

# [ “Awaken Your Heart’s Purpose” ]



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# Module 3 Worksheet – To fill in with audio listening

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## PART I - Transforming Your Habits of Distraction to Drive Raw Passion

**1) Describe a time in your life when you were without any distractions and clarity came to you.**

*(E.g. a resort, road trip, year without a phone)*

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**2) What vital role are distractions serving (or *attempting* to serve) you in your life?**

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**i) Pick one big distraction / habit in your life:**

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**ii) Describe what happens right before you do it?**

*(E.g. What emotions or urges or sensations arise within you right before you feel the need to do it?)*

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iii) What happens immediately AFTER you do the distraction/habit?

*(E.g. Relief, ease, guilt, relaxation)*

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iv) What do you imagine would happen if you completely cut this habit/distraction out of your life?

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## HOMEWORK: "CORNERING" YOUR HABITS

For this exercise which habits are you willing to cut out, and "dwindle" down to a limited number, of your favourite forms of distraction / displacement?

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### Journaling Questions:

1) Get really clear: **What kickback(s) are you getting back from your habits?**

*(E.g. Stimulation, relief, etc.)*

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2) This week get really curious and journal about what happens right BEFORE you feel the urge to go to these habits/addictions/distraction:

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3) If you end up doing that habit, journal about down what happens right AFTER you do these habits/addictions/distraction:

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## UPLEVELLING

Write about a time in your life where you had to “pass the test” before you were able to “uplevel.”

*(E.g. Professionally, in your career, in a skill, etc.)*

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## PART II - “Taking The Rocket Up” To Higher Levels of Excitement, Intensity and Frequency - In Yourself and Your Work

**1) What do you feel is the vibe you currently “push out” into the world, through your work?**

*(E.g. As a default what vibe, tone, energy do you typically give off)*

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**2) What kind of energetic “taste” would you PREFER to put out into the world?**

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### UPPERS

**1) Which “uppers” work best for you?**

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**2) How could you schedule these uppers regularly into your day or week?**

*(E.g. Yoga class 3X per week, fasting 1X per month)*

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## “RINGING HUMANS”

1) Recall and write about a time when you were “ringing”:

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2) What were the conditions that helped bring that condition into being?

*(E.g. People, environment, situation)*

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## DAMPENERS

1) What are the “dampeners” you recognize in your life?

*(e.g. Alcohol, junk food)*

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2) What are some potential REPLACEMENTS for the dampeners you listed above?

*(E.g. If you typically unwind with a glass of wine, replace it with a yoga class)*

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