with a sense of achievement.



**Watch this very inspiring speech by Admiral William McRaven to reinforce this message.**  
(available in Resources Section)

**Step 4:** Drink a large glass of water – every system in the body relies on water to function.

Your brain is 80% water, your muscles (including your heart) are 75% water, your blood is 83% water, your lungs are 90% water, your skin is 64% water, and even your bones are 30% water!

Plus, we lose about a 1 litre of water each night, just from the humidity of our breath.

**Step 5:** Brush your teeth with the opposite hand to stimulate the growth of neural pathways between the left and right hemispheres of your brain. We all need more balance in our lives.

And there you go!

Commit to at least one or more of these activities this week. Celebrate your achievements, invite play into your life and start every day with a sense of accomplishment and a glass of water. And for some added fun, watch the bonus video on celebrating failure.

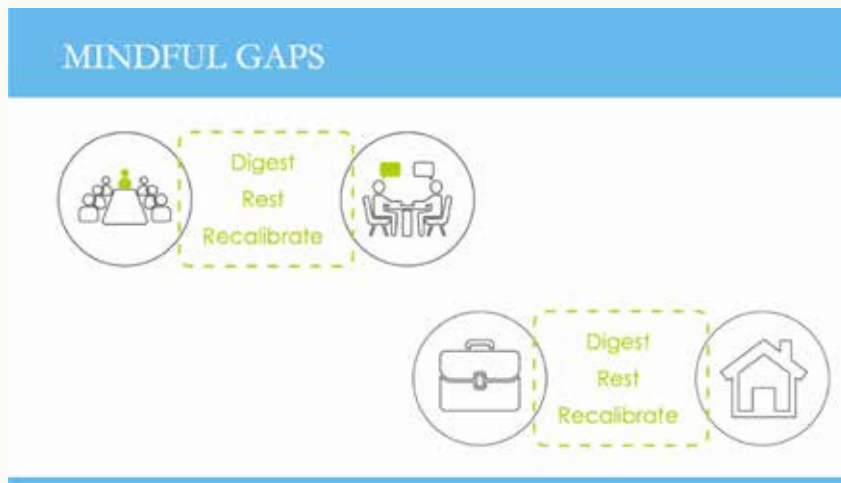
If it feels good, do it again!

If you want to be creative, draw how each activity makes you feel!

## DIGEST, REST, RECALIBRATE

Tah Dah!

Please watch the video: Learning is applied wisdom. The image below demonstrates how we can do this at work and at home.



### Digest – rest - recalibrate

Moving from meeting to meeting, task to task, or from work to home, all accumulate emotional baggage that you carry with you throughout the day. You go from a performance management meeting to a project planning meeting, and you drag the negative emotions from the first meeting to the next one. Showing up full of negative emotions narrows your ability to make informed decisions, think creatively and engage in complex problem solving, all vital skills for the task at hand.

The trick is being able to use the transitional gaps between the first meeting and your next meeting to recalibrate your mindset for what is required of you next. Think of the sport of golf. This requires the golfer to recalibrate themselves after each lousy shot. I had to recalibrate after every poor wave or fall and every single loss. And there were many of them! This week, allow yourself to take 3-5 minutes in between meetings, tasks, and interactions to digest, rest and recalibrate.

## EXERCISE 7.1: DIGEST, REST, RECALIBRATE

### Work

#### Step 1: Digest

Take a minute to think and reflect on the previous task, meeting or interaction you have just finished. Ask yourself;

- What went well?
- What can I improve?
- Name one thing you managed to achieve.
- Savour this achievement for a moment.

#### Step 2: Rest

Take a minute or two to bring your focus and attention to the present moment by closing your eyes or softening your focus.

Take some deep breaths in through your nose and out through your mouth, just focusing on the sensation of your lungs expanding as you inhale and completely relax as you exhale. If your mind wanders, gently bring your attention back to your breathing.

You can also use the Box Breath here. Breathe in for 4 seconds, hold for 4, exhale for 4, hold for 4. Repeat this three to four times.

#### Step 3: Recalibrate

Now take a minute to think about your intentions or goals for the next situation or meeting.

- How do you want to act?
- What do you want to achieve?
- What specific qualities or behaviours do you want to exhibit? Confident, Fair, Approachable, Assertive, for example.

