

Followyourownspark.com

A JOURNEY TO FREEDOM &
INNER POWER

Karina Schuil

MODULE 1

*The Story of You- how where you
come from doesn't define you*



WORKBOOK

www.followyourownspark.com

FOLLOW YOUR OWN SPARK
Exercises

01

TUNING IN

02

JOURNALING EXERCISE

03

YOUR UNIQUE GIFTS

04

YOUR CHARACTER STRENGTHS

I am

Are the two most powerful words. For what you put after them defines you.



Tuning in helps you to let go of everything that happened in your day and get into this moment. You can use it when you want to become more aware of what your feelings and thoughts are and to create your own 'bubble', away from the busyness of it all. This exercise helped me enormously in strengthening my intuition. It is always what I start my meditation practice with. Try to do this exercise at least a few times in this week.

You can find the **recorded version here**.

PREPARE

Sit in a quiet place where you will not be disturbed for about 10-15 minutes. Sit comfortably on the floor or a chair, preferably with your feet not crossed, or lying on a yoga mat or bed. If you like, you can light some candles and burn some incense or essential oils. This might help you to define your own space, where you can feel safe and relaxed.

1 TUNE IN

Start to let go of your surroundings, the sounds around you, traffic, birds, or other things you might hear and sense. Only focus on your body, your senses and your breathing. Try to let go of your thoughts and worries too. You are here now. Nowhere to go to. No rush. No hurry. Thoughts will come up anyway, but if they do, just return to your steady breathing and let them be. No judgement, just let them be.

2 GROUND

Visualize a cord (or ribbon, chain, tree roots, whatever come natural to you) coming from your tailbone (root chakra) and sinking into the earth, all the way to

the center of the earth. Tie your cord to a hook that is in the middle of the earth. You can visualise a beautiful crystal in the middle of the earth if you like too. Envision a cord coming from your crown chakra too, going all the way up to the centre of the cosmos. Connect your heart to both your tailbone and your crown.

3 BUILD YOUR SPACE

You are now aware of your own safe, personal space, your own energyfield. Feel whatever there is to feel and allow everything without overthinking. Then, imagine fresh roses. Smell them, pick the colour, and place one in front of

you, one behind you, one to your left, one to your right, one above your head, one under your feet. Visualise a bubble with a gold membrane and a silver lining around the contours of the roses. Like a giant soap bubble around you. With practice you will start to physically feel the roses and the bubble and feel their protection.

4 FEEL

Sit as long as you like, but at least for a few minutes just feeling whatever there is to feel. There might be physical feelings, emotions, tensions or energy coming up. You might also start to feel 'around' your body (your aura). What else is happening? Do you see images or colours? How is your breath?

5 COME BACK

When you feel ready, slowly become aware again of your surroundings. Slowly start to move again, wiggle your fingers, your toes. Take a moment to come back.

THIS EXERCISE HELPED ME ENORMOUSLY WITH GROUNDING MYSELF, WITH GETTING BACK IN TOUCH WITH MY INTUITION, WITH TAKING DECISIONS FROM MY HEART INSTEAD OF MY HEAD.



Breathe

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02

JOURNALING

In this program, you will be journaling quite often.

Perhaps you are new to journaling or perhaps you already use it every day. Journaling is a great tool for exploring your inner thoughts and understanding yourself. It is cleansing as it helps you to release the clutter in your head. Things can come up that you were not even aware of. It is healing and it helps to establish a better relationship with yourself.

When journaling, have the following in mind:

1. Find a comfortable spot where you will not be disturbed. To feel relaxed and in your own bubble, you can light a candle and burn some incense or essential oils (geranium is great for writing!)
2. You write only for yourself, so do not hold back
3. It is safe. Just be open. Let everything that wants to come up come up. It might be painful or scary, but in the end it will be healing and insightful



YOUR PATH
IS ILLUMINATED
BY A ROAD...

2019 INTENTIONS

1. CREATE A PROFITABLE
ONLINE BUSINESS

JOURNALING EXERCISE 02

What's your story

What is the story that you always tell about yourself

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What repeating stories and thoughts do you tell yourself?

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Describe the child you were, what were you like?

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As a child, what did you want to become when you grew up?

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JOURNALING EXERCISE 02

What's your story

What parent's love did you crave most?

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Who did you have to be to deserve this parent's love?

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According to you, what is life about?

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What do you feel now, writing about your stories?

