



# 12 Week Transformation

## *Expanded Lifework Workbook*

A guided companion for vision, reflection, integration, and embodied action

**Your Name:**

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**Program Start Date:**

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**My Intention:**

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*You are not becoming someone else.  
You are remembering who you truly are.*

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## Welcome

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This expanded workbook brings together the deeper weekly teachings, lifework assignments, reflection prompts, and the whimsical weekly support kits. Move slowly. Let the writing spaces become a conversation with the life that is calling you forward.

### How to Use This Workbook

- Read the background teaching before each weekly session, or before beginning your lifework.
- Treat the reflection questions as writing invitations, not assignments to complete perfectly.
- Return to your vision often. Let it evolve as you evolve.
- Use each weekly support kit — crystal, herb, song, recipe, and ritual — as a sensory anchor for the theme.

*“Small steps, repeated with love, become a new life.”*  
~ Sage Soul

## The 12-Week Transformation Journey

<b>Week 1</b>	<b>Discovering Your Dream</b>	Clear Quartz • Basil • Pomegranate Guacamole
<b>Week 2</b>	<b>Designing and Testing Your Dream</b>	Black Tourmaline • Elderflower • Andromeda's Nectar
<b>Week 3</b>	<b>Deserving</b>	Rose Quartz • Peppermint • Strawberry Walnut Salad
<b>Week 4</b>	<b>Befriending Your Fear</b>	Blue Calcite • Lavender • Power Green Smoothie
<b>Week 5</b>	<b>Overcoming Lack</b>	Tiger's Eye • Lemongrass • Stuffed Peppers
<b>Week 6</b>	<b>Opening to Receive</b>	Green Aventurine • Nettle • Mango Coconut Chia Parfait
<b>Week 7</b>	<b>Embodying Your Vision</b>	Amazonite • Rosemary • Roasted Vegetable Quinoa Bowl
<b>Week 8</b>	<b>Harnessing the Power of Believing</b>	Carnelian • Patchouli • Cucumber Mint Cooler
<b>Week 9</b>	<b>Sustaining Momentum</b>	Sunstone • Ginger • Ginger Sesame Veggie Bowl
<b>Week 10</b>	<b>Harvesting Your Dream</b>	Moonstone • Rose • Vegan Sweet Potato Bowl
<b>Week 11</b>	<b>Celebration and Integration</b>	Amethyst • Lemon Balm • Baked Pear Walnut Oats
<b>Week 12</b>	<b>Onward! The Next Goal</b>	Citrine • Chamomile • Turmeric Orange Carrot Soup

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# Week 1: Discovering Your Dream

*Designing and creating the life you want*

## Background Teaching

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Welcome to the journey of consciously designing the life you truly desire. Over these twelve weeks, your weekly sessions invite you to explore the essential dimensions of your ideal life, clarify your vision, and map the practical steps that help it become real.

This work weaves together mindfulness, journaling, visualization, intentional ritual, and weekly reflection. The purpose is not only to dream differently, but to create and strengthen the inner pathways that support new habits, deeper self-trust, and a more alive way of being.

### Session Objectives

- Identify your authentic longings by noticing where you feel desire, discontent, or quiet yearning.
- Clarify what you want to cultivate more of, and what you are ready to release.
- Begin blueprinting your dream life across health, relationships, work, finances, rest, self-image, and growth.

## Lifework

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- Vision Writing: step into the body and mindset of your future self. Write each life area vividly and in the present tense — health, social life, family, romantic relationship, growth and learning, rest and enjoyment, self-image, work, and finances.
- Read your vision aloud each morning or evening. Notice where your body feels energized, tender, resistant, or uncertain.
- Begin a daily journaling rhythm. Let your pen move freely, without needing perfect answers.

### Lifework Notes

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## Reflection & Journal Prompts

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1. Describe a moment you felt genuinely proud of yourself. What were you doing, and who were you being?
2. If you had five wishes, what would they be — and what does each one reveal about what you value?
3. What is your life motto, and where did it come from?

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4. What habit would you love to release, and what would open up in its place?
5. Where in your life do you already feel most alive right now?
6. What is your favorite time of day, and what makes it feel like yours?

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7. Who was the last person you felt deep gratitude toward, and why?
8. If nothing were in the way, what would your dream life actually feel like in your body?
9. Where are you ready to stop minimizing what you truly want?

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# Week 1 Support Kit

Treasures, herbs, nourishment, and inspiration for the beginning of your dream

## 1. Treasure: Clear Quartz

Clear quartz is known as the Master Healer. It is a conductor and amplifier of energy, thoughts, emotions, and intentions. Programmable and balancing, it supports concentration and memory, can help bring the body and chakras into balance, and is widely known for its powerful energetic amplification.

### Spiritual benefits

- ◆ Amplifies intentions and supports clear thinking and focus.
- ◆ Helps balance energy and align the body and chakras.
- ◆ Boosts memory, clarity, and energetic amplification.



## 2. Herb: Basil



Basil is a popular culinary herb and, in magical traditions, is associated with love, prosperity, protection, and soothing anger. Holy basil (tulasi) is especially revered for calming the senses and uplifting the spirit. Basil is often used in rituals and offerings to invite wealth, harmony, and protection into one's life.



## 3. Recipe of the Week: Pomegranate Guacamole

Fresh, vibrant, and full of nourishing color.

### Ingredients

- ◆ 2 ripe avocados
- ◆ ¼ red onion, finely diced
- ◆ 1 small tomato, diced (optional)
- ◆ ¼ cup chopped cilantro
- ◆ 1 jalapeño, seeded and minced
- ◆ 1 lime, juiced
- ◆ ½ tsp sea salt (or to taste)
- ◆ ¼ cup pomegranate seeds

### Instructions

1. In a bowl, lightly toss avocado, red onion, tomato (if using), cilantro, jalapeño, lime juice, and salt.
2. Gently stir in pomegranate seeds.
3. Serve immediately with tortilla chips or plantain chips.

