

The background is an abstract watercolor composition. It features a mix of teal, green, and light blue washes at the top, transitioning into a bright, glowing orange and yellow area in the center. The bottom edge is defined by dark teal and blue washes. The overall effect is ethereal and vibrant.

Innertopia

*Live Your
Power*

Become



who you are

Hi there!

This workbook was created as part of an international collaboration called Hosting Empowerment. We are a group of leaders and facilitators from Austria, Germany, Hungary, Italy, Portugal, Sweden and the US who work in “Transformation Academies”.

We are a team made of researchers, mental health experts, meditation teachers, artists and more! We are enthusiastically working on materials which, together with the work you invest, can help you get inspired and empowered.

We support individuals and teams to actively shape society towards a more humane, joyful and sustainable world.

We made this booklet for you with love.

Please use it with curiosity, courage, and openness to change...

Have a good journey!



“It always seems impossible

Testimonials

“I found this workbook encouraging — like a warm blanket for myself. It was easy to follow and inspires hope!”

— Denise Engström, social services, Sweden

“I personally find your work extremely helpful and will greatly assist patients who suffer from internalised stigma. These exercises can be effective for people who want to regain their self-esteem, life plans or simply find themselves and think about their future. This can also be used by health professionals whose aim is to help these patients.”

— Dominique Dürer, medical doctor, Switzerland



until it's done.”

— Nelson Mandela, first President of South Africa

“Beautiful, full of good exercises!”

— Eva Szekeres, executive coach, USA

“This work is just so necessary now... for all of us!”

— Giulia Sonetti, researcher, Spain

“The exercises were like hints that helped me find answers to tough questions.”

— Muna Nagash, architect, Sweden

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Welcome to the world

This self-guided transformational book, *Live Your Power*, from the Innertopia series, is designed for you to use alone, with a friend, or in a group.

Use it to step into your inner world in search of greater *clarity* and *confidence* about who you truly are, and then prepare that true self to step out into the outer world and *make it real*.

While there is no utopian inner landscape without obstacles, the tools in this book can help navigate the sometimes bumpy terrain of inner life with grace and humour.

We wish you a fruitful journey!

of Innertopia!

Open to the answers already within you.

The real victory is to truly become
who you already are.

Let's begin with
clarity.



“Clarity is the beginning of all empowerment.”

—Greg McKeown, author & leadership strategist

Do you sometimes feel you're stumbling in the dark, tossed around by amorphous fears or a general sense of not being in control — or not having enough time or energy or money?

You don't have to stay in the dark. Clarity doesn't come overnight — but each and every day you can move closer to it.

Clarity can be a choice.

You can decide to search for more clarity in your life.

This section is designed to help you in that search.

Taking the time to observe your thoughts and feelings, especially over time, can help with getting clear. The following exercises are some of our favourites for getting to know our inner landscape better.



clarity

Gratitude

TIME: 10 minutes

BENEFITS: Gratitude makes us happier and healthier — and even makes us live longer!

How can this be?

It turns out, practising gratitude rewires our brains and releases our natural antidepressants: serotonin and dopamine.

What's really cool is that research also shows that the more we intentionally practise gratitude (especially on ourselves), the more likely we are to express it without thinking. Then we begin to naturally notice what we appreciate and *let negativity bounce off*.

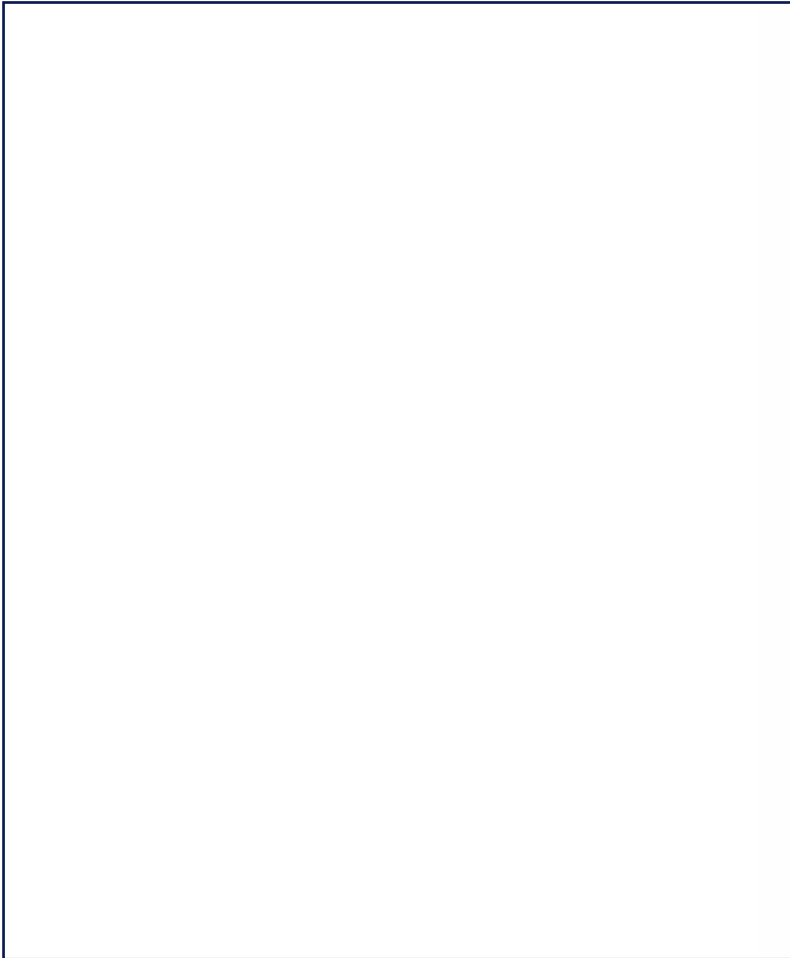
Sounds pretty good, right?

Let's give it a go.

Big or small, list things you're grateful for.

List below some little moments, meaningful gestures, small wins, and beautiful objects in your life that you are genuinely grateful for. Let this be a brainstorm. Nothing is too small or too big to include. For example: *the warmth of the coffee cup in my hand, the person who held the door for me at the post office, the tree outside my window...*

Now you:



According to research from the University of California, Berkeley, keeping a gratitude journal has lasting beneficial mental & physical health benefits.

How do you feel now? You could experiment and repeat this exercise once in a while. Notice: has anything changed?

Wheel of Life

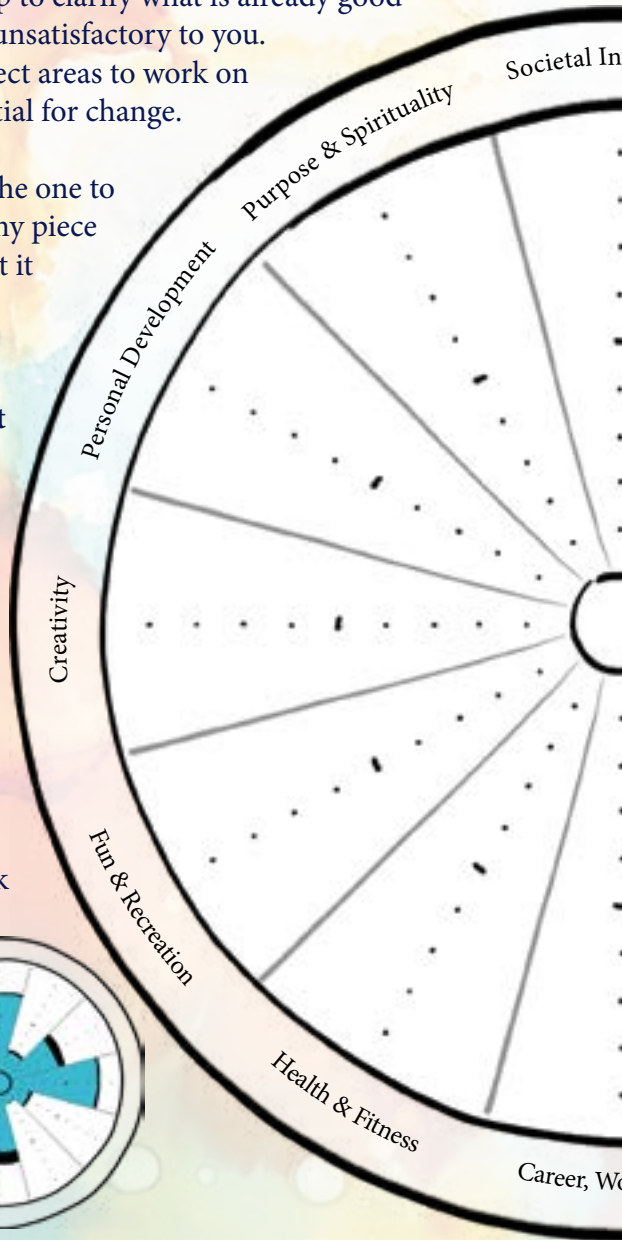
TIME: 15-30 minutes

BENEFITS: This exercise can help to clarify what is already good in your life and which areas are unsatisfactory to you. With that clear, you can later select areas to work on that will yield the greatest potential for change.

