

*WORKBOOK FOR SELF
DISCOVERY*

INTROSPECTION



WELLBEING WINNIE

ABOUT THE WORKBOOK



OH HEY THERE, I'M ANNA.

I'M SO EXCITED TO HAVE YOU HERE AND I CAN'T WAIT TO HELP YOU TRANSFORM YOUR LIFE.

THE PURPOSE OF THIS WORKBOOK IS TO ASSIST YOU IN THE PROCESS OF GAINING INSIGHTS AND REFLECTING UPON YOUR CURRENT BEHAVIORAL PATTERNS, STRENGTHS, AREAS FOR IMPROVEMENT, AND FUTURE ASPIRATIONS.

AS WE EMBARK ON A JOURNEY OF SELF-DISCOVERY, YOU'LL ENGAGE IN A SERIES OF THOUGHT-PROVOKING QUESTIONS AND ACTIVITIES. THIS PROCESS WILL FACILITATE A PROFOUND EXPLORATION OF HOW VARIOUS EXPERIENCES FROM YOUR PAST HAVE SHAPED THE PERSON YOU ARE TODAY AND THE TRAJECTORY OF YOUR LIFE. THESE QUESTIONS WILL PROVIDE YOU WITH INSIGHTS ABOUT YOURSELF THAT CAN CONTRIBUTE TO YOUR LONG-TERM EFFECTIVENESS AND POSITIVE WELL-BEING, REGARDLESS OF THE WELLNESS PATH YOU CHOOSE.

SO LET'S JUST JUMP STRAIGHT IN AND GET A START ON YOUR JOURNEY!

Anna x





3 PRIMAL BASICS

WARMTH, SAFETY & FOOD

THESE ARE BASIC REQUIREMENTS THAT WILL AFFECT EVERY ASPECT OF YOUR LIFE

WARMTH

How The Cold Can Affect Your Emotional Wellbeing

The cold can have a significant impact on our ability to think and function. Here's how:

- Reduced blood flow to the brain: In cold weather, the body shunts blood away from the extremities and towards the core to maintain vital organ function. This can lead to reduced blood flow to the brain, which can impair cognitive function.
- Increased production of stress hormones: The cold can trigger the release of stress hormones such as cortisol and adrenaline. These hormones can increase heart rate and blood pressure, and can also lead to anxiety and difficulty concentrating.



- **Reduced physical activity:** In cold weather, people are less likely to engage in physical activity, which can lead to decreased circulation and reduced oxygen delivery to the brain.
- **Hypothermia:** In extreme cold, hypothermia can set in, which can lead to confusion, disorientation, and impaired decision-making.

Here are some specific examples of how the cold can affect our ability to think and function:

- **Reaction time:** Studies have shown that reaction times are slower in cold weather than in warm weather. This is because the cold can slow down the speed at which nerve signals travel.
- **Memory:** The cold can also impair memory. This is because the cold can interfere with the formation of new memories in the hippocampus, a brain region involved in memory.
- **Attention:** The cold can also make it more difficult to pay attention and focus. This is because the cold can increase distractibility and make it more difficult to filter out irrelevant information.
- **Decision-making:** The cold can also impair decision-making. This is because the cold can make it more difficult to weigh the pros and cons of different options and to make rational choices.

Ask yourself the following questions:

- **Do you feel comfortably warm and have access to a comfortable warm space?**
- **Are there parts of the day where this isn't possible?**
- **How do you deal with this?**

You may feel fine in the summer months, so ensure you ask yourself these questions in winter.

SAFETY

Feeling safe is crucial during the body's regenerative process because it promotes relaxation and reduces stress, both essential for healing. Safety is not limited to physical well-being but also encompasses emotional and psychological security.

Our thoughts and emotional states directly influence our nervous system, prompting either the fight-or-flight response or the rest-and-digest response. These responses aren't just triggered by immediate situations; past traumas and triggers can leave long-lasting effects on the body's ability to return to a state of relaxation and recovery.

Furthermore, When the root chakra is imbalanced, causing us to feel unsafe, we tend to accumulate and retain excess weight.

Examples of this includes two areas - protection for the heart chakra increases weight in the upper body, and the root chakra in the lower body.