## 4. Why these allies fit Week 1

Clear quartz amplifies vision and intention. Basil supports prosperity and protection. Pomegranate guacamole brings freshness, color, and celebration to the beginning of a new journey.

## 5. How will I begin building my dream?

What steps, habits, or intentions will help me move forward this week?

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# Week 2: Designing and Testing Your Dream

*Holding your vision up to the light of values, growth, and service*

## Background Teaching

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Last week you began to imagine a written blueprint of a life you would love living. This week you shift from imagining into testing. You have sketched the outlines of your dream; now it is time to hold it up to the light and ask whether it truly expands you, stretches you, and sustains you.

The purpose of testing your dream is not to shrink it. It is to make it more honest, more alive, and more aligned with who you are becoming.

### Session Objectives

- Test whether your dream genuinely gives you more life and energy.
- Explore whether your dream aligns with your deepest values.
- Notice what growth, support, surrender, and service the dream is asking of you.

## Lifework

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- Review the vision you wrote last week and answer the Five Dream-Testing Questions below.
- Choose one small, concrete action this week that aligns you with a single piece of your dream.
- Make a visible list of what you look forward to, in bold and colorful marker, and place it where you will see it daily.

### Lifework Notes

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## Reflection & Journal Prompts

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1. When I imagine living my dream, does it give me more life — or quietly drain me?
2. Do I feel lighter, freer, and more expansive when I picture myself inside it?
3. Where do my core values clearly show up in this dream?

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4. Are there parts of the dream that feel in conflict with who I truly am?
  5. What part of me will need to grow or evolve to step into this life?
  6. Where will I need to lean on intuition, faith, or divine timing rather than control?

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7. Who else benefits when I step fully into this vision?
  8. What is one small action this week that would align me with my dream?
  9. Where might I be underestimating myself, or dreaming too small?



# Week 2 Support Kit

Treasures, herbs, nourishment, and inspiration for testing your dream

## 1. Treasure: Black Tourmaline

Black tourmaline is a powerful protective stone that helps shield from negative energy, grounds the body, supports energetic boundaries, and offers a sense of safety and strength. It is renowned for its ability to absorb or transmute heavy energy.



- ◆ Shields and transmutes negative energy
- ◆ Grounds the body and mind
- ◆ Supports boundaries, safety, and inner strength

## 2. Herb: Elderflower



Elderflower is associated with threshold crossing, intuition, and the fairy realm in folklore. It is also traditionally used in herbal preparations and is linked with gentleness, transition, and subtle magic.

## 3. Recipe of the Week: Andromeda's Nectar

A sparkling citrus-herbal infusion to refresh and inspire.



### Ingredients

- ◆ 8 cups water
- ◆ 1 pomelo, sliced
- ◆ 2 blood oranges, sliced
- ◆ 1 lemon, sliced
- ◆ 1-inch piece fresh ginger, sliced
- ◆ 2–3 tbsp raw honey (or 1 cup berries)
- ◆ Fresh thyme sprigs

### Instructions

1. Bring water and citrus (with rind) to a boil in a large pot.
2. Remove from heat. Add ginger and honey or berries.
3. Gently crush thyme sprigs between your hands and add to the pot.
4. Steep for 15 minutes.
5. Chill in the refrigerator until cold.
6. Serve over ice with a sprig of thyme for garnish.

## 4. Why these allies fit Week 2

Black tourmaline protects and grounds while you test your dream. Elderflower supports crossing thresholds with intuition and gentle magic. Andromeda's Nectar refreshes and expands the spirit.

## 5. How will I test my dream this week?

What steps, experiments, or shifts will move me forward?

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# Week 3: Deserving

*Expanding your capacity to receive what you long for*

## Background Teaching

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One of the greatest barriers to living a life you love is not skill, opportunity, or resources. It is the quiet, often unconscious belief that you do not deserve it. This belief can lead you to downplay your dreams, stay small, sabotage success, or hold back from speaking your truth.

Your deservingness is not something you earn through perfection, achievement, or proving. You are deserving because you are here. When you expand your sense of deserving, you expand your capacity to receive love, health, joy, abundance, meaningful relationships, and the fulfillment of your deepest dreams.

Your sense of deserving is the soil in which your dreams take root. When you anchor into worthiness, you create fertile ground for good to grow.

### Session Objectives

- Notice where old stories about deserving have quietly shaped your choices.
- Rewrite a limiting story from the perspective of worthiness and possibility.
- Practice receiving compassion, love, and encouragement — first from yourself.

## Lifework

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- Write your old story: recall a time you struggled to step toward a goal because you did not feel deserving. Name what you believed about yourself and how it shaped your choices.
- Rewrite the story: imagine the same situation from the belief that you are worthy, loved, and capable. Write how you would have spoken, acted, and chosen differently.
- Create one deservingness affirmation, and repeat it aloud each day this week.

### Lifework Notes

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## Reflection & Journal Prompts

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1. What did I believe about myself in that moment of holding back?
2. When self-doubt speaks, what does its voice actually sound like?
3. What exact words does it whisper to me — and whose voice does it echo?

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4. How has a lack of deservingness quietly held me back?
5. What would I tell myself instead, if I were fully grounded in my worth?
6. What opportunities would I pursue if I knew, without question, that I deserved them?

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7. What does unconditional self-love look and feel like for me?
8. What flaw could I begin to meet with tenderness instead of criticism?
9. What would my perfect day look like if I fully believed I deserved it?