Whatever it is you need to be, think explicitly about what behaviours you will exhibit to achieve these intentions.

Think about how you can use these mindful gaps on your commute home from work, leaving your workday at work and showing up for your loved ones in a positive frame of mind.

## EXERCISE 7.2: DIGEST, REST, RECALIBRATE

### Home

#### Step 1. Digest

Irrespective of the day you have endured at work, you owe it to your family, loved ones, pets and yourself to digest and detach from the day that was. During your commute home, take the time to digest the day.

- What went well?
- What one or many things did you achieve?
- What can you improve on for tomorrow?

If you work from home, do this exercise before leaving the office chair.

#### Step 2. Rest

Breathe and allow the tension of the day to fade away.

Box Breath works great here.

#### Step 3. Recalibrate

Before you walk in the door or into the home environment, take a minute to decide who you want to be or how you want to feel when you walk through the door. For example, do you want to be present, calm, relaxed, excited, or loving?

Leave your workday at the door and bring your best self to the table and your loved ones.

For example, when you arrive home you can use your car as a metaphor. By closing the car door, this can act as a closing of the door on your day and choosing to show up engaged and in a positive mindset for your loved ones.

## 7 DOCTORS

### A prescription to good health and happiness

#### 2. Water

Water serves many essential functions to keep us all going. Our bodies are about 60% water and many factors (internal and external) affect your need for water. It regulates our body temperature, helps lubricate and cushion our joints, filtrates the body and eliminates toxins through efficient kidney function. It also enhances your strength, power and endurance, reduces hunger and aids in nutrient absorption, assists in weight loss and improves blood oxygen circulation. Water helps prevent hangovers, relieves fatigue and prevents overall dehydration which, by the way, can lead to kidney stones, seizures and brain swelling, occasionally resulting in migraines and headaches. And if those reasons don't inspire you to drink more water, I don't know what will!

#### FUN FACT!

**We lose a litre of water a night just through our breathing.**

We can endure weeks without food but only days without water. Our bodies can trick us into believing we are hungry when we are thirsty, so adopt the habit of drinking a large glass of water when you start to experience hunger or food cravings.

Trust your thirst! It's there for a reason.

We only get about 20% of our daily water intake from food, so we need to drink plenty of water each day.



## 7 DOCTORS

### A prescription to good health and happiness

#### 4 Ways to increase your water intake:

1. Purchase a water bottle that sparks joy and carry it with you everywhere. (We absolutely love our Awake Academy Hydro flasks which you can purchase on our website). [www.awakeacademy.com.au/shop](http://www.awakeacademy.com.au/shop)
2. Monitor your intake and ensure you are drinking 2-3L a day.
3. Pace yourself to have consumed half of your daily intake by midday and the remainder no later than an hour before bed.
4. Download a hydration app such as Water Minder, Daily Water Tracker Reminder or Hydro Coach to help you stay on track.

#### 2. Exercise

Exercise is our body's natural anti-depressant.

There is a mountain of research backing up the many benefits of exercise, but if you struggle to commit to making the time for it, you're not alone. In America, for example, less than 5% of adults participate in 30mins of physical activity each day. Recent reports suggest that by 2030, 50% of the population will be obese.

We all know that we have to exercise to stay in shape, keep fit and stay healthy. However, subscribing to the belief that exercise has to be hard, or adopting the outdated "no pain no gain" mentality, can shatter our motivation, feed excuses and keep us on the couch.

## 7 DOCTORS

### A prescription to good health and happiness

Exercise is defined as any movement that makes your muscles work and requires your body to burn calories, elevating your heart rate to about 50-60% of its maximum. The maximum heart rate is commonly 220 less your age, so do the math and choose an activity you enjoy. Swimming, surfing, dancing, paddle boarding, walking, yoga, cycling, are a few of my favourites.

Regular exercise, carried out at least 4 times a week, offers incredible benefits that can improve nearly every aspect of your health from the inside out. It can improve your mood, increase your energy levels, increase bone density, burn calories, improve sleep and memory, and even boost your sex drive.

