

DiscoverMe®



Life Snapshot Workbook

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from abusive relationships.

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Introduction

Could you get to the second floor of your two-story home if there was no staircase? Sure you could. I'm sure all kinds of creative solutions come to mind! Would you want to use that solution every time you needed something on the second floor?

Soon, climbing a ladder to an exterior second floor window carrying the clean laundry becomes tiresome. Rappelling to your bedroom at night quickly loses its charm. And hoisting your child to her bedroom via an elaborate pulley system was just all wrong from the start! Eventually, you dread making the trip to the second floor.

Over time, you try to stop thinking about the spacious second floor. You know it's there, but it's entirely too difficult to reach, so you adapt to your new first-story living condition.

The living area has room for a bed or two. The downstairs closet can hold coats, clothes, toys and linens (with a little effort). The entryway doubles as a craft room. It's not what you wanted, but it is functional. And yet, you know that there's more to your house...if you could just find an easy, consistent way to get up there!

The problem is not that you don't have a staircase. The problem is that you forgot you could add one. As you rearranged your first-story to accommodate your needs, you forgot to leave floor space for the real solution – the staircase.

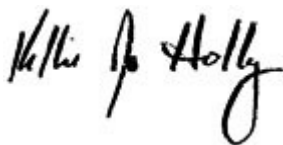
This happens to us as we live our lives, too. Over time, functionality and habit help you forget that you have the power to make your life better. You can rearrange your life and find the floor space to build the staircase leading to your dreams.

The first step to building your staircase is to take an honest, hard look at what you have placed over the spot where the staircase belongs. Maybe you have misplaced responsibilities taking up the staircase's floor space. Maybe you have put your suitcases and baggage where the staircase would be. Maybe your husband and children throw their tantrums in the staircase's rightful spot! Only by truly seeing what is blocking your dreams can you hope to construct a system to get you up to them.

That is what this workbook is all about. You will take a snapshot of your life as it stands right now. Then, you will begin to reconstruct a vision of what life would be like if you built the darn staircase. By comparing what you have to what you want, you will begin to see what needs to change in order to reach your dream life.

This workbook is extremely valuable when you begin the mentoring process, but it is also a great tool to use whenever you feel stuck. Remember, the first step to solving any problem is reviewing the facts. You have to know what you know before you can uncover what you don't know.

Love, light and laughter,



Part I: Your Whole Life

1. Write one true statement describing your attitude when you open your eyes after sleeping.

2. List your gifts and talents. How do you use each gift to enhance your life and the lives of other people?

3. What are you doing when you feel the most creative? How often do you do this activity?

4. When do you feel the most committed to something or someone? When do you feel the most passion for something or someone?

5. What do you know to be true without exception? What is your core belief?

6. What is the most important lesson you have learned to date? When was the last time you shared your wisdom with another person?

7. What are you doing when you feel the most alive? Where does your energy originate?

8. What is your greatest accomplishment of today?

9. How does your physical body affect you every day? How does your body inspire or limit your thoughts and actions?

10. What is time? How do you view time? How does time affect your thoughts and actions?

Now consider the following:

What would you like to change about your answers to the questions above?

Take a minute to answer each question again as if you were leading your perfect life right now.

Imagine yourself completely happy with your life. Truly lose yourself in sensing what it would be like to be completely content. Not un-challenged, not 'finished', but utterly happy and excited to see each new day.

Now, quickly answer the following questions *as your future self*.

1. What is your first thought when you open your eyes in the morning?

2. How do you use your gifts and talents to enhance your life?

3. How often do you feel creative? What are you doing?

Who or what are you passionate about?

5. What is your core belief?

6. With whom do you share your wisdom? What do you tell them?

7. From where do you draw your energy? Where is your fountain of youthful energy?

8. What action results in a pat on the back from *you*?

9. How do you use your body to inspire your self? What movements bring you peace?

10. Is time important? Why?

Part II: Your Life's Building Blocks

The secret to creating a wonderful life is to create it both 'all at once' and 'bit by bit'. It is just as important to view your life as a whole as it is to examine your life's building blocks. The genius of creating a wonderful life lies in your ability to connect your life experiences (all at once) and isolate problem areas (bit by bit).

Ingenious minds solve problems by comparing unrelated bits of information to devise a solution, and then apply the solution to many different problem areas. For example, Henry Ford did not design the first car (many other mechanics had developed working models), and he was not the first to use an assembly line (which was the brain-child of a butcher). However, he was the first person to put a functional car and the assembly line together and thereafter he was celebrated for his ingenious ideas.

Using the same technique, you can transfer knowledge gained at one point in life and apply it to a completely different life area to discover a novel and ingenious solution that works for you. But before you can solve any real or imagined problem, you must uncover it at the root. The easiest way to find the root of your problem is by examining the individual building blocks of your life.