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# Week 3 Support Kit

Treasures, herbs, nourishment, and inspiration for deserving more

## 1. Treasure: Rose Quartz

Rose quartz is the stone of love and compassion, connected with the heart and throat chakras. It supports self-love, calm, joy, reassurance, and helps soften self-doubt, worry, and fear.

### Spiritual benefits

- ◆ Encourages self-love, forgiveness, and compassion.
- ◆ Promotes emotional healing, calm, and inner peace.
- ◆ Helps release anxiety and invites trust, joy, and reassurance.



## 2. Herb: Peppermint



Peppermint is traditionally associated with purification, healing, focus, and vitality. It supports digestion, headaches, anxiety, nausea, mental clarity, and offers a refreshing energetic lift.

Peppermint is often enjoyed as a tea and can also be used in aromatherapy or added to water for a cool, invigorating boost.



## 3. Recipe of the Week: Strawberry Walnut Salad

Bright, fresh, and heart-opening.



### Ingredients

#### Salad

- ◆ 4 cups mixed salad greens
- ◆ 2 cups baby spinach
- ◆ 1 cup sliced strawberries
- ◆ ½ cup chopped walnuts
- ◆ ¼ cup crumbled feta cheese

#### Dressing

- ◆ 2 tablespoons olive oil
- ◆ 1 tablespoon balsamic vinegar
- ◆ 1 teaspoon Dijon mustard
- ◆ Salt and pepper to taste

### Instructions

1. In a small bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, salt, and pepper.
2. In a large bowl, toss salad greens and spinach with half of the dressing.
3. Top with strawberries, walnuts, and feta.
4. Drizzle with remaining dressing.
5. Toss gently and serve.

## 4. Why these allies fit Week 3

Rose quartz nourishes self-love and softens self-doubt. Peppermint refreshes and clears the mind. This strawberry walnut salad feels bright, heart-opening, and supportive of worthiness.

## 5. How can I embody deserving this week?

What practices, reminders, or supports will help me receive, honor, and believe I deserve?

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# Week 4: Befriending Your Fear

*Learning to act in your own best interest, even when afraid*

## Background Teaching

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This week you move from blueprinting your vision to bridging toward it. Fear often appears when you stand at the edge of the life you have known. Fear does not mean you cannot. It simply means you have not yet.

Transforming fear is not about making it disappear. It is about developing awareness, compassion, and choice. You can name the fearful part of you, thank it for trying to keep you safe, and give it a gentler assignment so it no longer has to drive.

There is a difference between fear having you and you having fear. As you step into a fuller expression of yourself, fear may remain a companion. The practice is to honor its presence without letting it hold the wheel.

Feed your faith and starve your fear by returning your focus to your vision. Reread it morning and night, step into its feeling tone, and take one brave, aligned action.

### Session Objectives

- Understand the source and meaning of your fear.
- Discover that fear can be transformed without needing to vanish.
- Practice acting in alignment with your dream even while fear is present.

## Lifework

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- Name the part of you that carries fear. When it appears, ask gently: What are you trying to protect? Then listen without judgment.
- Do one thing this week that steps you toward your vision and slightly beyond your comfort zone.
- Reread your vision each morning and evening, and let yourself feel what it is like to already be living it.
- Practice five to ten minutes of meditation in the morning, and a calming breath or guided meditation before sleep.





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## Reflection & Journal Prompts

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1. My greatest fear right now is...
2. How do I tend to cope when things go wrong?
3. What is one thing I could lovingly release control over?

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4. What challenge have I already overcome, and how did it make me stronger?
5. What is truly stopping me from reaching my goal — circumstance, or story?
6. Which emotions do I most often avoid feeling, and why?

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7. What hard season have I lived through, and what can I now appreciate about it?
8. What would courage look like for me today, in one small act?
9. What would I choose right now if I trusted it could be easy?

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# Week 4 Support Kit

*Treasures, herbs, nourishment, and inspiration for befriending fear*

## 1. Treasure: Blue Calcite

Blue calcite carries soft calming energy that helps release fear, agitation, and negativity. It offers emotional protection, empowers you to trust yourself, and supports clearer thinking so new ideas can emerge.



### Spiritual benefits

- ◆ Soothes fear and emotional overwhelm for a deep sense of calm.
- ◆ Provides energetic protection and supports confidence.
- ◆ Encourages clear thinking and empowers you to move forward.

## 2. Herb: Lavender



Lavender is a classic calming herb linked with relaxation, emotional balance, stress relief, better sleep, and spiritual cleansing. It is also used to soothe inflammation, tension, and promote peace.

Use lavender in teas, baths, sprays, sachets, or simply inhale its gentle aroma whenever you need to reset and release.

## 3. Recipe of the Week: Power Green Smoothie

*Fresh, vibrant, and nourishing energy for courage and clarity.*



### Ingredients

- ◆ 2 cups baby kale
- ◆ 1 cup fresh spinach
- ◆ 1 frozen banana
- ◆ 1 cup frozen pineapple
- ◆ 1 tablespoon almond butter
- ◆ 1 cup unsweetened coconut milk
- ◆ Optional: 1 scoop protein powder or 1 tablespoon greens powder

### Instructions

1. Add all ingredients to a blender.
2. Blend until creamy and smooth.
3. If the smoothie is too thick, add ice or more coconut milk and blend again.
4. Pour into a glass and enjoy your fresh, vibrant energy!

## 4. Why these allies fit Week 4

Blue calcite eases fear and brings emotional protection. Lavender calms the nervous system and supports peace. The power green smoothie brings fresh vitality and steady courage to help you move forward.



## 5. How will I befriend fear and move anyway?

*What practices, reminders, or supports will help me take brave steps this month?*

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# Week 5: Overcoming Lack

*Welcoming a greater flow of abundance*

## Background Teaching

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This week invites you to examine the invisible beliefs that govern your sense of supply, and to practice activating the law of receiving through giving. Lack is not only a financial story. It can show up as emotional scarcity, time scarcity, scarcity of self-worth, or the belief that support is limited.