### FUN FACT!

**You use 22 muscles to take a single step forward (there are about 650 skeletal muscles in the human body).**

Whether you practice a specific sport or follow the guideline of 30 minutes of exercise a day, you will inevitably improve your health in many ways. If you can't find 30mins, break it up into two 15minute workouts or three 10minute sessions. It's your decision to make exercise a priority, and it's never too late to start building your strength and physical fitness. Something is always better than nothing. Research has found that people who do strength-based exercise have a 23% reduction in risk of premature death and a 31% reduction in cancer-related death. Daily push-ups and sit-ups may add a few extra years to your lifespan!

## 7 DOCTORS

### A prescription to good health and happiness

Incremental moments of exercise such as taking the stairs instead of the lift or escalator, window shopping and doing housework are easy ways to sneak more movement into your day. Just ditch the all-or-nothing attitude, be kind to yourself and manage your expectations.

You didn't fall out of shape overnight (if you are out of shape) and you won't transform your body instantly either. Health, fitness, feeling good about oneself, energising the body, oxygenating the brain are all excellent so don't just find the time, make the time!

### 4 Ways to make exercise a habit that sticks:

1. **Start small and keep it simple.**
2. **Find a fitness friend** (AKA accountability partner).
3. **Choose activities you really enjoy.**
4. **Reward yourself with something you really look forward to like a hot bath or coffee** (healthy rewards that don't sabotage your efforts!)

Scan the QR codes if you don't know where to begin.



**How to start exercising**  
(available in Resources Section)



**How to start exercising and stick to it**  
(available in Resources Section)

## 7 DOCTORS

### A prescription to good health and happiness

#### 3. Healthy Diet

The healthy food pyramid was created in Sweden in 1972, becoming adopted globally as the best practice food guide. At the time, the aim was to encourage people to eat a varied and balanced diet, based on foods that were nutritious and cheap. It was advised to eat mostly grains, cereals, bread, fruits and vegetables, while the 'eat least' segment contained fats, oils, sugar, salt and alcohol. The fact is, this pyramid and its endorsement was not based on actual science. Instead, an invention of necessity when Sweden was struggling under the plight of high food prices in the early 70's.

Understanding what to eat, how to eat and when to eat can be confusing and overwhelming due to the immense amount of research and scientific studies readily available at our fingertips. If you are free of chronic disease or mental health challenges, trusting your intuition and listening to your body is one of the simplest ways to recognise what works for you and what doesn't. The body whispers before it screams. Unfortunately, we often fail to hear the whispers and only begin to pay attention once the screaming starts!

Our diet evolves over time, influenced by many factors including environment, social and economic circumstances. Everything we consume has an essential effect on our physical, mental and emotional wellbeing. To have a healthier diet, we need to enjoy a variety of foods, to ensure we receive all the nutrients we need in optimum quantity. We need different amounts of various nutrients at different stages of life to stay healthy and active.

## 7 DOCTORS

### A prescription to good health and happiness

#### FUN FACT!

Apples are more effective than coffee at waking you up in the morning! (Apples contain 13gm of naturally occurring sugar which promotes a similar response to caffeine. Slowly released throughout the body, they make you feel more awake without the mood swings, jitters or crash).

Instinctively, we know what foods are good for us and what foods aren't. Broccoli, salad and whole grains like quinoa are healthy alternatives to bread, chips, and white rice. Willpower and a bit of peer or social pressure can often lead us astray.

Making the commitment to reduce refined carbohydrates and processed foods, increase lean proteins and healthy fats and remain adequately hydrated can have a profound long-term positive impact on your health and wellbeing.

**Carbohydrates – not all carbs are bad!** Some are nutritious and healthy such as fruit, vegetables, legumes and whole grains like quinoa and oats. The not so healthy ones, referred to as refined or processed carbs, appear in two forms:

- (i) **Processed Sugar** – eg agave syrup, high fructose corn syrup, dextrose and rice syrup.
- (ii) **Refined Grains** – Foods such as white flour, white bread, white rice, pasta, soft drinks and breakfast cereals have been stripped of their nutritional value and can interfere with digestion.

Studies have shown a diet high in processed carbohydrates has been linked to mood swings, fatigue and depression.

Processed foods – These are high in calories, sodium and sugar and low in fibre, vitamins and minerals. Examples include common breakfast cereals, dried fruit, margarine, basically anything that doesn't appear in its natural (or nearly natural) state.