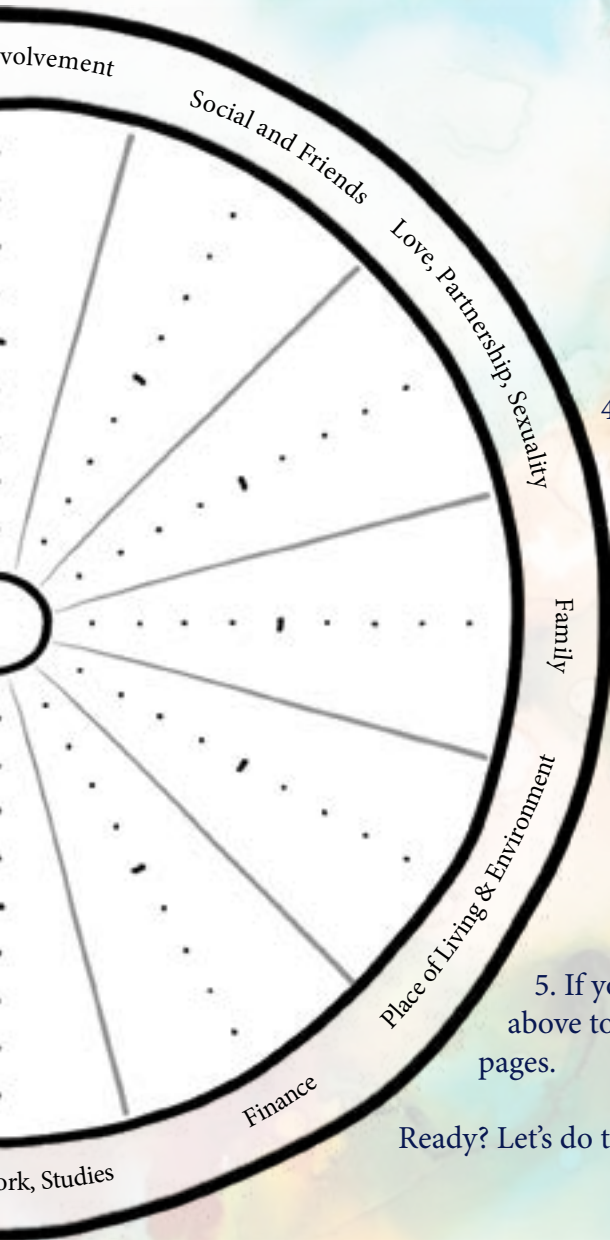
First, draw a circle roughly like the one to the right in your journal or on any piece of paper. Don't worry about what it looks like.

1. **How satisfied are you at this moment in each of the different fields in the wheel?** Mark your satisfaction on a scale between 0 and 10 with a line. Imagine the centre of the circle is 0 and the outer edge is 10. Choose a value between 1 (very dissatisfied) and 10 (fully satisfied).

2. Mark how important each area is for you by increasing the thickness of the lines accordingly—make it really thick for *very important*, leave it thin for *not all that important*. Here's an example of how it might look when you're done:



3. Notice which areas have a lot that's already working well. Write below what, specifically, you are happy with. Appreciate yourself for having created it. If you like, decorate, colour in, or accentuate these areas on the wheel.



Blank box for writing responses to question 3.

4. Which areas are you less happy with? List them below.

Blank box for writing responses to question 4.

5. If you want, pick one from the list above to work with in the following pages.

Ready? Let's do this!

Page of Frustrations

TIME: 15 minutes

BENEFITS: Release some stress and take a step toward shifting a less-than-satisfactory situation (perhaps one that you identified on the previous page or something else in your life).

Sometimes things are awful, frightening, sad, maddening or just horrible! Allow yourself a moment where you don't need to be constructive.

Choose something you are frustrated about (could be something you identified on the previous page).

As long as you have this page open, acknowledge and feel what is bothering you with regard to your chosen topic. Be with all that is frustrating without fixing it or changing anything.

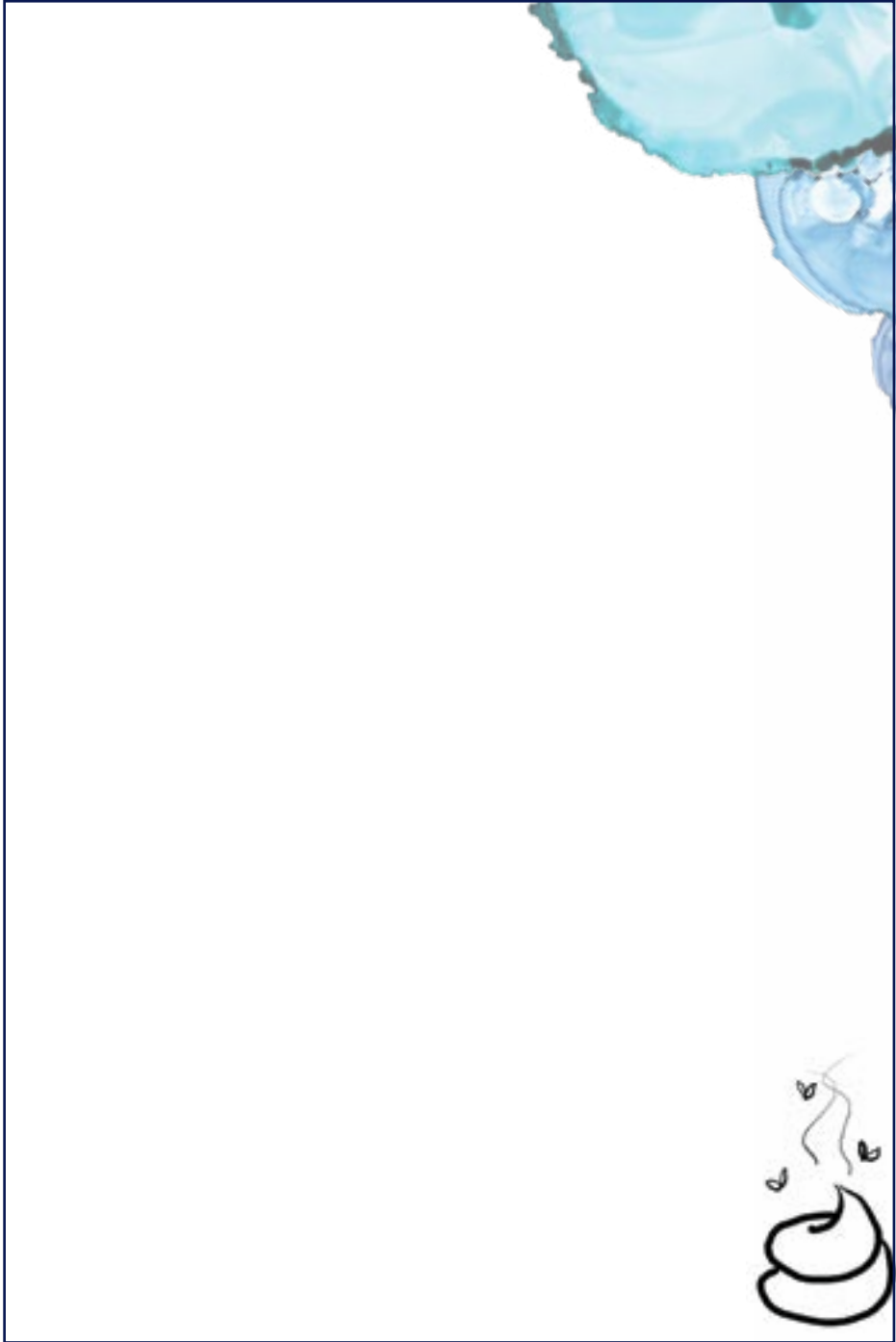
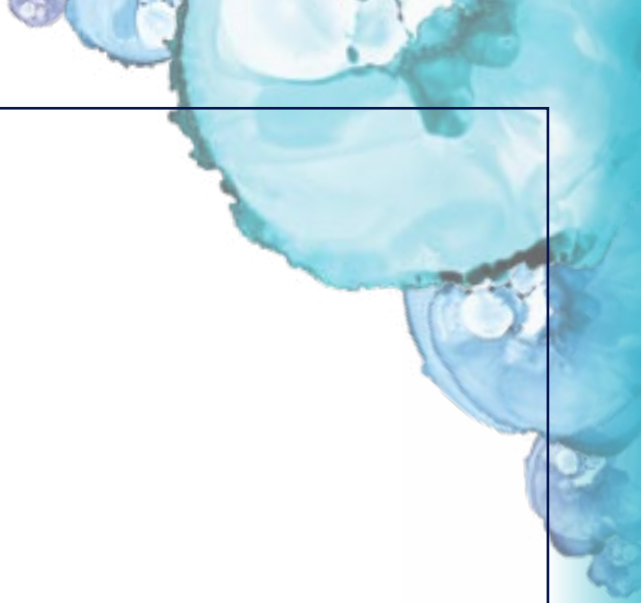
Use the next page to scribble, write, cry, or spit out whatever you are annoyed with. All materials from pencil to shouts to tears are allowed...