Abundance begins as a shift in perception. When you give from an aligned and generous place, you remind your nervous system that there is enough. When you receive with grace, you allow that circulation to continue.

### Session Objectives

- Develop awareness of your inner story of lack.
- Practice gratitude as an energetic reset.
- Explore giving, receiving, and support as part of one continuous flow.

## Lifework

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- List ten things you are immensely grateful for, in vivid detail.
- Write about the small ways you are becoming a better version of yourself.
- Name your superpower, and how it quietly serves the people around you.
- List three problems you solved recently — even very small ones.
- Offer one act of generosity this week without attaching to the outcome.

### Lifework Notes

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## Reflection & Journal Prompts

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1. What story about scarcity am I telling myself right now?
2. What do I have in common with someone I find difficult?
3. When was I last truly kind to someone, and how did it feel afterward?

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4. Who challenges me, and what is one thing I can genuinely appreciate about them?
5. Am I able to accept help from others? Where is that easy, and where is it hard?
6. What is my favorite thing about my family, and why?

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7. When did I last go out of my way to help someone, and what did it stir in me?
8. Where am I ready to let abundance circulate more freely through my life?

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# Week 5 Support Kit

*Treasures, herbs, nourishment, and inspiration for welcoming abundance*

## 1. Treasure: Tiger's Eye

Tiger's eye is a protective and grounding stone associated with strength, confidence, emotional balance, motivation, and focus. It is linked to the sacral and solar plexus chakras and is known for helping block negative energy.



### Spiritual benefits

- ◆ Promotes courage, confidence, and personal power.
- ◆ Helps balance emotions and support steadiness in change.
- ◆ Shields against negativity and encourages clear, focused action.

## 2. Herb: Lemongrass



Lemongrass is associated with cleansing, purification, clarity, resilience, and opening pathways. It helps release negativity and supports focus. It is also used traditionally for detoxification, pain relief, sleep, and vitality.

Lemongrass brings lightness and renewed energy, encouraging you to clear what no longer serves and move forward with greater ease.

## 3. Recipe of the Week: Stuffed Peppers

*Hearty, comforting, and perfect for an abundant week.*



### Ingredients

- ◆ 1 cup uncooked rice
- ◆ 1 tbsp olive oil
- ◆ 1 small onion, diced
- ◆ 2 cloves garlic, minced
- ◆ 1 lb ground beef, turkey, or 1 cup cooked lentils
- ◆ 1 (14.5 oz) can diced tomatoes
- ◆ 1 tbsp tomato paste
- ◆ 1 tsp salt
- ◆ ½ tsp black pepper
- ◆ 4 bell peppers
- ◆ ¼ cup grated parmesan

### Instructions

1. Preheat oven to 375°F (190°C). Cut tops off peppers and remove seeds.
2. Cook rice according to package directions; set aside.
3. In a skillet, cook meat or lentils until done; drain if needed.
4. In the same skillet, heat olive oil. Sauté onion, pepper tops, and garlic until soft. Stir in tomato paste.
5. Add diced tomatoes, cooked rice, salt, and pepper. Stir to combine.
6. Stuff peppers with the filling and place in a baking dish.
7. Top with parmesan.
8. Cover with foil and bake 25 minutes. Remove foil and bake 10-15 minutes more until peppers are tender.

## 4. Why these allies fit Week 5

Tiger's eye builds grounded confidence and helps you protect your energy. Lemongrass clears pathways for abundance and supports focus. Stuffed peppers offer hearty nourishment to fuel your momentum and support your next steps.



## 5. How can I welcome greater abundance this week?

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# Week 6: Opening to Receive

*Softening scarcity and allowing support to arrive*

## Background Teaching

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After exploring lack and circulation, Week 6 asks you to practice receiving. Receiving can feel vulnerable, especially if you learned to prove your worth through independence, over-giving, or self-sufficiency. This week is about allowing support, nourishment, and love to actually meet you.

Receiving is not passive. It is a courageous opening of the heart, body, and nervous system. It asks you to trust that you do not have to carry everything alone.

### Session Objectives

- Notice where receiving feels easy, and where it feels uncomfortable.
- Practice asking for support without over-explaining or apologizing.
- Create space for nourishment, rest, pleasure, and abundance.

## Lifework

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- Ask for one specific form of help this week, and let yourself actually receive it.
- Notice where you deflect compliments, support, or generosity. Practice pausing, breathing, and simply saying thank you.
- Create a receiving ritual: tea, a hand on your heart, and the words, I am allowed to receive.

### Lifework Notes

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## Reflection & Journal Prompts

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1. What support am I quietly longing for, but not asking for?
2. What do I secretly believe it means about me when I need help?
3. Where do I over-give as a way of avoiding receiving?

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4. How does my body respond when I imagine being fully supported?
5. What would I allow into my life if I trusted it more deeply?
6. What boundary would actually help me receive more nourishment?

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7. What abundance is already trying to reach me, if I let it?

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# Week 6 Support Kit

*Treasures, herbs, nourishment, and inspiration for opening to receive*

## 1. Treasure: Green Aventurine

Green aventurine is a heart-centered stone associated with luck, growth, optimism, and opportunity. It supports emotional healing, softens old scarcity stories, and helps you say yes to new possibilities.



### Spiritual benefits

- ◆ Opens the heart to receiving support and abundance.
- ◆ Encourages optimism, confidence, and emotional renewal.
- ◆ Helps release scarcity and welcome growth.

## 2. Herb: Nettle



Nettle is a deeply nourishing herb rich in minerals and traditionally used to support energy, vitality, and restoration. Spiritually it is associated with protection, resilience, and grounded self-support.

