



Soft & True

WORKBOOK 5: THE ENGAGING

POSSIBILITY
ACTIVATION

HUGE DREAM,
BABY STEP

PERSONIFIED
INTUITION



THE ENGAGING

MODULE 5



it's time.

Time to fully engage. Time to find out what you're made of. Time to roll up your sleeves and go for the BIG thing, the BIG desire, being willing to engage with no guarantee that it will work out the way you're envisioning and at the same time with the full knowing that you are creating it.

This week we're becoming masterful in what I've called "the flow": Telling the **truth** (and unblocking), Putting that truth into **action** (and alchemizing) and then **softening** as you adjust to your new reality.

You're engaging with your creation while committing to your soft & true expression.

POSSIBILITY ACTIVATION

MODULE 5: THE ENGAGING

You've done some serious healing work last week. You've nurtured yourself, faced some serious inner demons and gathered resources.

On the other side of that, new possibilities are open to you. Let's clarify and activate them.

What to do

Journal these questions:

- (1) Given your continued healing, what becomes possible that previously wasn't?
- (2) What possibility gives you sparkles in your eyes? What BIG dreams fuel you and excite you?
- (3) Are you ready to engage & take responsibility for that dream and start taking baby steps towards it (even if you have no guarantee about how it will all work out)?



*"Nothing is impossible.
The word itself says
"I'm Possible".
- Audrey Hepburn*

HUGE DREAM, BABY STEP

MODULE 5: THE ENGAGING

The huge dream pulls you forward to "the promised land" and shows you where your obstacles lie.

The baby step allows you to move forward resistance free.

One step at a time.

Do this enough times and your huge dream seems like just one more baby step.

What to do

- (1) Decide to engage with your big dream. (Keep it to ONE vision for this week).
- (2) Accept that this is NOT yet your current reality, but that you have everything you need to make it happen.
- (3) Ask yourself: What is the next baby step?
- (4) Do it.
- (5) Ask yourself: What is the next baby step?
- (6) Do it.
- (7) Repeat, repeat, repeat.

When you get blocked, make baby step smaller or use your healing tools.



EXAMPLE :

Big Dream : Work 15h/week, paid \$5000/week and significantly impacting 500 lives every week.

Current Reality? Not that. Accepted.

- Baby Step? Raise self-study programs to \$200.
- Hem, Haw, Negotiate, Procrastinate, Feel dull for a while and get NO other intuition, DO IT.
- Baby Step? Move THIS blog post from old website to new website.
- Do it.
- Baby Step? Drink a glass of water.
- What? Confusion. Where's my intuition? Drink the glass of water.
- Baby Step? Tell this person this through messenger..Sell first \$5000 program.

PERSONIFIED INTUITION

MODULE 5: THE ENGAGING

This week, you're going to learn to recognize the voice of your intuition (or the part of you that knows EXACTLY what to do to get you from point A to point B). It knows where your blocks are, how to move you through them and what actions will be the most impactful. It doesn't really care if you think the actions make sense or if you will find them comfortable or fun to do.

What to do

Journal these questions (or do them in meditation):

- For **this** dream, what part of you knows exactly what to do?
- Do you feel them somewhere in your body or in your energy space?
- What are they wearing? What do they look like?
- Are they the quantum version of you that has already accomplished this? Or someone else?



- Is there anything they want you to know right now?
- Do they have a name?
- What are the rules of engagement with them?
- Can you ask them any questions in real time?
- What is your next baby step?

Keep consulting this part of you.

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YOU'RE ON YOUR WAY TO TOTAL
BADASSERY. KEEP IT UP.

INGE BROER