If scribbling doesn't feel right to you, try using the space to write about or list everything that's frustrating you.

Need more room?

Feel free to continue on the blank pages at the end of this booklet or your own additional paper.

You can make use of the results on page 11.



Of your frustrations (maybe ones you expressed on the previous page).

...what *can* you change?

Look into yourself and your world. Of everything that frustrates you, consider which ones you could actually do something about. Write at least three that you *can* change below.

A large, empty rectangular box with a thin black border, intended for the user to write their answers to the prompt above.

If you don't like something, change it.



...what *can't* you change at
the moment?

If you can't change it, change your attitude.
—Maya Angelou, poet & activist

Page of Acceptance

TIME: 15 minutes

BENEFITS: When we truly accept what we cannot change, so much energy is freed up. This lays the foundation for true inner peace.

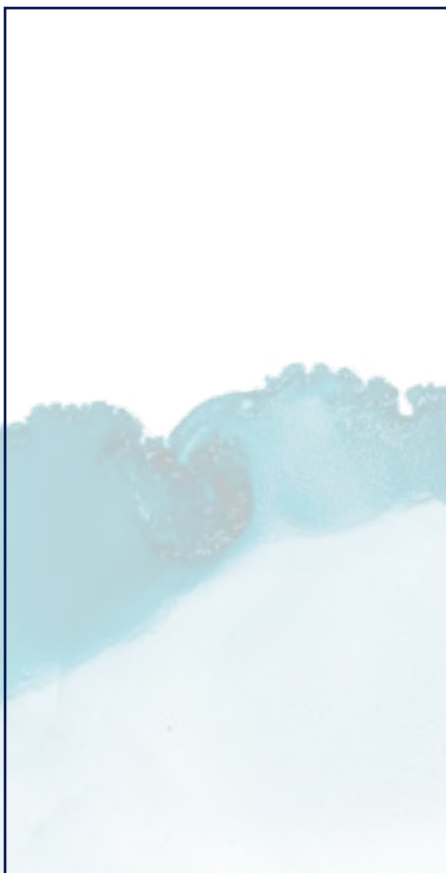
From the list on page 12, pick one thing you *cannot* change. Write it below.

I cannot change ...

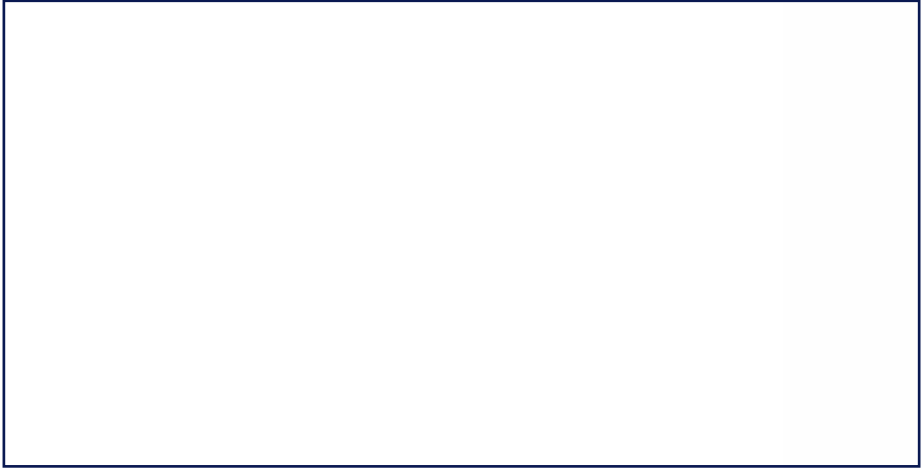
A large, empty rectangular box with a thin black border, intended for the user to write down what they cannot change.

Acknowledge and name your feelings here. (Some of your feelings may be contradictory or hard to identify. That's normal.)

This makes me feel ...

A large, empty rectangular box with a thin black border, intended for the user to describe their feelings about the situation they cannot change.

I have learned from my experience...



Now do your best to accept the present moment.
Read the following aloud while looking in a mirror:

From now on, I am the master of my feelings no
matter the circumstances.
Even in this situation I choose to live my life in
joy and happiness.

How does that feel? Can you say it and mean it?
If not, maybe it just takes a little practice. Come back to this exercise
regularly, until you can really feel that you mean what you say.

Repeat for each item from your list.

Page of Hopeful Action

TIME: 10 minutes

BENEFITS: Getting specific and concrete about what you could change can be empowering and clarifying.

In this exercise we invite you to work backwards from your goal to identify the next possible action. This process can help take small steps towards goals that seem far away. Start with #1 on the opposite page.



Choose one of the actions from the previous step and turn it into a goal. Write down the very next actionable step you could take toward that goal.

2

1

From the list of things you *can* change on page 11, choose one and write it below.

What could you do to shift the situation? Even a very small action can ripple out, creating more good things in your life. Write below a few possible changes you could make.



On a scale of 1 to 5, rate how hard that next action would be for you (1= very easy and 5 = very hard).

If your rating is 1 or 2, do it immediately! Then, return to this exercise and choose the next action — one that is a little more challenging.

If your rating is 4 or 5, you might want to break it down into something easier.

Ideally, your action has a difficulty level of 3 or 3.5.

Letting Go

TIME: 20-40 minutes

BENEFITS: Forgiveness allows you to focus on your present life and the challenges of the here & now.

Are you (still) upset with someone for what they said or did?

Most likely you have something to forgive. It's perfectly normal. We all have something we could forgive.

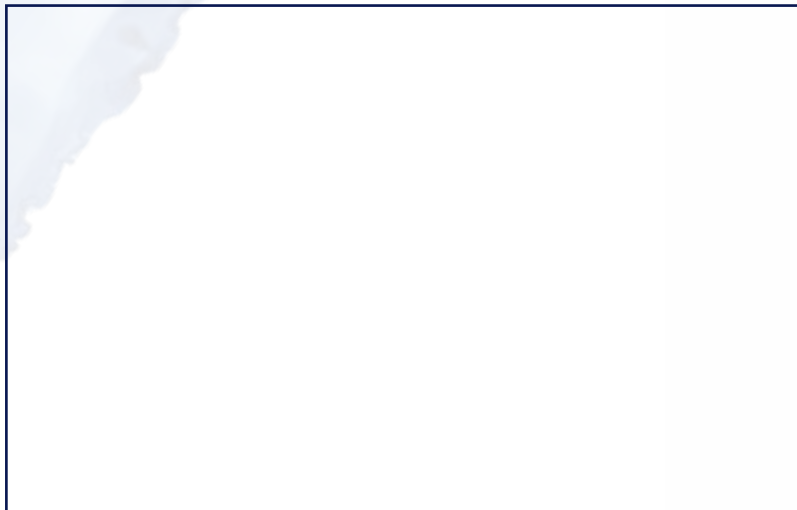
There's nothing wrong with being angry. Sometimes it gives us the energy we need to put things right.

What we often forget, though, is that 'old' anger is about as useful (and poisonous) as a long-dead fish on a dinner plate. So how can we get rid of it? Try these steps.



1. Choose a particular case or incident of something you'd like to forgive.

He, she or they did or said something at a particular time, or maybe many times. (It's okay to get emotional about it.) Describe what it was.



2. See if you can separate your story like this:

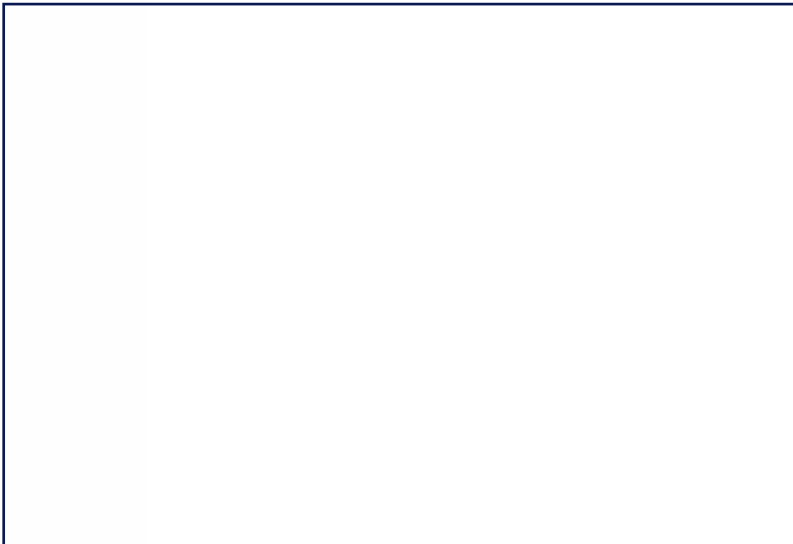
The FACTS - *things I know for certain (not from someone else)*



3. How I **FEEL** about those facts

A large, empty rectangular box with a thin black border, intended for the user to write their feelings about the facts mentioned in the previous question.