Nettle reminds you that receiving is a practice of being well-nourished enough to say yes to life.

## 3. Recipe of the Week: Mango Coconut Chia Parfait

*Creamy, bright, and supportive for receiving sweetness.*



### Ingredients

- ◆ 1 cup coconut milk
- ◆ 3 tablespoons chia seeds
- ◆ 1 teaspoon maple syrup or honey
- ◆ 1/2 teaspoon vanilla extract
- ◆ 1 ripe mango, diced
- ◆ 1/2 cup yogurt (optional)
- ◆ Toasted coconut flakes
- ◆ Berries or pumpkin seeds (optional)

### Instructions

1. Whisk together coconut milk, chia seeds, maple syrup, and vanilla.
2. Refrigerate for at least 2 hours or overnight until thickened.
3. Layer the chia mixture with diced mango and yogurt if using.
4. Top with toasted coconut and berries or pumpkin seeds.
5. Serve chilled and enjoy.

## 4. Why these allies fit Week 6

Green aventurine opens you to opportunity and receptivity. Nettle offers nourishment and resilience. This mango coconut chia parfait brings sweetness, steadiness, and support as you learn to receive more fully.

## 5. How will I open to receive support this week?

*What practices, boundaries, or reminders will help me receive love, help, and abundance?*

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# Week 7: Embodying Your Vision

*Living as the person your dream is asking you to become*

## Background Teaching

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A dream becomes real through embodiment. This week is about moving your vision out of your imagination and into your calendar, your conversations, your posture, and your daily rhythms. You begin asking: how does the version of me who lives this dream move through the world?

Embodiment is the bridge between insight and identity. It is the practice of letting your body, your voice, and your actions become congruent with the life you say you want.

### Session Objectives

- Translate your vision into concrete, daily behaviors.
- Align your speech, choices, and boundaries with your future self.
- Practice being the person who lives the dream now — not someday.

## Lifework

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- Choose one domain of your vision and identify three embodied behaviors that match it.
- Have one aligned conversation you have been quietly avoiding.
- Create a short morning embodiment practice: stand, breathe, and ask, What would the version of me who lives my dream choose today?

### Lifework Notes

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## Reflection & Journal Prompts

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1. Where am I already living in alignment with my vision?
2. Where do my choices still reflect an older version of me?
3. What conversation would help me live more truthfully?

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4. What does my future self say a wholehearted yes to?
5. What does my future self lovingly decline?
6. How can I make my vision visible in my home, schedule, or daily habits?

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7. What is one aligned action small enough to repeat every day?

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# Week 7 Support Kit

Treasures, herbs, nourishment, and inspiration for embodying your vision

## 1. Treasure: Amazonite

Amazonite is a stone of harmony, truth, and authentic expression. It helps align the heart and throat, supporting courage, calm communication, and a more embodied way of living your values.



### Spiritual benefits

- Aligns heart and throat for honest expression.
- Encourages courage, authenticity, and inner harmony.
- Helps you live your values in visible ways.

## 2. Herb: Rosemary



Rosemary is traditionally associated with clarity, remembrance, protection, and focus. It can sharpen the mind, stimulate energy, and support mental organization.

Rosemary reminds you to remember who you are becoming and to act in alignment with that truth.

## 3. Recipe of the Week: Roasted Vegetable Quinoa Bowl

Grounding, colorful nourishment for embodied action.



### Ingredients

- 1 cup quinoa
- 1 zucchini, diced
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 cup cherry tomatoes
- 2 tablespoons olive oil
- 1 teaspoon chopped rosemary
- Salt and black pepper
- 1/2 avocado, sliced
- Lemon wedges
- Optional: feta or pumpkin seeds

### Instructions

- Cook quinoa according to package directions.
- Toss vegetables with olive oil, rosemary, salt, and pepper.
- Roast at 425°F until tender and lightly browned, about 20–25 minutes.
- Assemble bowls with quinoa, roasted vegetables, and avocado.
- Finish with a squeeze of lemon and optional feta or pumpkin seeds.

## 4. Why these allies fit Week 7

Amazonite helps you speak and live your truth. Rosemary offers clarity and focus. This roasted vegetable quinoa bowl grounds your energy and supports steady embodiment of your vision.

## 5. What does living in alignment look like this week?

What habits, choices, or conversations will help me embody the life I say I want?

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# Week 8: Harnessing the Power of Believing

*Breakthrough experience and your Partner in Believing*

## Background Teaching

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This is the week to prepare for your breakthrough experience. As you head into it, spend time revisiting your vision. Has anything changed? If so, rewrite your vision in the present tense, adding the new details you want to bring into your life.

A Partner in Believing is someone who can hold the highest possibility for you while staying grounded, honest, and supportive. This relationship helps you stay accountable to the person you are becoming.

### Session Objectives

- Understand the power of a true Partner in Believing.
- Choose at least one person who can hold positive accountability with you.
- Create a support rhythm to carry you through and beyond your breakthrough.

## Lifework

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- Rewrite your vision if new details have emerged since Week 1.
- Ask yourself: what healing am I ready to request and receive?
- Ask yourself: what habits do I want to solidify while my heart and mind are open to change?
- Choose a Partner in Believing, and make a plan to connect regularly with inspiration, quotes, music, and honest encouragement.

### Lifework Notes

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## Reflection & Journal Prompts

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1. How do I know, in my body, when I have truly succeeded at something?
2. What genuinely motivates me when the excitement fades?
3. What can I tell myself when negative thoughts arise?

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4. What do I love most about myself right now?
5. Describe, in detail, the future self I am becoming over the next ten years.
6. What are three things within my reach right now that I appreciate?

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7. Who is the most inspiring person I know, and what quality of theirs lives in me too?
8. Do I truly believe I can heal and create the life I want?
9. What does it mean to remember: I am the medicine?