## 7 DOCTORS

### A prescription to good health and happiness

**Lean proteins** – Lean proteins are rich in protein but low in fat. Foods like skinless chicken breast, turkey, cold-water fish such as salmon and tofu, tempeh and edamame are the highest plant-based proteins.

**Healthy fats** – Believe it or not, there are very nutritious and healthy high-fat foods, in moderation of course! Avocado, whole eggs, raw nuts (eg almonds, cashews, macadamias) olive oil, coconut oil and quality dark chocolate (at least 70% cocoa).

There is no such thing as a one-size-fits-all approach to our diet. However, there are some basic principles you can follow to live a healthier and more balanced life.

### 4 steps to a healthy diet:

1. **Always shop with a list.**
2. **Increase your protein intake**  
(more info on protein below).
3. **Cook at home more often.**
4. **Eat from smaller plates to reduce portion sizes.**

Despite what is written about the “Fast 800 Diet” designed by Michael Mosley, my husband and I embraced the 5:2 diet in 2006 and still commit to it today. We love it. We schedule it into our lives, commit to it when it’s convenient and enjoy our holidays without it. Personally, the health benefits have been profound. We have managed to maintain a healthy weight and enjoy a vast variety of delicious and nutritious foods on fast days and a few guilty pleasures without the guilt on non-fast days.

## 7 DOCTORS

### A prescription to good health and happiness

#### Protein

Proteins are the main building blocks of your body, used to make muscles, tendons, organs and skin, as well as enzymes, hormones, neurotransmitters and various tiny molecules that serve many essential functions. Without protein, life as you know it would not be possible.

There are about 100,000 different types in the human body, each with a lifespan of two days or less. They are responsible for many processes such as growing, healing, forming cell structure, carrying oxygen, protecting against disease, growing hair and nails, allowing eyesight, providing energy and more.

If you're eating animal products like meat, fish and eggs, or raw nuts every day, you're likely doing pretty well protein-wise already. Tofu, tempeh, lentils, quinoa and legumes are great sources as well as hemp seeds which contain a complete highly-digestible protein and essential fatty acids in a ration optimal for human health. Broccoli and brussels sprouts are tasty sources of protein and high in fibre.

However, if you don't eat animal foods, getting all the protein and essential amino acids your body needs may be a bit more challenging. In this case, you may be interested in the following article.



**17 best protein sources for vegans and vegetarians.** (available in resources section)

## 7 DOCTORS

### A prescription to good health and happiness

#### **FUN FACT!**

**The human body cannot store protein like it stores carbs and fats, so we need to include a daily intake to stay healthy.**

Start your day with protein to curb food cravings, late-night snacking, and afternoon sugar crashes. A high protein diet increases fullness and reduces hunger caused by the improved function of the weight-regulating hormone called ghrelin. Often termed as the hunger hormone, its primary purpose is to increase your appetite because it signals the brain to eat. One way to keep this pesky hormone at bay is to eat foods that make you feel fuller for longer while reducing your intake of processed carbs and refined sugars.

Your immune system is made up of proteins and it naturally weakens if you don't consume enough of it. Protein helps you maintain your muscle mass and promotes muscle growth. People who eat more protein tend to have better bone health and lower risk of osteoporosis. It's one of the best ways to reduce age-related muscle deterioration.



## 7 DOCTORS

### A prescription to good health and happiness

Here are 4 simple ways to increase your protein intake and improve your overall health and wellbeing:

- 1. Replace cereal with eggs** – Many breakfast foods are low in protein, high in sugar and processed carbohydrates. Studies have shown eating eggs for breakfast satisfies your appetite for hours, resulting in fewer calories consumed throughout the day.
- 2. Snack on raw nuts** – Almonds contain 6gm of protein in a 28g serving, are high in magnesium and fibre and good fats. Cashews, pistachios and macadamias are tasty options as well.
- 3. Add lean protein to your salads** such as chicken or turkey (30g of protein per 100g), tuna (26g of protein per 100g), salmon (25g of protein per 100g) and plant-based proteins such as chickpeas, quinoa, lentils and kidney beans.
- 4. Have a protein smoothie** for breakfast or throughout the day as a healthy snack between meals. Protein powders make it easy to have a high protein and delicious meal and there are many forms to choose from. My personal preference is a plant-based powder because I am lactose intolerant, so my go-to is either brown rice, pea or hemp protein as they are easier to digest and have a delicious nutty taste. I also add them to my raw treats like bliss balls and slices.