4. I feel that way because I **BELIEVE** that people should...

A large, empty rectangular box with a thin black border, intended for the user to explain the reasons behind their feelings, specifically focusing on their beliefs about what people should do.



5. Now write, as if you were writing to that person or those people:

I would have preferred that you...

...and I still believe that people should... (if you do!)

6. And now, write this too, changing the words if necessary:

I'm sorry you don't share my belief, or aren't able to live up to it. But I refuse to allow that to do me any more harm. I release you from my anger.

Was that last step difficult?

If so, don't worry. Take some deep breaths, sleep on it. It will come.

Want some support in forgiving yourself? Check out page 33.

Reflect & Review

TIME: 10 minutes

BENEFITS: Reflecting on how you feel about what you've engaged in can provide real insights and empowerment.

Congratulations!

Now is the time to pause and review how much you've already done, and how you feel about it.

Whatever you have done or not done is an expression of your choice and your power. There is no "right" or "wrong". Only an opportunity. To start with, here's a suggestion for ranking what you have done or not done in this part of the program:

	Haven't done	Tried — but this is not for me	Did it with modifications	Worked partially	Worked well	Brilliant!
Gratitude.....						
Wheel of Life						
Page of Frustrations						
Page of Acceptance						
Page of Hopeful Action						
Letting Go						

Look at the picture made by your rankings. What's your reflection? For instance, if there are lots on the left: Is this program just not for you? Or was it a bad time to start? Or maybe you're getting a lot out of reading the exercises, and just waiting for the right time to do more of them? Make a note here:

Did you feel you “failed” at any of the exercises? Choose one, if there are several. You would have liked a different outcome. How would that have been? How might you make it happen?

One small thing...

Do you see one small thing you can do today, to bring you closer to where you want to be?

Want a new habit?

Do you see anything that you would really like to turn into a new habit? Describe what that habit might be, and how you might start practising it. If you like, jump ahead to page 49 for ways to integrate a habit into your life.

Celebrate!

Give yourself a pat on the back!
And get ready for the next leg of the journey.

confidence

Think about a time you felt really confident.

How did it feel in your body?

What was your inner landscape & weather system like?

It feels good to be centered in ourselves, to stand firmly on our own feet. When we're confident we can bring our ideas out into the world, it's easier to connect with others and our enjoyment of life increases.

But it's not always so accessible.

One reason is the very structure of society. Systems of oppression exist around the globe and affect *all* of us (even those who seemingly benefit from systems of oppression are also truly crippled by them). We can all be working to end oppression of all kinds. And simultaneously, it's really important to develop coping mechanisms so we're prepared when we are on the receiving end of that oppression.

One great irony is that confidence comes from doing things that are edgy for us, things that we don't feel confidence in... yet.

So how do we take some steps in the right direction?

The body positions we take, the words we use, and even our attitude toward our thoughts can all help us develop confidence.

Let's have a look.



Gestures matter.

Power Stances

TIME: 5 minutes

BENEFITS: In research studies, after just a 2-minute “high power pose” the risk tolerance of high-power posers soared, their testosterone levels significantly increased (testosterone is one key chemical for *power*), and their cortisol levels fell sharply (when cortisol levels drop, we are better able to handle stressful situations).

Our bodies change our minds

... our minds change our behaviour

... and our behaviour changes our outcomes.

—Amy Cuddy, social psychologist

Feel the power!

Social psychologist Amy Cuddy and many subsequent researchers have shown that “power posing” (adopting expansive postures) causes people to feel more powerful.

Low Power Stances



Check it out for yourself. Try one or two of these poses for 2 minutes.

High Power Stances



Take a look!

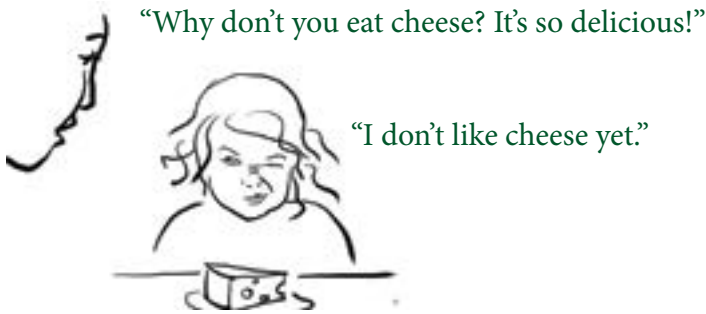
Now how do you feel? What are your most usual stances? How do you feel about your own habits? Would you like to adopt a more powerful stance, at least some of the time? Maybe you'd like to practise regularly — both at home and “out there”. See what happens!

Words matter.

The Power of “Yet”

TIME: 10 minutes

BENEFITS: Words can block action, but they can also carry us past blocks.



1. What are some things you can't or don't do - yet - but would like to?

2. Pick one. One that is not totally unreasonable (not “*fly me to the moon!*”), one that you're really sure about: *yes, I'd love to do that!*

How would your life be richer if you could? Make some notes below.

3. Try “yet”.

“I don’t/can’t/haven’t... ..yet.”

Say it to a friend, or in front of a mirror.

Do you feel a difference?

You may already feel inspired to write down what is stopping you and/or what would make it possible.

Or you may just want to leave that yet hanging there for a bit. If there is some next action you’d like to take, you could jump ahead to page 49 to *make it real*. Enjoy!

“Can you play the piano?”



“Not yet.”

...yet!

Thoughts matter.

The Inner Critic

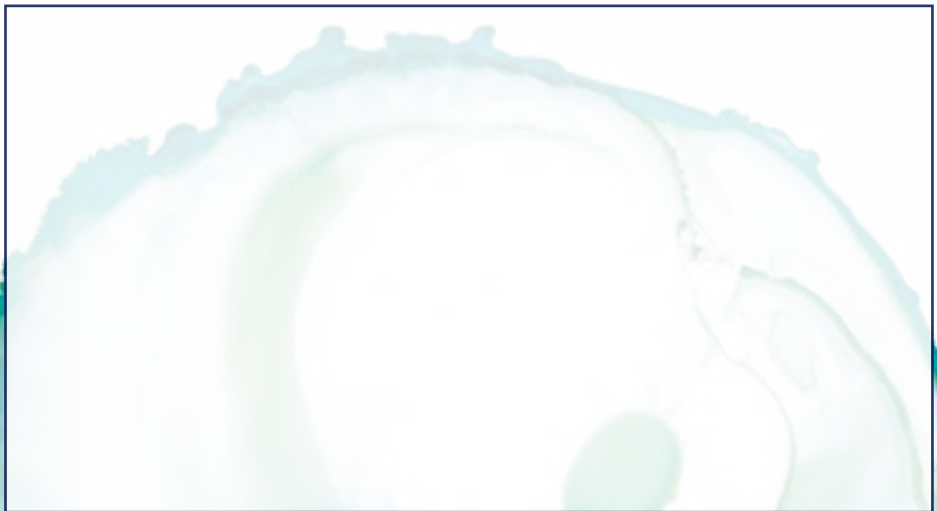
TIME: 15 minutes

BENEFITS: We all have an inner critic, sometimes helpful but often damaging. Facing the inner critic and even practising befriending them can be liberating and confidence-boosting.

The inner critic is a voice that speaks ill of what we do, say, or even think. Usually we acquired it in childhood. We all have our own negative statements that the inner critic repeats like a broken record.