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# Week 8 Support Kit

Treasures, herbs, nourishment, and inspiration for believing in your breakthrough

## 1. Treasure: Carnelian

Carnelian, the sunset stone, is known for confidence, vitality, creativity, courage, and motivation.

It is linked to the root, sacral, and solar plexus chakras, supporting inner fire and creative action.

### Spiritual benefits

- ◆ Ignites confidence, courage, and personal power.
- ◆ Boosts motivation, vitality, and creative flow.
- ◆ Supports grounded action and the courage to pursue your goals.



## 2. Herb: Patchouli



Patchouli is a fragrant herb in the mint family associated with grounding, protection, self-defense, releasing negative energy, and passionate manifestation.

It is used in essential oils, incense, and ritual practices to seal boundaries, clear heavy energy, and call in abundance with intention.



## 3. Recipe of the Week: Cucumber Mint Cooler

Refreshing, hydrating, and perfect for a clear, uplifted mind.



### Ingredients

- ◆ 1 cucumber, sliced
- ◆ 1 cup green grapes
- ◆ 2 kiwi, peeled and sliced
- ◆ 1/2 cup fresh mint leaves
- ◆ Juice of 2 limes
- ◆ 3 cups water
- ◆ Ice
- ◆ Lime wedges, for garnish
- ◆ Frozen grapes, for garnish
- ◆ Sliced kiwi, for garnish
- ◆ Sliced cucumber, for garnish
- ◆ Mint sprigs, for garnish

### Instructions

1. Add cucumber, green grapes, kiwi, mint leaves, lime juice, and water to a blender.
2. Blend until smooth.
3. Strain through a fine mesh sieve into a pitcher.
4. Chill in the refrigerator.
5. Fill glasses with ice and pour the cooler over ice.
6. Garnish with lime wedges, frozen grapes, sliced kiwi, sliced cucumber, and a mint sprig.
7. Serve and enjoy!



## 4. Why these allies fit Week 8

Carnelian fuels confidence and vitality to take inspired action. Patchouli grounds and protects the energy field while clearing what no longer serves. Cucumber Mint Cooler feels refreshing, clear, and uplifting to support your next step forward.



## 5. What will help me believe in my breakthrough?

What practices, reminders, or supports will help me stay aligned in trusting my path?

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# Week 9: Sustaining Momentum

*Turning insight into consistent, embodied movement*

## Background Teaching

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After a breakthrough, the real work is integration. Insight becomes transformation only when it is protected, repeated, and lived out in ordinary life. Week 9 focuses on momentum: choosing simple practices that keep your nervous system, your habits, and your environment aligned with what you now know.

Momentum is built through small promises kept. Rather than trying to change everything at once, choose the next steady action that supports the person you are becoming.

### Session Objectives

- Identify the insight that most wants to become action.
- Choose a sustainable daily practice you can actually keep.
- Protect the momentum of your breakthrough with boundaries and support.

## Lifework

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- Name the top three insights from your journey or breakthrough so far.
- Choose one insight and translate it into a single daily action.
- Create a seven-day integration plan that includes sleep, hydration, movement, journaling, and one act of courage.

## Lifework Notes

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## Reflection & Journal Prompts

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1. Which insight do I most need to protect right now?
2. What one daily action would keep this breakthrough alive?
3. Where do I tend to lose momentum, and what usually triggers it?

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4. What kind of support will help me stay steady?
5. What boundary protects my new growth?
6. What do I need less of this week?

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7. What do I need more of this week?
8. What brave choice would move me meaningfully forward?

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# Week 9 Support Kit

Treasures, herbs, nourishment, and inspiration for sustaining your momentum

## 1. Treasure: Sunstone

Sunstone is linked with joy, vitality, leadership, and personal power. It helps illuminate your next steps, renew motivation, and turn insight into confident action.



### Spiritual benefits

- ◆ Rekindles motivation and joy.
- ◆ Supports confidence and healthy leadership.
- ◆ Helps transform insight into action.

## 2. Herb: Ginger



Ginger is a warming, stimulating herb associated with movement, courage, digestion, and inner fire. It can support circulation, ease nausea, and help energize the body and mind.

Spiritually, ginger brings heat, momentum, and the willingness to keep moving forward.

## 3. Recipe of the Week: Ginger Sesame Veggie Bowl

Warming, energizing, and made for steady forward motion.



### Ingredients

- ◆ 1 cup brown rice
- ◆ 1 cup edamame or chickpeas
- ◆ 2 cups broccoli florets
- ◆ 1 carrot, shredded
- ◆ 1 cup shredded cabbage
- ◆ 1 tablespoon sesame oil
- ◆ 1 tablespoon tamari
- ◆ 1 tablespoon grated fresh ginger
- ◆ 1 teaspoon honey or maple syrup
- ◆ 1 tablespoon rice vinegar
- ◆ Sesame seeds and green onion

### Instructions

1. Cook the brown rice according to package directions.
2. Steam the broccoli and edamame or warm the chickpeas.
3. Whisk together sesame oil, tamari, ginger, honey or maple syrup, and rice vinegar.
4. Assemble bowls with rice, broccoli, carrot, cabbage, and edamame or chickpeas.
5. Drizzle with the ginger sesame sauce and top with sesame seeds and green onion.

## 4. Why these allies fit Week 9

Sunstone fuels joyful action and personal power. Ginger brings heat and momentum. This ginger sesame veggie bowl offers energizing nourishment to help you keep your breakthrough moving forward.

## 5. What action will keep my breakthrough moving forward?

What steady step, brave choice, or daily practice will help me stay in motion this week?