## 7 DOCTORS

A prescription to good health and happiness

### 4. Sunshine

I'm solar powered! Just 5 minutes in the sun completely recharges my internal batteries, instantly elevates my mood, clears my mind and boosts my immune system, enhancing my overall health and wellbeing. Fortunately, these claims have also been reinforced by scientific evidence and research.

#### FUN FACT!

The earth is approximately 93 million miles away from the sun, so it takes about 8 minutes for sunlight to reach our planet.

According to a variety of studies, a moderate dose of sunshine has significant health benefits. These include lower blood pressure, strengthening of bones, improved brain function, eases mild depression by increasing levels of natural antidepressants, improved quality of sleep, boosts growth in children and reduces the risk of certain cancers.

Experts recommend no more than 15 to 30 minutes a day of direct sunlight for a healthy adult. Remember, your skin type, where you live, time and length of exposure and how much skin you expose need to be considered and will determine how much Vitamin D you can produce.

## 7 DOCTORS

### A prescription to good health and happiness

#### 4 ways to invite more sunshine into your life:

1. **Walk or ride to work** – Changing your commute to work and incorporating exercise will set your mood for the rest of the day.
2. **Eat lunch outside** – It's a healthy way to escape from work, connect with nature and ground you in the present moment.
3. **Nature is your playground** – Go for a bushwalk, bike ride or a scenic hike to boost your physical activity and fulfil your daily quota of sunshine.
4. **Start a herb or veggie garden** – The daily ritual of watering your plants and checking them for pests or dead leaves will give you a great excuse to go outside



This link may be helpful if you want to learn more about **the surprising benefits of sunshine**. (available in resources section)

#### 5. Laughter

##### Laughter is the best medicine. Why?

Because it is a free and convenient stress management tool which elevates our mood, lowers our blood pressure and connects us with others. Laughter is contagious!

All of us can use a little bit more laughter in our lives. It is the perfect way to distract our attention away from anger, guilt, stress and fear. When I was about nine years old, I distinctly recall my dad angrily disciplining me until the word “Fuck” accidentally rolled off his tongue. He did his best to keep any ‘colourful’ language to a minimum in front of his kids. I immediately brought this ‘slip’ to his attention which made him laugh, instantly diffusing his anger, letting me off the hook from a potential grounding or smack on the bum!

## 7 DOCTORS

### A prescription to good health and happiness

Many studies have shown the positive effects of laughter. It can relieve pain, induce higher levels of happiness, increase immunity and provide a physical and emotional release.

Laughing in stressful situations can shift our perspective from seeing a threat to viewing it as an opportunity, making it less threatening and more positive. I often laugh when I am scared or uncertain, which distracts my focus, alters my perspective and creates the space in my mind to devise a solution.

### FUN FACT!

The average adult only laughs about 15 times a day, but a healthy child may laugh as much as 400 times per day.

The common stress response, freeze, fight or flight is the body's automatic natural response to a perceived threat or danger. Learning to laugh when you are stressed triggers the relaxation response; rest and digest, or pause and please.

This activation of the parasympathetic nervous system is the body's calming counterpart to the stress response and helps the body return to a physiological balance. Laughter reduces all of our stress hormones, such as cortisol and dopamine and increases our health-enhancing hormones like endorphins, which are the body's natural pain killers.

## 7 DOCTORS

### A prescription to good health and happiness

#### 4 ways to bring more laughter into your life:

- 1. Find humour in your life** – Instead of complaining or getting frustrated, learn to laugh at how ridiculous the situation may be. This attitude will help you become more light-hearted and less stressed. People with a more positive outlook tend to fight disease better than those who tend to be more negative.
- 2. Watch an animated kids' film** – The shriek of delight you hear when kids are watching a movie is a good indication of the effortlessness of humour. Some of my personal favourites are Toy Story, Madagascar, Bolt and Despicable Me. Share your recommendations with the tribe.
- 3. Laugh with friends** – Go out to dinner or a comedy club, or invite your friends over for a dinner party or games night. If you have certain friends who you share a good old belly laugh with, connect with them often and laugh your way to better health and toned abs!
- 4. Fake it 'til you make it!** Studies have shown the body can't distinguish between fake laughter or real laughter (apparently my husband can)! The physical benefits are the same and fake laughter may lead to real laughter. So, laugh and live longer!

