

Live Meaningful Reflection Guide:

*5 Days to Becoming More Intentional,
Authentic, Daring, and Intuitive*



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How to Use this Book:

Hi, I'm Nicole!

I am so glad you downloaded this book!



This is a 5 day reflection guide to help you get to a more meaningful life!

Please, if at all possible, resist the urge to complete this workbook all in one sitting. It was intended for you to focus deeply in one area each day, and I do not want you to lose out on the benefits of this guide by rushing through it all at once.

Find a time of day where you can find the quiet to truly reflect on the prompts. Set an atmosphere. Sit outside in the sun. Or early morning when you can see the sunrise. Or sit cozily inside with a warm coffee in hand.

I know for me, creating an atmosphere helps me reflect more deeply, so find that place and atmosphere that will help you truly "dig in."

Also, you will see, the format of this book is workbook style. There are lines provided in this workbook if you choose to print this book out.

Of course, you can always just grab your journal and answer the questions that way. Regardless, I would have your journal on hand just in case I didn't give you enough space in the workbook. Hopefully there are many thoughts and ideas springing to mind!

I hope you find this workbook helpful, and as always, I would love to hear feedback if you find it helpful in anyway.

Hope you enjoy....!

Yours,

Nicole

Day One:

“Can you remember who you were, before the world told you who you should be?” -Danielle LaPorte



Reflection Questions:

Who were you growing up? What were you like? What did you enjoy doing? What were you good at?

When you think of your “authentic self” – what comes to mind? What traits are part of your authentic self? What is the personality of your most authentic self? How often do you get to act that way?

At some point did someone start to tell you how to be? Did they tell you to be a certain way that was different than your truest self? How did that feel? Did you recognize you were letting go of parts of yourself? Or at least hiding them?

How could you re-access your authentic self and allow that self into more parts of your life? Are there people who bring it out? Places that bring it out? Activities that bring it out?

Spend some time reflecting on these questions....

Make a list of traits you identify as your authentic self:

- Make a list of the people who make you feel like your authentic self:

1. _____
2. _____
3. _____
4. _____
5. _____

Make a list of the places where you feel most like your authentic self:

1. _____
2. _____
3. _____
4. _____
5. _____

Make a list of the activities that make you feel like your most authentic self:

1. _____
2. _____
3. _____
4. _____
5. _____

What was a time in your life when you felt most like your authentic self? How did that feel? Describe.

Actions Steps:

How will you invite more authenticity into your life? What will you spend more time doing? Who will you spend more time around? What traits about yourself will you allow in your life more?

List 5 action steps you can take in your life right now toward a more authentic life.

1. _____
2. _____
3. _____
4. _____
5. _____

Afterthoughts:

After completing the prompts and questions I provided, did anything else come to surface or come to mind? This is a space to scribble down some of those ideas and thoughts. Also, since you will have a day in between each of your reflections, I want you to notice what else comes to mind throughout the day. Come back to this page and scribble down those thoughts....

Day Two:

“Owning our story can be hard but not nearly as difficult as spending our lives running from it.

Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable.

Only when we are brave enough to explore the darkness will we discover the infinite power of our light.” -Brene Brown



If you know Brene Brown, you know that she is all about vulnerability, shame, and perfectionism.

Think about what we reflected on yesterday. Authenticity and being your truest self. We focused on the people, places, and activities that brought out this self and focused on inviting more of these people, places, and activities into your life.

But today, I am going to ask you to reflect on vulnerability. So yes, please try to find the places in which your authentic self is naturally brought out.

But today, I am asking the question- why is your authentic self not already coming out?

In what situations are you not allowing yourself to be vulnerable?

In what situations are you not allowing yourself to be your truest self because of shame?

In what situations are people not seeing the real you because you are maintaining a perfect image?

Okay, time for the hard work. Time to get honest.

(Warning, this part isn't always fun. But it is worth it.)