Part II of this workbook focuses on your life's building blocks. Family, spirituality, and your desires are three of the life building blocks you will explore.

It is very important to focus on right NOW as you answer these questions. A 'snapshot' is an image of one spot in time. Write in the present tense to keep you on track.

There is space at the end to add your own building blocks, but make sure to fill in all of the blocks given.

Family

What do you give to your family that no one else can?

How do your family members get along with one another? Where is there tension? Where is there joy?

What are your feelings surrounding the daily interactions between yourself and your children, husband, and other live-in family members?

Do you consider your relationship with your extended family to be positive or negative? Why?

Friends

What do you tell your friends that you won't tell your husband?

What is the most important thing you give your friends?

What do your friends give you in return?

How do your friends describe you to their other friends?

Career

Do you feel that you are fairly treated at work by supervisors, co-workers, or the family members you care for?

What is your primary job? Do you enjoy this job, and why?

If you could change one thing about your job, what would it be?

If you could change your profession to anything, would you change it? What would you change it to? Why?

Finances

Money is...

What is the solution to any financial problem?

How much money do you think you need?

How much money do you need to live your dream life?

How do you view money's flow into and out of your life?

What is money's substitute?

Physical Health

Are you dealing with any diagnosed medical problems at this time in your life?

How do your periods make you feel?

What words do you use to describe your health?

Do you feel that there is something wrong with your health but the doctors can't pinpoint what it is, or they don't try hard enough to help you? If you do feel something is wrong, what do you think it is?

Body Image

How would you describe your body to a blind friend?

What do other people tell you about your body?

When you consider the way your body has changed over the years, what feelings arise?

What do you like about your body?

Nutrition

Do you eat to fuel your body, to satisfy your mind, or to quiet your emotions?

What do you eat on a normal day? How often do you eat?

Does what you eat fulfill the daily nutritional requirements needed to maintain a healthy body?

How much water do you drink every day?

How often do you eat at a restaurant? When you eat at a restaurant, do you choose to eat the healthiest menu options?

Exercise

Do you enjoy moving your body?

What type of physical activities do you enjoy?

Do you exercise on a regular basis? If so, what exercise do you do, and when?

Do you enjoy the feelings you have after you challenge your body in some way?

Do you like structure and routine when it comes to physical exercise (videos, going to the gym, taking classes), or do you prefer a more active lifestyle (taking the dog for walks, playing tennis, riding your bike to the store)?

Stress

Define the word 'relax.'

What do you do to relax? How often do you relax?

What is your first reaction to a stressful situation?

How do you improve your ability to react to and deal with the stress in your life on a daily basis?

Do you manage day to day stress? How?

How do you seek to decrease the amount of stress in your life on a daily basis?

How do you deal with "failure" or making mistakes?

On a good day, how stressed are you? On a bad day? On an average day? (1 = I'm not stressed - 5 = I want to disappear)

Good Day: 1 2 3 4 5

Average Day: 1 2 3 4 5

Bad Day: 1 2 3 4 5

Recreation

What do you do for fun when you're alone? Why do you enjoy this activity?

What do you do for fun when you're with other people? Why do you enjoy it?

Do you ever find yourself trying to have fun but not succeeding? During which activities does this most often occur?

What do you do for fun with your husband? What do you do for fun as a family?

Spirituality & Religion

What is your main spiritual or religious belief?

Do you ever question your beliefs? Which ones?

Do you pray or meditate? If so, how does it make you feel?

What is the focus of your prayers/meditations?

Do you receive what you ask for on a regular basis?

Creativity

What do you create?

What desires do the things you create express?

What activities do you find to be the most beneficial to your creative process?

How do you feel while participating in creative activities?

Desires

Do you wish, set goals, or combine these abilities?

How do you get what you want?

What are your favorite wishes or dreams? Why haven't you defined them as goals?

What wish do you feel obligated to make even if you don't believe it will ever come true?

Do you have definite goals? What are your top three favorite goals?

What motivates you?

What typically holds you back or keeps you from going after what you want?

Is there any goal that you feel you cannot accomplish, no matter what you try?

Education

What subjects are you exploring?

Do you share what you learn with anyone?

Are you applying what you learn in a practical fashion? Are you using your new knowledge every day?

What is the goal supporting your desire to learn?

Time Management

Do you habitually allot your time to encompass what is important to you?

In order of importance, what are the top five items that you want to accomplish on a daily basis?

What are five things that you always accomplish on a daily basis?

