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Lotte Johnson

RESTFUL & SUCCESSFUL WORKSHOP

Accompanying PDF workbook

This workshop is designed to highlight our reliance on a ‘workhard’ mindset and identify healthier and more successful approaches to navigate the humanness of all our experiences. We’ll be looking back on the year to create a letting go process and a conscious intentional transition into the next season.
(You can apply this to any transitions - a new job, relationships ending, moving home etc)

In general we operate in 3 states: Success, Hustle OR Crash. Long term, this cycle becomes chronic stress and is not sustainable for a successful, happy, healthy life.

To bridge these states and create a sustainable process for success, there are many nuances and feelings that we must let ourselves experience.

Today we’ll look at a process to navigate these ‘in between’ space from the past year, in order to be fully present and prevent relying on these extremes going forwards.

1. Close your eyes.
   Take 3 deep breaths.
   Visualise the year. Allow everything you’ve experienced to pop up and flash past without judgment.

2. Write down 3 words for how this year (or period of life) feels?

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3. Write down the 3 most significant things that came up for you

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B - What did you gain from each of these experiences?

4. Write down your biggest mistake or regret

B - What lessons / changes did they offer you?
C- What are the feelings attached to these things?

5. What goal did you not hit? What did you not achieve?

B - What are you being protected from by not achieving this goals?
C - What is the feeling attached to this?

6. Write down 3 things that you're most grateful for from the year/period?

B - Write down a feeling attached to each of these.

7. Write down your biggest WIN / success from the year/period

B - What are 3 things YOU did to make this happen.
C - What feeling is attached to this win/success?

8. Write down 3 smaller wins / success from the year / period. (These can be more like stepping stone moments)

B - Attach a feeling to each win / success moment.

9. What is something you need to forgive yourself for? That is taking up space in your life/mind!

B - What feeling is attached to this?
C - What fear might be connected to forgiving yourself?
D - Is this fear true/real/likely?
E- What is possible on the other side of this fear?

10. What do you want to let go of?

B - What feeling is attached to this?
C - What is blocking you from letting go?

11. GUIDED VISUALISTATION EXERCISE

12. How do you feel now? Write down 3 feelings

13. Compare the feeling you write down at the start to your feelings now - what has changed and why? What does this tell you?

14. Write down and complete these sentences:

B - My intention for the season is to feel:

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C - Therefore I will focus on / prioritise:

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D - I will not:

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15. Repeat this affirmation aloud:

I choose to let go of what does not serve me. I choose to receive the important lessons from the challenges I've had. I choose to give myself the compassion I deserve to forgive myself. I choose to live in the present and trust my future.

WHAT'S NEXT?

Let me know how you found this workshop and send any questions you have about my coaching by emailing info@lotteruthjohnson.com

Feel free to book a free chat to talk about the options HERE