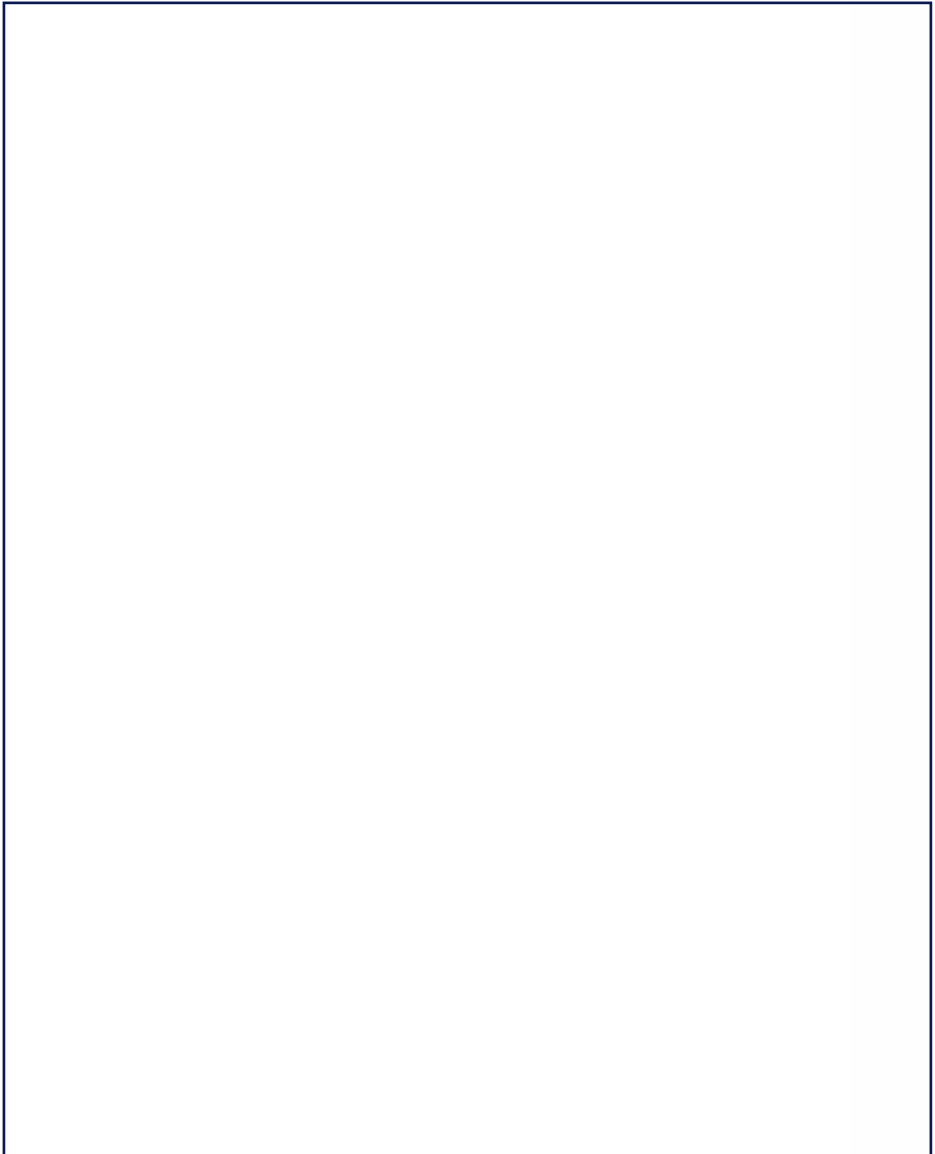
These statements bring us down, stop us from thinking and acting with boldness and conviction, **and they aren't true**. Maybe they were true at one particular moment in the past and from then on they stick as if they were everlasting truth.

Let's begin by noting what the inner critic communicates to you. List here the words you hear (for example "*You are so clumsy! You can't do anything right.*") or the sensations you experience (such as, for example, feeling very small or your stomach clenches.)



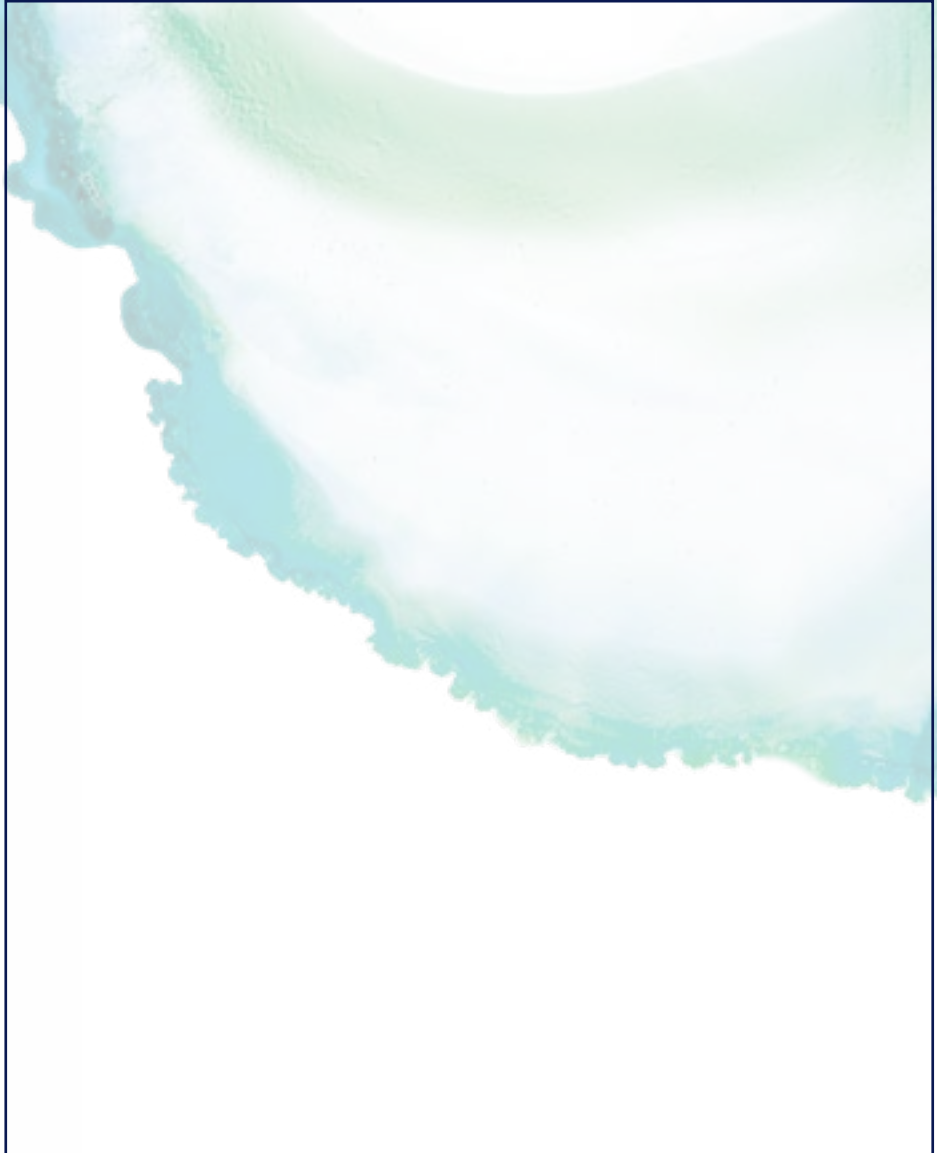
Close your eyes and see if an image of the critic emerges (shape, colour, symbol, image etc.).

If it's a person, do they have a gender and age? How are they dressed? Do they have a name? Write a description in the space below and/or make a drawing of them on paper.

A large, empty rectangular box with a thin black border, intended for the student to write a description or draw a picture of the critic they visualized.

Look at what you drew and wrote on the previous page and ask yourself:
What do I see/read?
What do I feel when I look at/read it?

Note your answers here.



Reflect: if that voice were to be encouraging you rather than discouraging you, what would you like it to be saying? Add this message to your note.

If you don't find an encouraging message, don't worry. You can come back to this exercise later.



Next time you hear them criticise you, pause what you are doing and remember the image you drew. Say aloud or internally: *I notice that you are here and I hear you. Please encourage me instead of criticising.*

Well done! If this was really intense for you, consider taking a break (perhaps go for a walk?).

Know that each time you do this exercise the results can change.

To explore this further, check out the Resources on page 59.

Letting Go

The Next Level

TIME: 20-40 minutes

BENEFITS: Practising self-forgiveness can be deeply healing and freeing.

Remember the earlier exercise “Letting Go”? Here’s the advanced course: Do it again, but instead of opening to forgive someone else, you’ll work with something you’re angry or disappointed with *yourself* about.

Pick something to work with.

What are you angry, ashamed, or frustrated with yourself about?

For instance, what makes you think “If I only had said/done x instead of y!” or “WHY did I do/say that?”

Just one! And not the biggest one. Start small. For now, pick a discrete event, not an ongoing habit.

Describe the situation below.



These are the **FACTS**: *what I did or said, with or without other people:*



This is how I **FELT** or what I **assumed** at the time: *what 'made' me do it:*



This is how I **FEEL** about those facts today:



I feel that way because I **BELIEVE** that I should...



Now write to yourself:
I wish that I had...

*...but I can see now that my feelings or beliefs at the time got in the way.
I did the best I could.*

Moving on

Think about how you might avoid similar situations in the future. Can you find a way to catch those assumptions or feelings before they trip you into doing or saying something you later regret? Is this something you can bring up with a friend, therapist, or coach?