## 7 DOCTORS

### A prescription to good health and happiness

#### 6. Rest

Do you perceive busyness and exhaustion as part of the job or a part of life? Is persevering and performing through fatigue a sign of toughness? It's hard to stay alert, remain vigilant, process information or execute complicated plans when you are fighting fatigue.

Overwork is overrated. Today we treat overwork as a signal of our passion and productivity and the need for rest as a weakness or moral failing. How much you work has become an easy way to demonstrate how productive and committed you are.

In his book, 'Rest - Why You Get More Done When You Rest', Alex Soojung-Kim Pang suggests we can learn to use rest to help stimulate our creativity and improve our quality of life. His Masterclass on the Calm App titled 'The Power of Rest' is the source of much of the information below.

When I was studying for my HSC many moons ago, I learned the value of focussing intensely for about 60 – 90 minutes, then taking a walk around the block to give myself a break, promoting the absorption of the information. Science has shown taking active rest breaks restores our capacity to work and enhances our long-term productivity. The default mode network in our brains keeps working on unsolved problems that have recently occupied our conscious attention. It's the source of significant insights appearing when we allow our minds to wander or rest.

## 7 DOCTORS

### A prescription to good health and happiness

As a professional athlete, however, I was accustomed to training long and hard, committed to showing up and pushing through every session despite any signs of injury or illness.

My key strengths were perseverance and discipline, so when the symptoms started to appear, I interpreted them as an indication of my own failings of not being strong enough.

I decided I needed to work harder to overcome them. The harder I worked, the more my body screamed, until my whole system collapsed, resulting in burn out, two bouts of Chronic Fatigue Syndrome, injuries and depression.

I didn't take rest seriously until I came to understand the importance of it. Finding tiny competitive advantages, such as learning to rest, meditation, play and taking breaks from surfing refreshed my mind and reinvigorated my passion for competition and life.

Physically engaging and mentally absorbing activities do a better job of providing psychological detachment from work, boost creativity and restore our mental energy, just as exercise can leave us more energised than a couple of hours of staring at a screen. Music, chess, painting or baking are mentally absorbing and restorative. Engaging in long walks, swimming, running, surfing, gardening, physical activities that give you a sense of mastery and control and allow the mind time to wander, are active and restorative. The higher your level of detachment from work, the more therapeutic your time off.

## 7 DOCTORS

### A prescription to good health and happiness

#### FUN FACT!

Your holidays only need to be one-week-long! Recovery during a vacation hits a peak around day 8, and either remains stable or declines. A 2-week or 2-month holiday will not make you any happier or any more relaxed than a week. The psychological boost you receive from your holidays lasts about 2 months. Take the holiday that fits your life. The only bad holiday is the one you don't take.

Work and rest are partners, not competitors. Neither can succeed on its own. Work too long without rest, and you will burn out. But if you only rest, you will never become immersed enough in a problem to get the default mode network interested in it. You need work to advance most of the way on problems, but you need rest to incubate new ideas and allow moments of insight to flower.

We see rest as the absence of work, not as something that has its own value. Leading us to undervalue rest. The more you love your job, the more you need to take a break from it. Sometimes long hours are necessary, but it's unhealthy to do it all of the time. We treat rest as a luxury or a sign of weakness, and we tell ourselves we will rest when we have time, not when we make time.

There are many things you can't change in your personal and professional life, but you can control how much you choose to rest.

Science shows that we can all work better, be more productive and lead happier lives when we learn how to balance work and rest. It's a skill we can always get better at.

We cheat ourselves when we treat rest as a weakness or something that we can choose to do. It can increase your strength, alertness, creativity and productivity.

Use rest to be your best!



## 7 DOCTORS

A prescription to good health and happiness

### 4 Ways we can integrate daily rest

1. **Take rest seriously** – a block of time never magically makes itself available for rest. You have to make the time and defend it.
2. **Layer work and rest** – Alternate periods of focussed work with periods of deliberate rest. Resting after periods of focussed work gives your subconscious mind time to discover solutions to problems that are alluding your conscious effort.
3. **Detach from work** – quality rest is essential, so if you are checking your email at the dinner table or scheduling calls during holidays, you have less chance to detach and you defeat the whole purpose of your holiday and downtime. The more you love your job, the more time you need away from it.
4. **4. Detach from devices** – leave the office at the office. Put down your phone periodically and commit to being present, without distractions.