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# Week 10: Harvesting Your Dream

*The real gift is who you became in the process*

## Background Teaching

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Week 10 invites you to explore a profound realization: dream building is far more significant than the attainment of any single goal. It is about the person you evolve into along the way — the insights gained, the resilience built, and the joy of continually reaching beyond your old boundaries.

Dream harvesting is not only about achieving what you aimed for. It is a reflective practice of gathering the fruits cultivated through your dedication and transformation.

Harvesting is both an ending and a beginning: celebrating what has grown, while preparing the ground for new seeds.

### Session Objectives

- Reflect on what you are currently harvesting.
- Celebrate both tangible outcomes and intangible growth.
- Identify the next seeds you are ready to plant.

## Lifework

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- Current Harvest: what are you gathering in your life right now? Include outcomes, skills, new beliefs, relationships, and mindsets.
- Future Aspirations: what do you hope to harvest in the coming months?
- Anticipated Challenges: what do you fear might stand in your way?
- Mitigation Strategies: what tools, practices, or support systems could help?
- Reflect deeply: who have I become in the process of building this dream?

### Lifework Notes

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## Reflection & Journal Prompts

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1. What advice would my future self lovingly give me today?
2. Why does chasing this dream genuinely matter to me?
3. Describe my dream life as it stands now — how has it evolved?

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4. Describe everything I love about my life as it is.
  5. What consistently brings happiness and joy into my days?
  6. Where would I be after 365 consecutive, intentional days?

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7. What are my real strengths — the ones I sometimes overlook?
  8. What am I ready to gather, celebrate, and carry forward?



# Week 10 Support Kit

Treasures, herbs, nourishment, and inspiration for harvesting your dream

## 1. Treasure: Moonstone

Moonstone is the stone of new beginnings, intuition, emotional balance, and feminine wisdom. It helps calm stress and anxiety, opens the heart and mind, supports peace, and is also used for protection from negative energy.

### Spiritual benefits

- ◆ Calms stress and anxiety and promotes emotional balance.
- ◆ Opens the heart and mind for intuition and compassion.
- ◆ Supports peace and offers protection from negative energy.



## 2. Herb: Rose



Rose symbolizes love, beauty, appreciation, and tenderness.

Roses can uplift mood, support the heart, soothe inflammation, and rose hips are rich in vitamin C.

Rose is often used in teas, infusions, skincare, and rituals to cultivate self-love and emotional well-being.

## 3. Recipe of the Week: Vegan Sweet Potato Bowl

Nourishing, vibrant, and perfect for harvest season.



### Ingredients

#### Sauce (Lemon Tahini)

- ◆ 2 tbsp tahini
- ◆ 2 tbsp fresh lemon juice
- ◆ 1-2 tbsp water
- ◆ 1 garlic clove, minced
- ◆ Pinch of salt

#### Bowl

- ◆ 1 medium sweet potato, peeled and cubed
- ◆ 1 tbsp olive oil
- ◆ ½ tsp paprika
- ◆ ½ cup cooked green or brown lentils
- ◆ 2 cups baby spinach
- ◆ ½ avocado, sliced
- ◆ ¼ cup shredded red cabbage
- ◆ ¼ cup hummus
- ◆ ¼ cup sprouts or microgreens
- ◆ Fresh cilantro and sesame seeds (optional)

### Instructions

1. Whisk together tahini, lemon juice, water, garlic, and salt until smooth. Add more water as needed to thin. Set aside.
2. Preheat oven to 425°F (220°C). Toss sweet potato cubes with olive oil, paprika, and a pinch of salt. Roast on a baking sheet for 25-30 minutes, flipping halfway, until tender and lightly caramelized.
3. Cook lentils according to package instructions. Drain and set aside.
4. Assemble bowls with spinach as the base. Top with roasted sweet potato, lentils, red cabbage, avocado, hummus, and sprouts. Garnish with cilantro and sesame seeds.
5. Drizzle generously with lemon tahini sauce and enjoy!

## 4. Why these allies fit Week 10

Moonstone supports reflection and new beginnings.  
Rose opens the heart with beauty and care.  
This sweet potato bowl offers grounding nourishment for harvest season.



## 5. What am I harvesting, and what comes next?

What am I ready to gather, celebrate, and carry forward?

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# Week 11: Celebration and Integration

*Honoring the growth that has taken root*

## Background Teaching

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Week 11 is a pause for celebration and integration. It is easy to rush past growth when there is still more to do. This week invites you to slow down enough to acknowledge what has shifted, what you have practiced, and who you are becoming.

Celebration is not self-indulgent. It is a way of teaching your nervous system that growth is safe, worthwhile, and worthy of joy. Integration asks you to weave the lessons into rhythms that can last.

### Session Objectives

- Celebrate what has changed, and what you have moved through.
- Identify which practices most deserve to continue.
- Integrate your learning into sustainable routines and rituals.

## Lifework

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- Write a celebration list of everything that has shifted since Week 1.
- Choose three practices you want to carry into the next season.
- Create a personal closing ritual: candle, tea, music, gratitude, and a written blessing for yourself.

## Lifework Notes

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## Reflection & Journal Prompts

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1. What am I genuinely proud of myself for?
2. What growth do I need to acknowledge out loud?
3. What lesson do I most want to remember when life gets busy again?

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4. Which practice has been the most supportive to me?
5. How has my relationship with myself changed across these weeks?
6. How can I celebrate fully, without minimizing the journey?

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7. What wisdom am I ready to carry forward into what comes next?

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# Week 11 Support Kit

*Treasures, herbs, nourishment, and inspiration for celebration and integration*

## 1. Treasure: Amethyst

Amethyst is a stone of intuition, peace, and spiritual integration. It helps calm the nervous system, support reflection, and turn insight into grounded wisdom.