Forgiveness is a healing process that can't be rushed, just like healing from a physical injury. And just like healing physically, there are things we can do to support the process. Exercises like the one you just did is like medicine for the process. Be patient. By intending to forgive yourself you support the process of healing.

Love in Action

Time to spread the wealth.

TIME: 15 minutes

BENEFITS: Neurological research shows that we benefit from helping others. By expressing gratitude and kindness to others, our self-esteem and confidence rise.

Let's brainstorm simple, small ways to spread love in your life.

For example: *hold the door for a stranger, smile at a passerby, send a text message to someone you love telling them something specific you appreciate about them...*



A large empty rectangular box for brainstorming ideas, with a vertical column of six green circular icons on the left side.

Excellent! Pick one and do it today. If possible, right now!

Reflect & Review

TIME: 10 minutes

BENEFITS: Reflecting on how you feel about what you've engaged in can provide real insights and empowerment.

Congratulations!

This is another opportunity to stop and review how much you've already done, and how you feel about it.

As before: whatever you have done or not done is an expression of your choice and your power. There is no "right" or "wrong". You can use the same "ranking" system as before:

Haven't done
Tried — but this is not for me
Did it with modifications
Worked partially
Worked well
Brilliant!

Power Stances.....					
The Power of Yet.....					
The Inner Critic					
Letting Go: the next level					
Love in Action.....					

Look at the picture made by your rankings. What's your reflection? Is it a similar pattern to when you did the previous Reflect & Review? How do you feel about this particular pattern? Make a note here:

Did you feel you “failed” at any of the exercises?

If so, choose one. You would have liked a different outcome. How would that have been? How might you make it happen?

One small thing...

Do you see one small thing you can do today, to bring you closer to where you want to be?

Want a new habit?

Do you see anything that you would really like to turn into a new habit? Describe what that habit might be and how you might start practising it.

Celebrate!

Give yourself a pat on the back!

And get ready for the next leg of the journey.

make it real

As much as it might feel like it sometimes, you are not an island.
None of us are.

We cannot achieve everything by ourselves. Humans are profoundly social beings. In fact, getting kicked out of the tribe was a sure death sentence for our prehistoric ancestors.

Today, it is good to remember that we can (and should!) ask people in our lives to support us in achieving our goals.

If you've come this far in the book, you have probably identified some new habits you'd like to adopt (or quit).

Now is the time to:

- Test and refine whatever habits or systems you've set up. What's really working? How can it be improved? How can it be more sustainable?
- Make sure you have a support system both internally and externally for when you step out as the real you.

We'll start by studying what attracts and repels us, dive into guidelines around asking for & receiving effective support, and various ways to implement everything we've learned on the journey so far.

Let's start with Pull & Push Research.



Pull & Push Research

TIME: 20 minutes

BENEFITS: On one hand, this exercise offers you concrete inspiration for your path and your intention. On the other hand, it provides the basis for further inner work by expanding your own perception and awareness.

What attracts you? What turns you off?

We invite you to do your own personal research and sensing concerning these two questions. Below you'll find some guiding questions that can support you.

Pull: Field Research

Focus on your field of life, the area in which you are active and start with the questions: *Which people or organisations are already working in a direction that attracts you? Who could you learn from? Who would you want to learn from?*

List at least three role models and briefly describe what inspires you about them.

Push: *My boundaries/limits*

Observe yourself in your everyday life:

When do you reach your limits? Are there situations where you don't feel free to do what you want? Situations where you can't follow your inner impulses for some reason?

List three or more examples.



Pull: *My element*

When are you really in your element? When do you really get into flow mode? When do you have the feeling of being in exactly the right place? What makes you jump out of bed in the morning?

List at least three examples.



Push: Heeeey you!

When meeting other people: What repels you? What annoys you about others? What makes you feel angry?

Observe yourself in everyday encounters or simply think about which people trigger in you anger, negative emotions, etc. — whether you know them personally or from the media!

List at least three examples.

A large, empty rectangular box with a thin black border, intended for the user to list at least three examples of people who trigger anger or negative emotions. The box is positioned in the center of the page, below the instructions.

Pull: *Hey you...*

When meeting other people: What attracts you? Whom do you admire? What kind of people inspire you?

Observe yourself in everyday encounters or just think about which people trigger admiration, inspiration etc. in you — whether you know them personally or from the media!

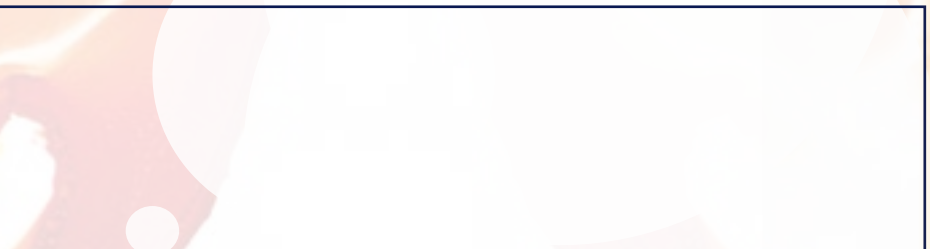
List at least three examples.



Orient toward your “pulls” and find your biggest question

Use the above information to orient toward your “pulls”. What question is on your mind the most at the moment to be able to orient toward your “pulls”? What are you attached to? Where do you need support? Whom could you ask for support?

Note your question and supporter here:



Asking & Receiving

TIME: 10 minutes

BENEFITS: Build an external support system.

Working with a Confidant

Do you have a champion, or a companion, to listen to how you're doing, and maybe give you some feedback? If not, it's worth considering asking someone you trust to take on this role and to set up a few meetings. Or you might prefer to work with a professional coach.

Either way, here are some hints about how to get the best out of your talks.

What to ask for

If you're working with a professional coach, this basic principle should be obvious; otherwise make sure you're clear about what you want.

* *Please just listen!*

Maybe you just want a chance to talk about your experience to someone who really listens. And indeed it can be very helpful to have a sympathetic ear: our understanding often increases as we formulate an experience for a listener.

* *I'd appreciate your reflections.*

Maybe you'd really like to hear how your listener understands your situation, and any advice they may have. The more clearly you can describe your situation, and any concerns you have, the more likely you are to receive useful feedback.

Frame of mind

Before the meeting

Take time to get in the mood. Remind yourself that the listener is there to support you, and definitely not to judge you. Focus on how you will make the most of the time they are offering you.

At the meeting

Remember: this is your time. You decide not only whether you want comments or advice, but also when you want to hear from the other person. Be clear. Say, for instance, “*Now would be a good time to let me hear how this sounds to you.*”

If you invite them to speak, listen. Don't interrupt. This is not a typical conversation, and you don't need to argue or explain. Just listen.

Finally: say thank you!

After the meeting

Make a note of any new insights that came to you as a result of either telling your story or listening to the feedback. Is there something new you could do (or stop doing!), anything to add to your daily routines, some new insight to simply enjoy?

Letter to Future You

TIME: 20 min - 1 hour **BENEFITS:** The experience of receiving a physical letter in the mail *from yourself* a few years from now is totally magical! The insights & impact can be profound.

Step 1. Write a letter to your future self.

“Write a letter to your future self (type on the opposite page or write on your own paper). Imagine that future as being any time between one and ten years from now.

As you write, consider what’s going on in your life right now. Ask your Future Self questions. Share with them your hopes and fears. Let your heart write what your future self needs to hear. Encourage them.

When you receive your letter you will be in a different place in your life and what you had to say may surprise you.

Step 2. Print the page and put it in an envelope.

Address the envelope to yourself (use an address that you expect to still have access to in your chosen future).

On the back of the envelope, write

- the **YEAR** you would like the letter delivered to you
- your **EMAIL ADDRESS** (*We will only contact you if your letter is returned to us.*)



Step 3. The second envelope.