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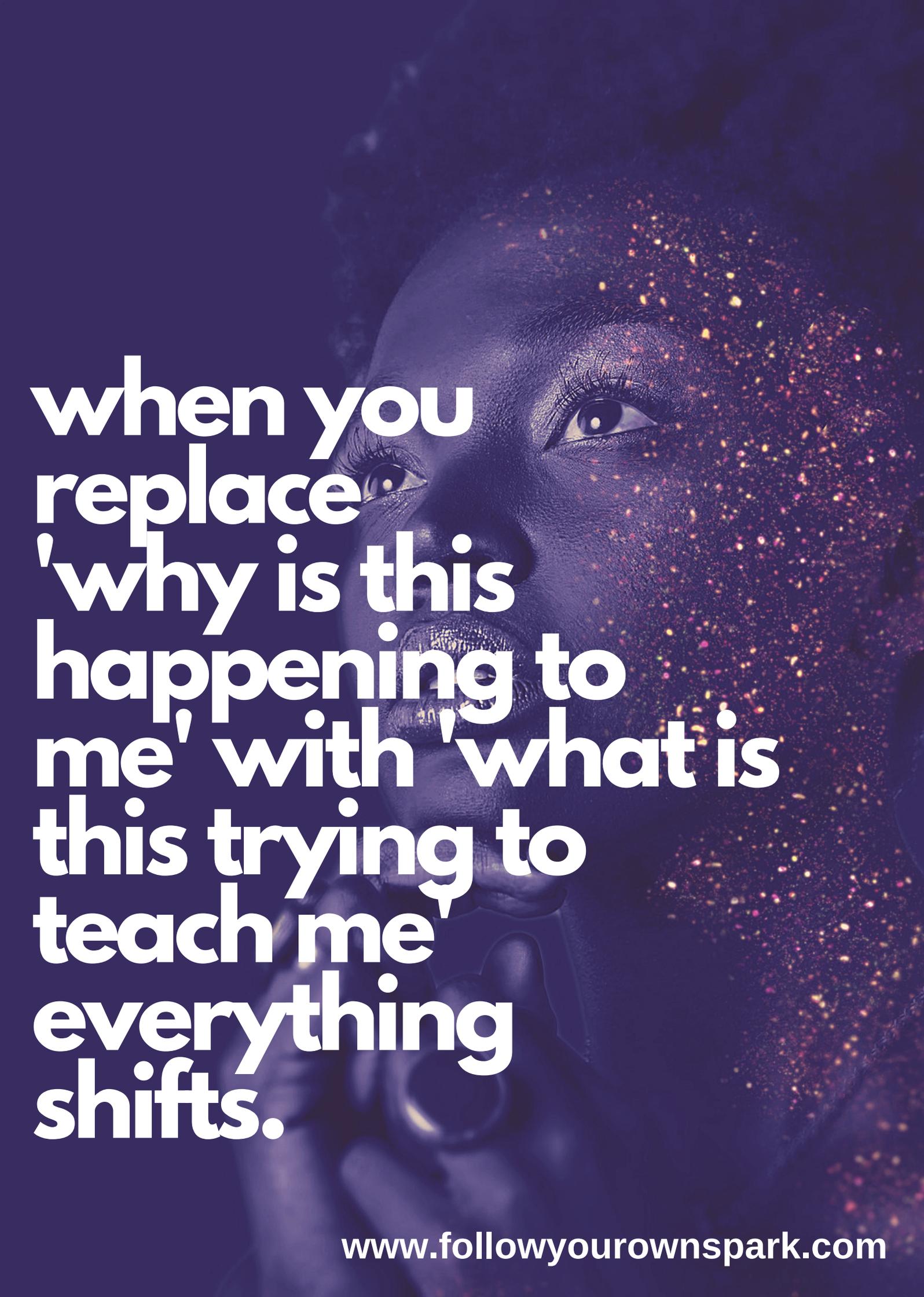
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INNER POWER

Karina Schul



**when you
replace
'why is this
happening to
me' with 'what is
this trying to
teach me'
everything
shifts.**

EXERCISE 03

Your unique gifts

The things that you are good at come so easy to you, that you often do not realise how special they are. This is the reason that you have to pay attention to what comes with ease for you. These are your gifts.

What do people always tell you you are good at? What is special about you (that you either know of or what you would consider 'easy' or 'natural'.

Name 5. If you do not know, ask 3 friend/family members this question.

What 5 things are you good at that come natural to you?

- 1
- 2
- 3
- 4
- 5

04

Your strengths

EXERCISE

Your strengths are your key to your happiness and success. Instead of focusing on your less developed strengths, or on what others are better at, try focusing on what skills and strengths you have already developed. Insights into what you are already good at can give you clues to your soul mission and help you work from flow.

The Via character strengths survey is a simple free self-assessment tool to assess your top 10 character strengths. It that takes less than 15 minutes and provides a wealth of information. Whereas most personality tests focus on negative and neutral traits, the VIA Survey focuses on your best qualities. It is developed by Dr. Martin Seligman, the "father of Positive Psychology" and Dr. Christopher Peterson, scientist and author of A Primer in Positive Psychology.

- Start here
- Register with a free account
- Take the Via character test (duration 10-15 minutes)
- You will receive the results directly in your inbox

What are your top 10 character strengths?

| | |
|---------|----------|
| 1 | 6 |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | 10 |

How do they benefit you in your daily life and work?

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See you in

WK 02

**THE ART OF LETTING GO:
DITCHING WHAT DOES
NOT SERVE YOU**

Insights into your limiting beliefs-
Busting through blocks - Creating positive
beliefs & affirmations - Choosing love over
fear - Energy work: releasing what does
not serve you

Avialable on June 13th