



Soft & True

WORKBOOK 1: THE TERRAIN

THE ATTENTION
AUDIT

MINDFULNESS
BOOST

THE 360°
ASSESSMENT

SPIRITUAL ALLIES +
INSPIRATION



ASSESSING THE TERRAIN

MODULE 1



Everything is energy and within the cosmic, energetic soup, there is a landscape that is you: a physical, emotional, mental & spiritual landscape within relational, cultural, historical & collective landscapes.

At the center of it all? YOU, moderated by your attention.

This week, you're landing in the middle of your life.

Soft, true, willing to open your eyes and see what is here.

As within, so without.
So without, so within.

What story is your life telling?

THE ATTENTION AUDIT

MODULE 1: THE TERRAIN

How we hold our energy is modulated by our attention.

Let's make some space for YOU and your choicefulness to take center stage.

What to do:

1) Write out everything that holds your attention. Everything. Really. Everything.

2) Sort through the list:

2a) What is in your sphere of control? (Can you take responsibility for it?) What's not? (Can you let it go?)

2b) For the "under your control" list, what is actionable? Can you turn the non-actionable ones into next actions?

Can you take 15 minutes and do at least 5 of the tiny actions? Can you schedule time to do the ones that are really weighing on your mind?



THE CLIFFNOTES

1) WRITE IT ALL OUT

.....

2) SORT: LET GO OR TAKE

RESPONSIBILITY

.....

3) SORT: TURN WHAT'S
UNDER YOUR CONTROL INTO

NEXT ACTIONABLE STEPS

.....

4) DO 5 TINY ACTIONS (THAT
TAKE LESS THAN 3 MINUTES

EACH TO COMPLETE)

.....

MINDFULNESS BOOST

MODULE 1: THE TERRAIN

In the middle of your life is YOU:

You, with kindness,
reverence and softness
You, with awareness, clarity
& truth
You, without judgment,
resistance, distortion or illusion

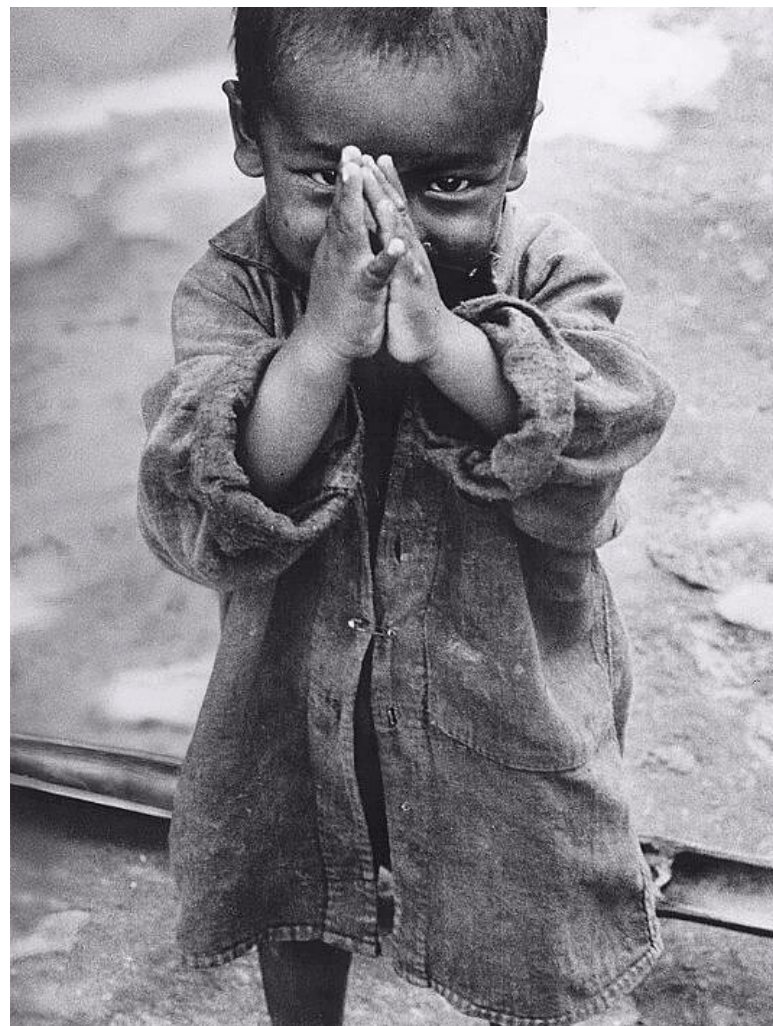
**This is a quality of ATTENTION,
an inner posture, a way of
carrying our energy and
power in the world.**

What to do:

Increase your mindfulness or
heartfulness practice throughout
the week by:

- Doing mindfulness meditation
with **these** particular qualities
- Doing things mindfully
(dishes, walks, listening,
teeth brushing...)
- Softening your attention a
few times a day

- **CLICK FOR MINDFULNESS
MEDITATIONS BY ME**



THE CLIFFNOTES:

FIND WAYS TO CULTIVATE
KINDNESS, REVERENCE,
SOFTNESS, AWARENESS,
CLARITY, TRUTH
AND
REDUCE JUDGMENT,
RESISTANCE, DISTORTION &
ILLUSION..