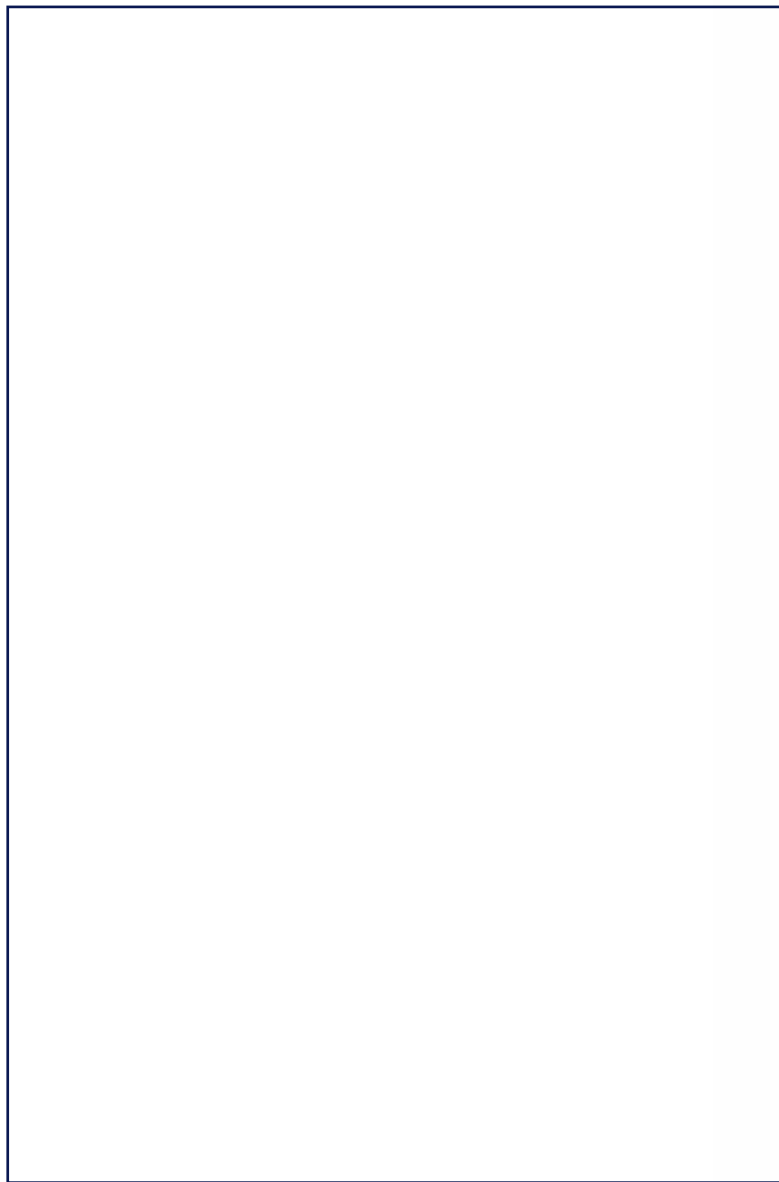
Put your sealed, addressed envelope into *another* envelope and mail it to **Annika Piirimets, Sofielundsvägen 11, 191 47 Sollentuna, Sverige**. Let your letter begin its mysterious journey back to you!

NOTE: *We will not open your letter. We will just store it and then send it back to you in the year you requested. You can also email us your letter or contact us at any time: FutureYouPost@hostingtransformation.eu. If you’re seeing this after 2028, please email us before mailing your letter to confirm the address.*

What's going on in your life right now? What's working for you?

Dear Future Me,

What is a big deal? What matters most? What do you wonder about your future self?



What isn't? What is challenging or troubling for you right now? What do you want help with? What have

you accomplished recently (maybe even through this workbook)?

Build Your Calendar

TIME: 20 min - 1 hour BENEFITS: Turn your hopes into an action plan.

	What will you do?	When?	Where? How?
<i>examples</i>	<i>practice power poses for 2min/day</i>	<i>right after I brush my teeth in the morning</i>	<i>in the bathroom</i>
	<i>ask Jutta to be my confidant</i>	<i>today after lunch</i>	<i>I'll call her</i>
Hopeful Action (page 15)			
Power of Yet (page 27)			
Love in Action (page 36)			
One small thing (p 21, 37, or 53)			

To take a step in a desired direction can be easier and more productive than spending your energy on a (distant) goal. Turn your intentions from this workbook into reality by writing down exactly what, when, and where you'll act.

What might prevent you from doing it?

I might just forget.

I'll feel shy

What needs to happen then, so that you will?

set an alarm on my phone & put a note on the mirror

send her a text now saying I'd like to ask her something

Do you see a pattern in your chosen actions and answers?

What does it say about you?

Write some thoughts below.

Take a long shower. Read a book. Write a physical letter to someone

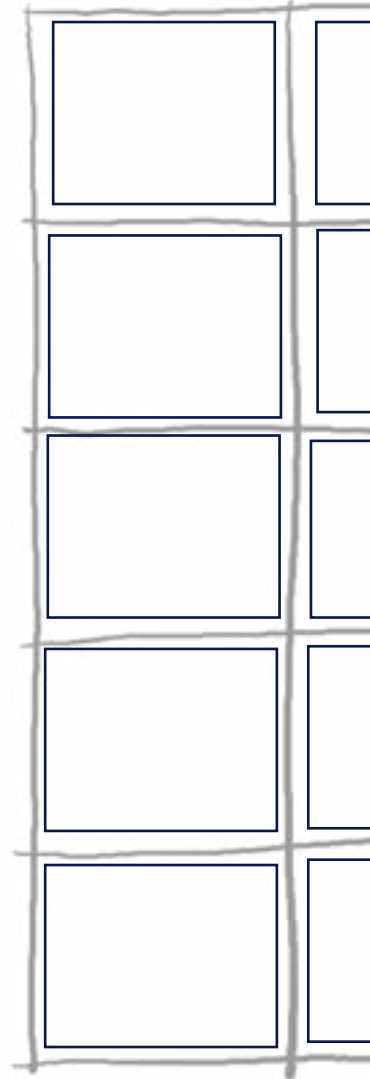
Self-Treat BINGO!

TIME: 20 min

BENEFITS: Replenishment & sustainability

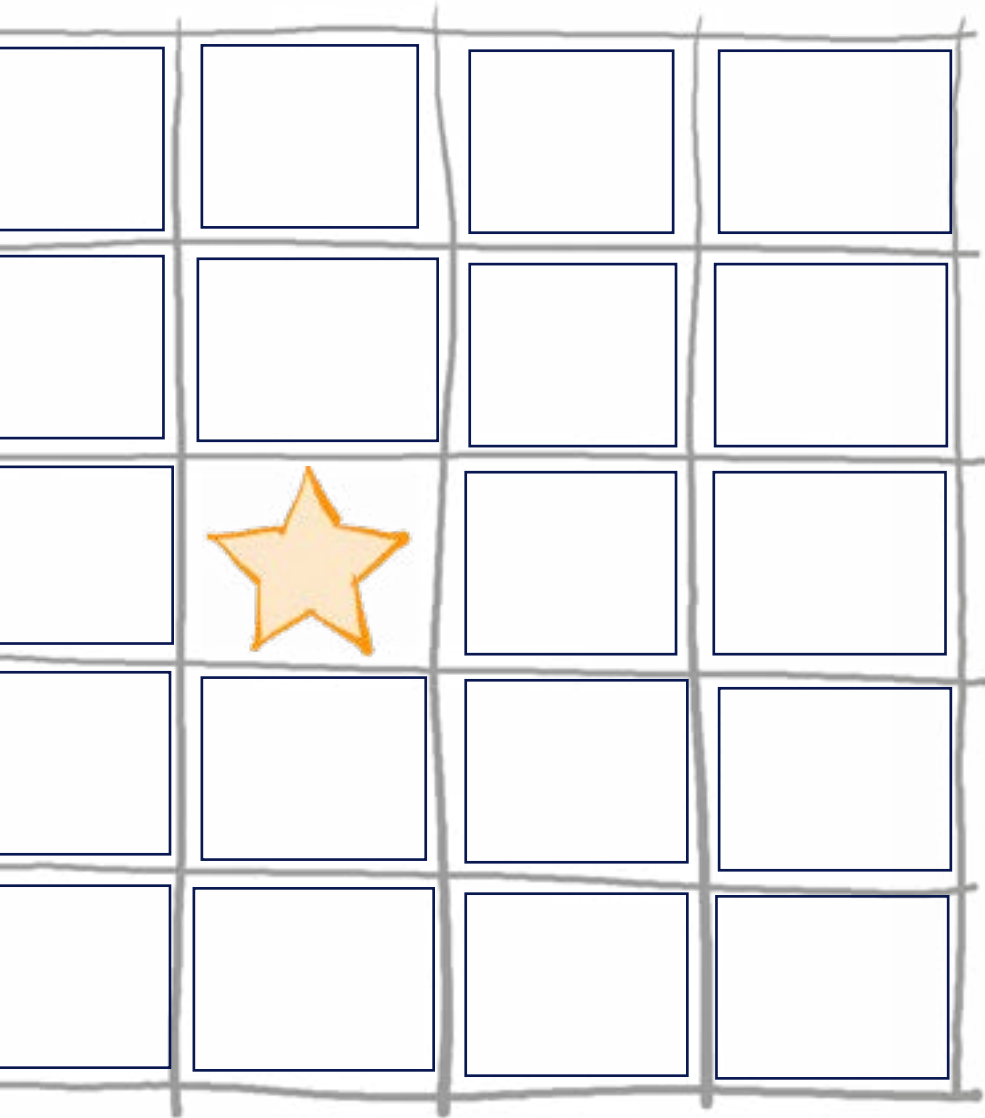
How to play

1. Brainstorm a list of 24 actions that are nourishing to you in some way. Use the ones listed in the margins to inspire you (or if they resonate, use them). Don't worry about including common acts of self-care if they don't work for you (a long shower is only self-care if you actually enjoy taking long showers!).
2. Write one action in each square. The centre star is a "free" space.
3. As you go through your week or month, keep the BINGO card handy for when you need a healthy state change or a chance to replenish. Mark off a square each time you've completed the action.
4. When you've marked all the boxes in one continuous row (vertical, horizontal, or diagonal)—**you win!** (Although the fact is, you win whenever you practise self care.)



in your journal. Watch an old comedy. Watch a new documentary.

you adore. Go for a walk. Call your best friend. Paint. Listen to music.