## 7 DOCTORS

### A prescription to good health and happiness

#### 7. Journaling

Journaling is simply writing down your thoughts and feelings to understand them more clearly. If you struggle with stress, depression, or anxiety, keeping a journal is a great way to create a sense of calm and clarity. It can help you gain control of your emotions and improve your mental health by getting the words out of your head and transferring them onto paper.

It's a complementary partner to the first drawing exercise in Round 1, helping you make sense of, and expressing your feelings. Similarly, journaling is a beautiful way to capture significant moments of happiness, success and love.

I have been writing a journal since I was about six years old. It started as a daily account and evolved into a confessional, a catalogue of all the events, insights and knowledge I have acquired over my lifetime. Keeping a journal helps me create order when my world feels like it's in chaos. You get to know yourself by revealing your most private fears, thoughts and feelings.

#### **FUN FACT!**

Regular journaling strengthens immune cells, helps manage stress and has been shown to decrease the symptoms of asthma and rheumatoid arthritis

It's impossible not to grow when it comes to journal writing. That's what makes it such a powerful tool, whether it's about achieving goals, venting frustrations, becoming a better person or just general personal development. No matter what you use it for, you'll eventually see yourself growing as a person.

## 7 DOCTORS

### A prescription to good health and happiness

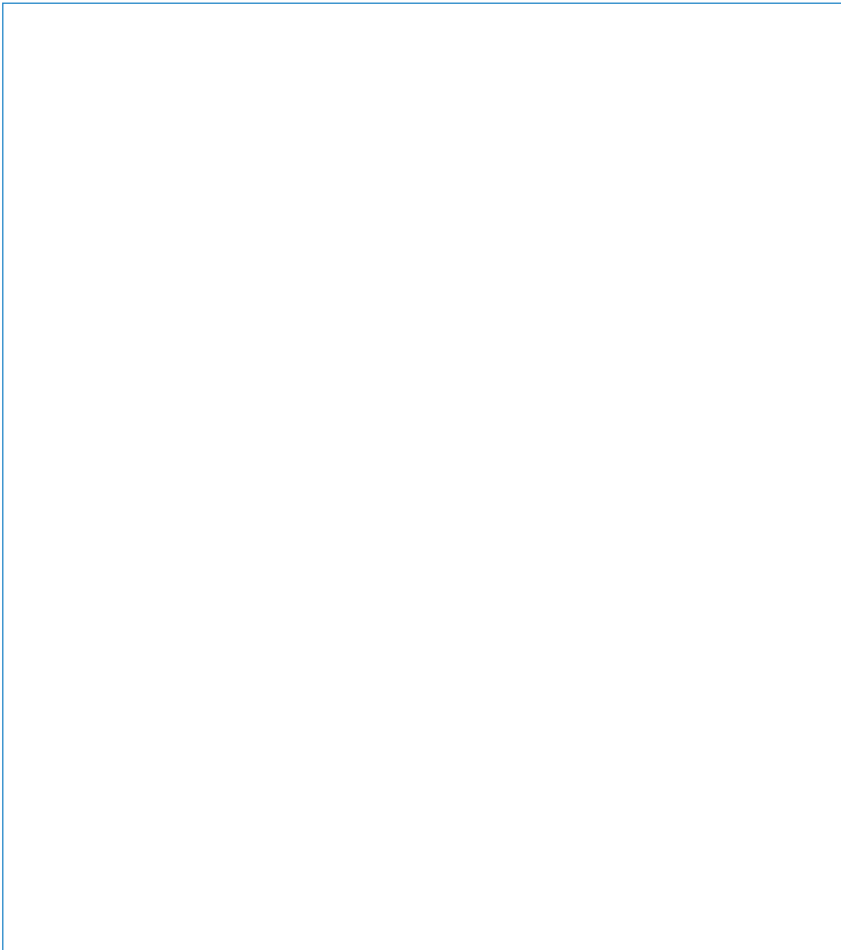
#### 4 Steps to journal writing

- 1. Purpose and objective** – What do you want to gain or achieve from writing a journal? My journal serves as an emotional outlet and haven to freely express my thoughts, desires, frustrations and joys. For me, it's a form of self-care while others use their journal as a place to record business plans, strategies or the events of the day. Feelings drive action, so if you feel good about the concept of journaling, you are more prone to do it.