Part III: Re-Thinking Your Current Blueprint

Now that you explored the individual building blocks of your life, it is time to bring them back together. By grouping them together, your mind will start to pull out important details that affect your whole life. Your whole life will emerge from the blueprint, and you will be better able to comprehend exactly what instructions you are following as you build your life.

Before going ahead, you must go back to your list of building blocks. Look over each group of questions, and circle the most important words in each group. Consider those important words, and then write one word or a very short descriptive sentence that sums up your current thoughts concerning that particular life building block.

Write your descriptive word or short sentence on the corresponding line below.

Family _____

Friends _____

Career _____

Finances _____

Overall Health _____

Body Image _____

Nutrition Exercise _____

Stress Recreation _____

Spirituality & Religion _____

Creativity _____

Desires _____

Now, place your hand over the building blocks in the left column. Read through your list of words and sentences. Imagine the words and sentences becoming a coherent story (without the life building block headings). **What instructions are you giving yourself?**

Part IV: Moving Ahead

The final part of this workbook requires absolutely no writing. You have spent enough time evaluating where you are right now. Enough is enough. Now it is time to change what you know.

There is only one thing left for you to do. Read your new instructions to your Self every day, as often as you possibly can. Read them until you've memorized them and the words flow into images in your mind. See yourself executing the instructions to your Self as if it you were the star in a movie.

Imagine doing, feeling, thinking, acting and being the person following your instructions.

That is all you have to do. However, that is not all your Self will be doing. Your Self will be working silently in the background organizing and choreographing everything you need to make your instructions your reality.

Your Self connects directly to Spirit. They talk all the time over tea and cookies. They talk about you. They talk about your potential, and they discuss how they can bring about the circumstances and things you need to make your whole life shine!

Spirit and Self are not ones to complain! But if they *did* complain it would be about the ways you block their efforts to give you a fantastic life. Your instructions to yourself have always been the greatest obstacle to creating your dream life.

Now you have a brand new set of instructions that align with Spirit and Self – and the wonderful life they intend for you to lead. Read your instructions every day. Convince your mind through repetition.

Change your mind, and you will change your life.



Don't just tell them to leave.
Help them to stay abuse-free.

Survivors of domestic abuse need:

- initial living expenses
- therapy to keep them strong
- a hand up, not a hand-out

**THE
EMERGENCY FUND INC.**
*not only for the under-privileged
not only for women*

Check out The Emergency Fund at <http://verbalabusejournals.com/the-emergency-fund/>

Do One Thing For Me, Please?

Read through the list that follows. Hopefully it will not relate to you one bit! Maybe you notice that a friend's spouse engages in these behaviors; if so, please reach out to them without judgment. You will find loads of information, support, and inspiration about domestic abuse at verbalabusejournals.com!

Does your partner...

- **Embarrass you** with put-downs (especially if you two are alone)? Talk nicely about you in front of other people, but cut you down in private, often about the things he compliments you about in public?
- Look at you or act in ways that **scare you**?
- **Control** what you do, where you go, or who you talk to?
- **Stop you from seeing your family or friends?** Cause you to feel embarrassed and uncomfortable when friends/family come to your home. You no longer want to invite people over due to your feelings of dread. Point out your friends' flaws so that you're uncomfortable asking them to come over because he hates them so much?
- Insist on **control over all the money**? Make you ask for money? Insist loans stay only in his name or sabotage your credit with fraudulent accounts? Force you to declare bankruptcy on charges he's made?
- List the therapies and/or medications you've used to deal with depression or anxiety to "prove" your how you're sick in the head? That your thinking cannot possibly be as clear as his because **you've sought help from mental health professionals or medication**?
- Impress the neighbors, friends, and your family with his kindness or helpfulness leaving you to doubt your own perception of him? **Act much differently in public than at home?**
- **Make all the decisions?** Tell you he considers you an equal partner but somehow ends up making the decisions anyway?
- **Proclaims that you are a bad parent or threatens to take the children away?** List all the reasons why you couldn't gain custody in a divorce, ignoring his own faults?
- **Prevent you** from working or going to school? Stare at you or ask if something's wrong every time you try to study or work at home? **Make demands** of you that lead to work absenteeism?
- Act like his **abusive behavior is no big deal, your fault, or even deny doing it?**
- **Destroy** your property? **Threaten** to hurt or kill your pets?
- **Intimidate** you with guns, knives, other weapons or even **his presence**?
- **Physically assault you?** Shove, slap, choke or hit you?
- **Force you** to drop charges?
- **Threaten** to commit suicide?
- **Threaten** to kill you?

Here's the shocker

If you answered yes to *even one* of the above questions, your relationship could be abusive. You should contact me on [facebook](https://www.facebook.com/kellie.holly) (<https://www.facebook.com/kellie.holly>) and we'll discuss your situation.