List 5 things about yourself that you would be ashamed of other people knowing:

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 personality traits that you are embarrassed about or are not comfortable letting yourself show in front of others:

1. _____
2. _____
3. _____
4. _____
5. _____

What has happened in your life or is part of your story, that you are not comfortable sharing with others?

1. _____
2. _____
3. _____
4. _____
5. _____

What image of yourself are you trying to portray to others that you know is not necessarily true?

1. _____
2. _____
3. _____
4. _____
5. _____

Okay. Now I want you to imagine what it would be like if you were allowed to let go of all this and be yourself.

What if you allowed yourself to be your goofy self in front of everyone and they loved it?

What if you allowed yourself to tell vulnerable parts of your story and it helped you connect with people more deeply?

What if you were honest about your struggles and were able to use it to help others?

What if you let go of your shame and allowed yourself to be truly known?

What if shame, perfectionism, embarrassment were actually the very things that were stopping you from living your own Live Meaningful life?

[illegible]

I know today's exercise was challenging, and I want to leave you with some hope.

Working through this. Allowing these parts of you to show up. This is what allows you to live more meaningful.

You are on your way...

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Day Three:

“It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default.” - J.K. Rowling



Do you have a fear of failing?

Why?

Are you living cautiously?

Are you living in ways you know others would approve of?

Are you trying to be normal?

Are you trying to look successful?

Lack of failure does not equal success.

Lack of failure only means you never gave your dreams a chance.

What is your willingness to take a risk? What is your willingness to potentially look foolish?

What if each “failure” was leading you closer and closer to your dream? Would they be easier to endure if you knew this was the case?

What is your relationship with uncertainty? Do you allow yourself to do things without knowing the outcome? Or do you try to control outcomes, and are unwilling to pursue anything until you have 100% security in how it will work out?

Spend some time reflecting on these questions and the above quote. Do a free write...whatever comes to mind...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are 3 ways you need to challenge this way of thinking starting today?

1. _____
2. _____
3. _____

What would you do if you weren't living so cautiously?

1. _____
2. _____
3. _____

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Day Four:

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.” -Albert Einstein



Do you believe in intuition?

Do you trust intuition?

What do you think intuition is?

I am going to be honest. I personally spent many, many years doubting the idea of intuition, and therefore not using it.

I was a rational mind, kind of girl. I thought people who used intuition were people being led by their emotions and therefore making emotional bad decisions.

But me, I had it together. I carefully weighed my pros and cons to make the most correct decision possible.

This worked great for some decisions. But when it came to big life decisions or direction for my life – I was lost.

And honestly, it really didn't work that great for the small things either. I would analyze and see all sides of everything to the point that I couldn't make a decision.

I was allowing myself to be led by the rational mind, rather than my intuition. And honestly, my rational mind had no idea what to do.

So, some facts about intuition.

Intuition contains good data. It is our subconscious putting everything we have heard, read, seen, experienced, know....and taking all that knowledge and turning it into a "gut feeling." With intuition you can't always explain why you think something is a good decision, but there is good data behind it.

Reflect on the following questions...

What is your current relationship to your intuition:

Do you trust your intuition? Why or why not?

Are you willing to start trusting your intuition a bit more?

If you are spiritual, some might believe that intuition is even more than good data. It is the light that guides us and gives us clarity. It is the third eye. It is the holy spirit. It is the soul. It is a force that is beyond us.

You don't have to believe this to gain the benefits of intuition. But it is something to consider.

Regardless of what you believe about intuition, I am going to give you a series of questions and I want you to answer from what you think your intuition is telling you. Do not confuse this voice with your ego.

Your ego is going to tell you not to do anything scary. Your ego is anxious and self critical.

But the voice of your intuition will speak calmly. And be empowering. And guide you into what it knows is best. Your intuition believes in you.

~What is your intuition telling you your next step in your life is?

~What is your intuition telling you about how to overcome fear and doubt in this next step in your life?

~What is your intuition telling you that you need to give up in order to move forward in your life?

~What gifts, talents, or strengths does your intuition know you need to be using more in your life?

