

# Workbook for Lesson 7: Returning to your wise self

## Overview

In this lesson, we've learned how to return repeatedly to your wise, calm center, where you are grounded and have access to the best ideas.

## The aspects of your deeper self:

Beneath every challenge lies a part of you that has:

### 1. *Deep, Grounded Wisdom*

Inside you lives a subtle, real-time intelligence that quietly knows the next right step, even when the path feels unclear.

### 2. *Built-in Well-being*

You are also gifted with a natural sense of aliveness and connection to life. There is a generous power behind all of life, Someone who wants to carry you home, not dash you against the rocks. And that Someone has equipped you with everything you need for the journey.

### 3. *Creative Power*

You can always imagine new possibilities and shape your experience, sparking “aha” moments when confusion clears.

Returning to this deeper self is your **clarity of mind**. It's your true home.

## How do you know you're **NOT** “home”

- Racing thoughts and agitation
- Urgency that steals perspective
- Quick fatigue and energy drain
- Blocked creativity and resourcefulness
- Feelings of overwhelm and insecurity

## How do you know you **ARE** “home”

- Relaxation and ease in your body
- Crystal-clear thinking and simple next steps

- Better judgment and long-term perspective
- Increased patience and compassion—for yourself and your child
- Steady energy and resourceful insights

## The three steps to return home

**Insight:** Understand that you create your experience of life from the inside out. Your thoughts assign meaning to events. It's never the circumstances directly that create the experience for you.

**Awareness:** Tune into your feelings and use them as an inner compass. They signal when your clarity is slipping. When you feel crazy, it's because you have crazy thinking going on.

**Action:** Whenever you drift, gently return to that silent center. Each practice makes it easier next time.

## Practice makes perfect

Aim to practice this return home as often as you can. Over time, you'll notice tremendous shifts in your mind and body.

Whenever you return to your silent center, you light a beacon of calm and possibility for yourself, your child, and everyone who walks this journey with you.

## Next steps

1. Join the weekly live coaching sessions in the community
2. Use the Ask-A-Coach option to get personalized e-mail coaching

## Blank Model Template

Circumstance: \_\_\_\_\_

Thought: \_\_\_\_\_

Emotion: \_\_\_\_\_

Actions: \_\_\_\_\_

Outcome: \_\_\_\_\_

(Use this template to explore how changing your thoughts and feelings changes everything downstream from them.)