Take a nap. Listen to a podcast. Meditate. Doodle, scribble, draw. Cook something new. Light a candle or

incense. Make tea. Make a fancy water (with cucumber or lemon). Write

Reflect & Review

TIME: 10 minutes

BENEFITS: Reflecting on how you feel about what you've engaged in can provide real insights and empowerment.

Congratulations!

This is another opportunity to stop and review how much you've already done, and how you feel about it.

As before: whatever you have done or not done is an expression of your choice and your power. There is no "right" or "wrong". You can use the same "ranking" system as before:

Haven't done
Tried— but this is not for me
Did it with modifications
Worked partially
Worked well
Brilliant!

Pull & Push Research						
Asking & Receiving						
Letter to Future You						
Build Your Calendar.....						
Self-Treat BINGO						

Look at the picture made by your rankings. What's your reflection? Is it a similar pattern to when you did the previous quiz? How do you feel about this particular pattern? Make a note here:

Did you feel you “failed” at any of the exercises?

If so, choose one. You would have liked a different outcome. How would that have been? How might you make it happen?

One small thing...

Do you see one small thing you can do today, to bring you closer to where you want to be?

Want a new habit?

Do you see anything that you would really like to turn into a new habit? Describe what that habit might be and how you might start practising it.

Think about your confidant.

Can you imagine talking to your confidant about these reflections? Do you have a specific question you'd like help with?

It's a major accomplishment to finish this whole course! BRAVO!

and now...



You've
completed
the workbook!

This is huge!

Celebrate that you have done this for yourself. It will help you retain what you have reached. Besides: why pass up an opportunity to enjoy a celebration?

When we say celebration here, we mean any type of action that gives you joy and is an opportunity to acknowledge and affirm the great work you've done.

Celeb



orate!

Conclusion

“Wanderer, there is no way.

You make the way as you go.”

— Antonio Machado, poet

You will forget what you’ve learned here. And then you’ll remember. And then forget again. Every time you remember, celebrate! Each time you’ll remember longer. It’s all part of the process.

You might like to return to this booklet and do the exercises again. Or repeat an exercise with a friend. Allow yourself to be surprised that with time your answers might be different than the first time.

What you have done now is give yourself a kick-start into a new way of living your reality. We wish you a good journey, however you continue and however it unfolds for you.

Want to go even deeper?

- Try the free app — ***Innertopia: Become Who You Are***. Find it at innertopia.eu
- Try the free workbook — ***Live Your Dream***. Find it at hostingtransformation.eu
- Check out the resources on page 59.

We welcome your feedback! Please send your reflections and requests to info@hostingtransformation.eu.

This workbook was created as part of Hosting Empowerment, a collaboration amongst



art by Suiko Betsy McCall
illustrations by Boris Goldammer

Resources

As a result of some of the exercises, you might like to reach out to your confidant, a friend, a therapist, or a coach to find some support or to go deeper into some aspect of the work. Below are some further resources.

Gratitude (page 5)

- Deepen the power of living gratefully — gratefulness.org
- Resources for cultivating authentic happiness — authentichappiness.sas.upenn.edu
- A book sharing a process of increasing happiness by appreciating the formative people in your life — *The Thank-You Project* by Nancy Davis Kho
- A science-based book with tips on reversing depression through gratitude — *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression One Small Change at a Time* by Alex Korb, Ph.D.
- A collection of scientific research on the physical and psychological benefits of gratitude: zotero.org/groups/4905424/liveyourpower

Wheel of Life (page 7)

- More exercises on looking at the wide view of your life and assessing how to choose your next step — wellnesscompass.org

Letting Go (page 17)

- A book for taking forgiveness to the next level — *Unconditional Love and Forgiveness* by Edith Stauffer
- A resource book for facing great change — *Warriors of the Heart: A Handbook for Conflict Resolution* by Danaan Parry

Inner Critic (page 29)

- More about the many voices and personalities we carry inside, as well as other principles and techniques of Psychosynthesis — *What We May Be* by Piero Ferrucci

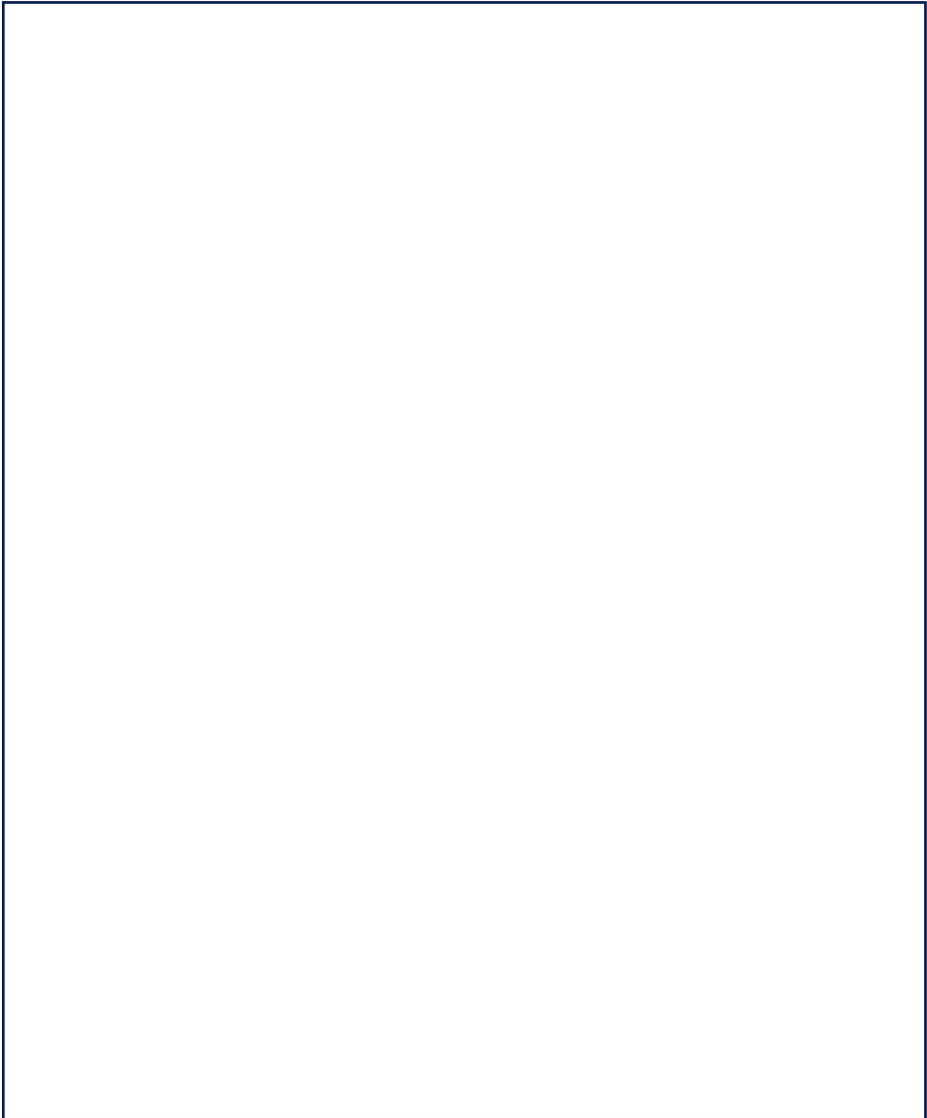
Love in Action (page 36)


- American Psychological Association's 2020 research study "Rewards of Kindness? A Meta-Analysis of the Link between Prosociality and Well-being" analysed the results of more than 200 studies on the topic, involving a total of nearly 200,000 participants. This adds to the growing scientific literature showing that helping others also help you in more ways than you might expect.
- Promote your wellness by taking notice — manchestermind.org/take-notice

Build Your Calendar (page 49)

- For more habit-building techniques, check out our free app: "Innertopia: Become Who You Are" at innertopia.eu.

Notes





For more methods on how to host your own and others' empowerment, free downloads of this workbook in other languages, and the accompanying app, please visit

hostingtransformation.eu