~What next steps is your intuition telling you that you need to start today or this week?

If you are confused about this whole intuition thing, or excited to learn more, consider checking out the podcast by Jess Lively at <http://jesslively.com/intuition/>

Jess has been a resource in my own understanding of intuition, so definitely wanted to give her credit for my own knowledge and give you an opportunity to learn more from her too!

Afterthoughts:

After completing the prompts and questions I provided, did anything else come to surface or come to mind? This is a space to scribble down some of those ideas and thoughts. Also, since you will have a day in between each of your reflections, I want you to notice what else comes to mind throughout the day. Come back to this page and scribble down those thoughts....

Day Five:

“Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.” – Louise L. Hay



Did you know it is easier to reach your goals if you are being compassionate to yourself?

I know I have fallen into the trap before too..this idea that only the criticism will I move us forward.

Or that if I give myself self-compassion it would be an excuse to be lazy or it would be self-indulgent.

Well – I am here to say criticism did not lead me closer to my goals, only further. And, allowing self-compassion in my life has changed my life in many beautiful ways. It has made me more motivated, not less. It has given me the empowerment and courage to do the things I have wanted to do.

What do you think? Would you be willing to give yourself more self-compassion?

Time to be honest. What are five areas in your life that you know you need to give yourself more self-compassion.

1. _____

2. _____

3. _____

4. _____

5. _____

What do you find yourself telling yourself on a daily basis when you mess up, fail, or things just aren't going quite right?

Do you say

"It's okay. You are doing your best. You will get it next time."

Or do you say

"You are a failure. You never get anything right. You are never going to get this."

Here's the thing. If you criticize yourself, you are taking away your resilience. It is hard to get anywhere or reach any goal, if someone is constantly criticizing you.

The way you reach a goal is through resilience. Resilience is gained through positive emotions and someone telling you "I believe in you!" and "You can do this!"

Be kinder to yourself. And then stand back and watch yourself blossom, because you will.

So, time to take another honest assessment. What are the negative things you say to yourself on a daily basis? What are the negative things you say in your mind when you make a mistake or something doesn't go as planned? Write these phrases below.

1. _____
2. _____
3. _____
4. _____
5. _____

Okay, now it is time to brainstorm what you can say instead. How could you re-phrase these to be more self-compassionate?

1. _____
2. _____
3. _____
4. _____
5. _____

Now, I challenge you to start using your new compassionate phrases starting today and in the upcoming week.

Just to be clear, it won't be easy right away. The other thoughts have probably been thought for so long that they are so automatic at this point. The key is being able to catch yourself. Whenever you hear the negative thought come up, simply redirect it to the more positive compassionate thought.

Again, this won't happen over night. It is going to take some time until the new thoughts become automatic. But with practice and repetition, the new positive thoughts will eventually become the norm. And you will begin to notice yourself feeling so much better about yourself.

And you know what happens when you feel good about yourself?

You do amazing things.

For this last part I want you to list what the 3 amazing things are that you might do if you become more positive, gain more self-confidence, and more self compassion.

What amazing things are you supposed to do with your life?
Don't be shy. Don't be humble. Explore that amazing
potential you know is inside of you.

1. _____

2. _____

3. _____

Afterthoughts:

After completing the prompts and questions I provided, did anything else come to surface or come to mind? This is a space to scribble down some of those ideas and thoughts. Also, since you will have a day in between each of your reflections, I want you to notice what else comes to mind throughout the day. Come back to this page and scribble down those thoughts....

In closing...



We have come to a close with this reflection guide, and I am so glad you read. I hope by reading this, you are just a little bit closer on your journey. As always, I love to hear how my words or journal prompts are leading you.

This is my hope for you...

You live into your authentic self.

You are vulnerable enough to let yourself be seen.

You take risks to live the life you dream of.

You gain clarity and follow the guidance of your intuition.

And you offer the self-compassion necessary to blossom and live out what you were created to do in this life.

I am looking forward to seeing you do amazing things.

Yours,

Nicole