THE 360° ASSESSMENT

MODULE 1: THE TERRAIN

You are responding to your life and your life is responding to you. This week, we are really assessing the terrain.

Your aim is to find where you are operating in a distortion of the truth (The truth = that you are infinitely worthy and a creator of your reality) and bring it to light.

In other words, we're hunting for your blocks ;). Get **SPECIFIC**. They hide in plain sight.

What to do:

Grab a notebook or open a document and assess what's going on for you in your life in terms of the themes on the following page. You can:

- brainstorm whatever comes
- assess where you're not living according to your standards or vision
- assess where you're feeling disempowered, victimized or confused



THE 360° ASSESSMENT

MODULE 1: THE TERRAIN

ASSESS THESE THEMES:

Relationships

Intimate
Family
Friends
with Self

Body

Food
Weight
Exercise
Health

Money

Earnings
Savings
Purchases
Bills
Paperwork

Work

Degree of Fulfillment
Colleagues
The work that pays
The work you want to
have pay

Time

"Have to's"
"Want to's"

Home



ANSWER THESE QUESTIONS

I believe my security depends on:

**I believe my wellbeing
depends on:**

**I believe my capacity to carve out
space for myself & my dreams
depends on:**

**I believe my capacity to make
magic depends on:**

INSPIRATION AND ALLIES (THE BEYOND)

MODULE 1: THE TERRAIN

Not only are we connected to all that is, we are also connected to the beyond.

The beyond helps us navigate this reality by sending us nudges of desire, calling, inspiration & intuition.

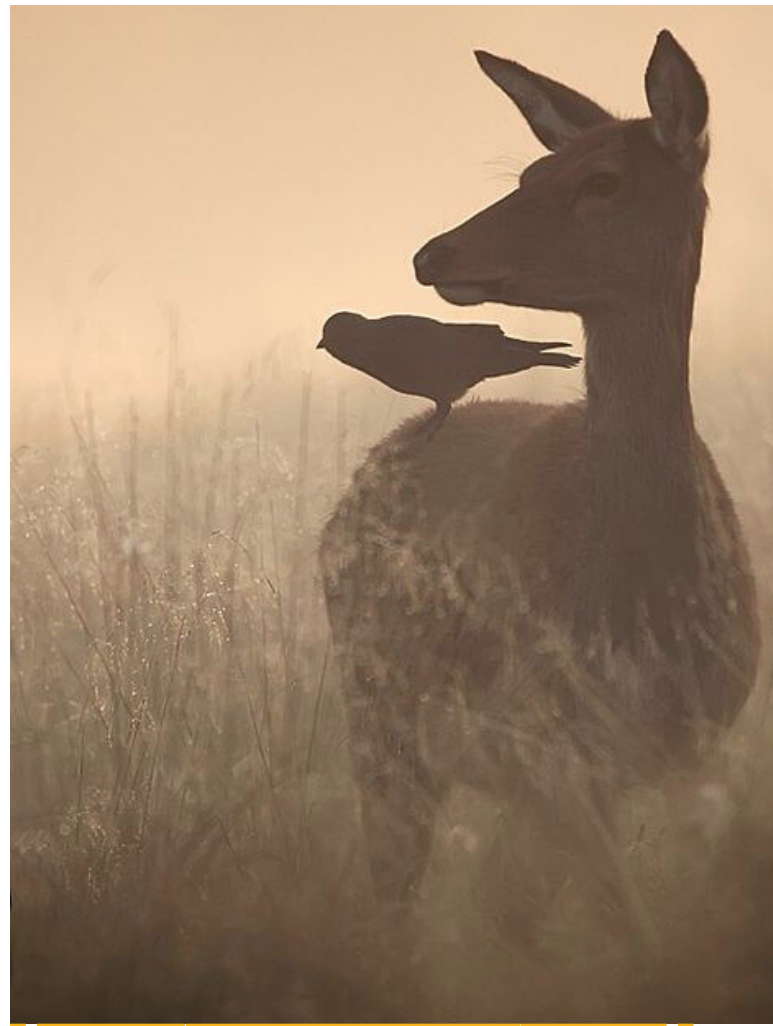
Assess this inner terrain by calling forward who/what inspires you and is an ally to you.

What to do:

In your notebook, jot down whatever comes in response to these prompts.

Then leave it be or research them (and/or their spiritual meaning) if you like.

Answer without thinking.



PROMPTS

Which animals "speak:" to you?

Are there historical figures you admire particularly?

Are there gods/goddesses you resonate with particularly?

Are you familiar with your spirit guides? Who/what are they? (if not, if you had to guess what might you imagine is there?)

Is there anything your intuition has been nudging you towards?

What's calling you?



I KNOW THIS WAS A LABOR OF LOVE
- TO LOOK AT ALL OF IT -
WELL DONE.

...AND KNOW WE NOW HAVE THE
FOUNDATION TO MAKE
SOFT & TRUE MAGIC...

INGE BROER