### Spiritual benefits

- ◆ Calms the mind and deepens trust.
- ◆ Supports spiritual integration and restful reflection.
- ◆ Encourages wisdom, intuition, and clarity.

## 2. Herb: Lemon Balm



Lemon balm is a gentle calming herb associated with ease, uplifted mood, and heart-centered soothing. It is traditionally used to support the nervous system and bring lightness after intensity.

Lemon balm helps you soften, integrate, and enjoy what you have grown.



## 3. Recipe of the Week: Baked Pear Walnut Oats

*Comforting, cozy, and perfect for honoring what has grown.*



### Ingredients

- ◆ 2 ripe pears, diced
- ◆ 1 1/2 cups rolled oats
- ◆ 2 cups milk or non-dairy milk
- ◆ 1 teaspoon cinnamon
- ◆ 1 teaspoon vanilla extract
- ◆ 2 tablespoons maple syrup
- ◆ 1/2 cup chopped walnuts
- ◆ Pinch of salt
- ◆ Optional: yogurt for serving

### Instructions

1. Preheat the oven to 375°F.
2. Mix oats, milk, cinnamon, vanilla, maple syrup, salt, and half the walnuts.
3. Fold in the diced pears and pour into a baking dish.
4. Bake for 30–35 minutes until set and golden.
5. Top with the remaining walnuts and serve warm, with yogurt if desired.



## 4. Why these allies fit Week 11

Amethyst helps you reflect, integrate, and trust your inner wisdom. Lemon balm brings softness and ease. These baked pear walnut oats offer cozy nourishment for celebrating all that has taken root and grown.



## 5. How will I celebrate and integrate what I have grown?

*What am I honoring, and what practices will help me carry this wisdom forward with joy?*

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# Week 12: Onward! The Next Goal

*Identifying the most important next step*

## Background Teaching

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Week 12 is about onward movement. You have gathered insight, practices, and new inner evidence of what you are capable of. Now it is time to choose your next most important goal and build a practical three-to-six-month plan that makes your dream visible in time.

Sprint planning brings whimsy and structure together. It lets you turn inspiration into projects, projects into dates, and dates into simple, doable steps.

### Session Objectives

- Identify the most important next goal.
- Plan the next three to six months creatively and visibly.
- Translate the dream into projects, priorities, and dates.

## Lifework

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- Gather Post-it posters, colorful notes, markers, and last week's reflections.
- Place the months you are planning across large posters on your wall.
- Write major goals on Post-it notes and place each in its month.
- Put your goals in priority order, treating each note as a project.
- For each project, work backward from the finish, mapping the steps and dates you will need. For a trip, that might include flights, lodging, activities, a packing list, and preparation milestones.

### Lifework Notes

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## Reflection & Journal Prompts

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1. What is the next aligned step I am being called to take?
2. Which goal has the most genuine life and energy in it?
3. What would make the next three to six months feel both focused and spacious?

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4. Which project needs to happen first to unlock the others?
5. What support do I need to make this meaningfully easier?
6. What can I release so the next goal has room to grow?

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7. How will I celebrate progress along the way — not just at the end?

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# Week 12 Support Kit

Treasures, herbs, nourishment, and inspiration for your next chapter

## 1. Treasure: Citrine

Citrine is known as the stone of manifestation, bringing good fortune and abundance into your life. It is also called the success stone because it is said to increase motivation, creativity, and confidence.

### Spiritual benefits

- ◆ Connects you to your higher self by helping you attune to higher vibrational frequencies and inner guidance.
- ◆ Opens the chakras, especially the solar plexus, helping release stuck energy and promoting confidence and personal power.
- ◆ Promotes positive thinking, optimism, protection, and support for manifestation.



## 2. Herb: Chamomile



Chamomile has been used for centuries for its health and spiritual benefits. It is often used as a natural remedy for anxiety, insomnia, and stomach discomfort, and is also known for anti-inflammatory and antibacterial properties.

Spiritually, chamomile has been used in rituals and ceremonies since ancient times. It is thought to promote peace, calmness, and happiness, and has also been used to purify and cleanse one's space.



## 3. Recipe of the Week: Turmeric Orange Carrot Soup

Bright, grounding, and energizing nourishment for the road ahead.



### Ingredients

- ◆ 2 tablespoons extra virgin olive oil
- ◆ 1 medium onion, finely chopped
- ◆ 1 clove garlic, finely chopped
- ◆ 1 thumb-sized piece fresh ginger, peeled and grated
- ◆ 1 teaspoon ground turmeric
- ◆ Zest and juice of 1 orange
- ◆ 1 teaspoon salt
- ◆ Freshly ground black pepper
- ◆ 17.6 oz. (500 g) carrots, peeled and chopped
- ◆ 4¼ cups (1 L) vegetable stock

### Garnish:

- ◆ Toasted hazelnuts, roughly chopped
- ◆ Fresh thyme

### Instructions

1. Heat olive oil in a large saucepan over medium heat. Add onion and sauté about 5 minutes until translucent.
2. Add garlic, ginger, turmeric, orange zest, salt, and pepper. Sauté 2 minutes until fragrant.
3. Add carrots and sauté 3 minutes.
4. Pour in vegetable stock and orange juice. Bring to a boil, then lower to a simmer. Cook 20–25 minutes, until carrots are tender.
5. Purée in batches in a high-speed blender. Taste and adjust salt and pepper.
6. Return soup to the pan and reheat, adding more liquid if needed.
7. Divide into bowls and top with toasted hazelnuts and fresh thyme.
8. Enjoy.

## 4. Why these allies fit Week 12

Citrine supports confidence and forward movement. Chamomile brings calm clarity for decision-making. This bright golden soup offers warmth, nourishment, and momentum as you step into your next goal.



## 5. How will I carry this energy forward?

What practices, reminders, or supports will help me stay aligned in the months ahead?

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