- 2. Choose your platform** – I'm a very tactile person, so my preference is paper and a pen, while my husband keeps an electronic diary, daily. Whether you go with paper or electronic, there is no right or wrong mode to use, go with what is most convenient and comfortable, and keep it simple.
- 3. Create a writing time and space** – Journaling before going to sleep helps me clear my mind, decompress and de-stress, which aids my sleep, so I tend to journal in bed in the evening. Whether you are at the kitchen table or a comfy corner chair, find a comfortable place where you won't be interrupted and defend the time. Mornings are also good because you may find you are less distracted by the day ahead. Give a few different times a go until you find a time that works for you.
- 4. Remain judgment-free** – Allow whatever is on your mind to flow out onto the page, without fear, judgment or criticism. You may have a stream of consciousness or a single sentence. The key is allowing it to be a brain dump to create more space in your brain to boost your creativity, productivity and happiness.

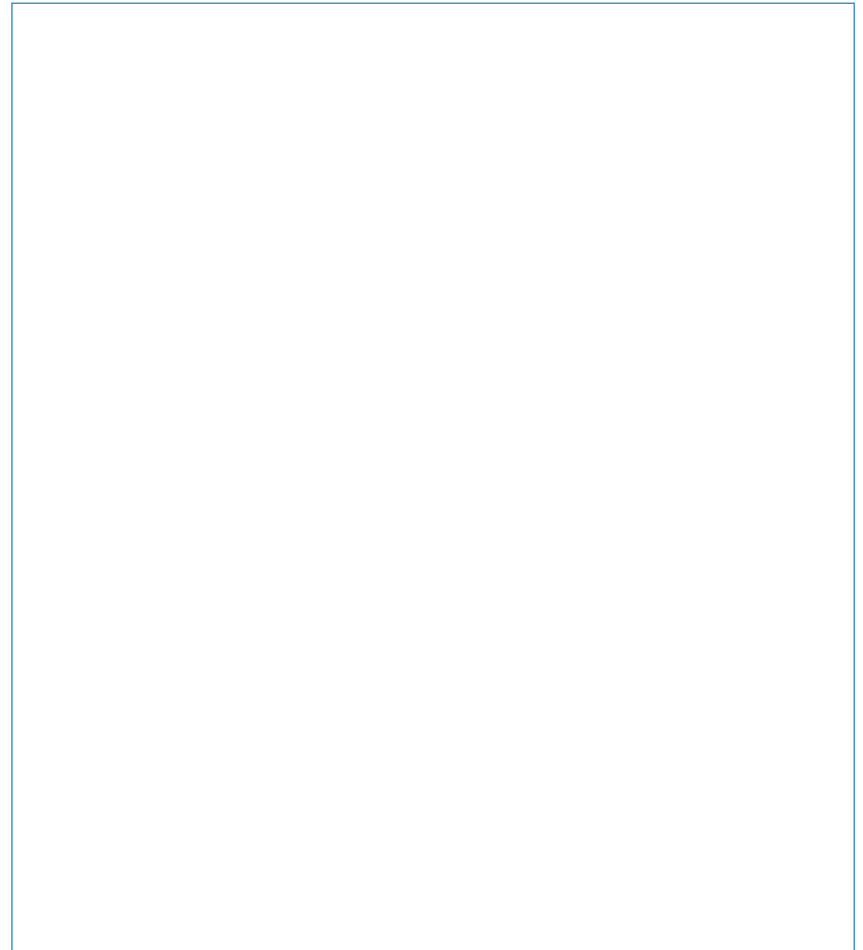
Draw how you currently feel...

## REFLECTION TIME:

1. What has been your biggest learning through the course and how has this changed you?



1. What has been your biggest learning through the course and how has this changed you?



# Hell Yeah!! You did it!! Congratulations!

Self-development is a lifelong process, requiring courage and commitment. You have this in bucket loads! Display your trophy with pride, celebrate your achievements and continue to embrace the learnings. Thank you for sharing this awakening journey with me. You are awesome!”

*Layne & Tess*