Consider the following statements and reflect on how many of them resonate with you to better understand the concept of "safety" and the feeling of security:

- **At home, I feel comfortable expressing myself, relaxing, and being myself.**
- **I can sit down and relax without feeling guilty.**
- **I feel protected and supported by my family members at home.**
- **I don't feel like I'm solely responsible for everything in the household.**
- **Others would step up and take responsibility if I took a break.**
- **Arguments never lead to violence or psychological warfare, such as 'the silent treatment', verbal or physical abuse, denial of certain things, or gaslighting.**
- **If you don't feel safe at home, where do you feel safe?**
- **How often can you access this level of safety and release?**



FOOD

Maintaining proper caloric intake, referred to as the Basal Metabolic Rate (BMR), is crucial for our overall health. This rate, which differs among individuals, depends on factors such as age, height, and activity level. Failing to meet the BMR requirements can result in adverse health effects and potentially cause illness.

Your BMR calculator:

Your basal metabolism rate is produced through the following basal metabolic rate formula: <https://www.garnethealth.org/>

Men: $BMR = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$

Women: $BMR = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$

A woman who is 42 years old, weighs 50 kg and is 5 feet 4 inches tall requires approximately 1231.00 calories.

**This is an approximation*

But this primal need is not just about ensuring we have adequate food to survive, but also about our relationship with food. Many people resort to food as a means of emotional regulation, employing it as a control mechanism or a practice for comfort

- **Do you frequently engage in emotional eating when you are feeling bored, anxious, or upset?**
- **Do you have sufficient access to food to meet your needs?**
- **Do you restrict or avoid certain foods due to dietary preferences or restrictions?**
- **Do you typically make healthy food choices, but experience feelings of guilt when you indulge in less nutritious options?**
- **When dining out, do you prioritize your personal preferences or opt for the perceived healthiest dish on the menu?**



- **Have you ever taken food from someone else's plate or possession? If so, what motivated your actions? (necessity, opportunity, or a desire to exert control**
- **If you are out with friends and you see they have left food on their plate, how does this make you feel?**
- **Do you experience anxiety about when you will eat next?**
- **Do you have concerns about the scrutiny of others on your eating habits?**
- **Do you acknowledge that you have consumed sufficient food but still refrain from eating?**



3 KEY FOCUS AREAS

FAMILY DYNAMICS, * FRIENDSHIP, SOCIAL & SCHOOL, * ROMANTIC RELATIONSHIPS

***Past, present, and future:** These three key areas profoundly influence your habits, convictions, and behaviours, shaping your attitudes and experiences.*

Family Dynamics

Our childhood experiences, including family dynamics, school environment, and relationships, significantly shape our coping strategies and beliefs. By understanding the origins of our current behaviours, we gain the power to break free from repetitive patterns and create lasting positive changes in our lives.

I advise the following approach when answering this section:

1. Reflect on these questions instinctively, paying attention to the feelings that arise.
2. Revisit this section on a different day to assess your feelings about the same questions and your original answers.

- **What immediate emotions and memories arise when you hear terms like "mother" and "father"?**
- **Reflect on the adults in your life, such as parents or elders: Did they exemplify healthy and well-rounded characteristics?**
- **Do you have siblings? If so, did you ever feel less important than them, and how would you describe your relationship with them?**
- **Did you and your family experience financial security during your childhood?**
- **As a child, did you feel safe at home, or did you later realize it wasn't a healthy environment?**
- **Were both of your parents present and involved in your life?**



- **Did you receive regular affection and care from anyone during your childhood?**
- **Could you communicate openly with your parents, guardians, or family members?**
- **Were you exposed to arguments or conflicts within your family?**
- **Did you feel responsible for those arguments or conflicts, or were you made to feel accountable for them?**
- **When arguments occurred, did you experience negative consequences or repercussions?**
- **Have you ever been subjected to any form of abuse, and do you blame yourself for it or justify why it happened?**
- **Have you addressed this abuse, and do you feel angry about it?**
- **Can you recall any specific incidents of abuse you experienced, and do you hold any resentment towards the perpetrator?**
- **Did you ever feel like you were treated as less important compared to your siblings?**
- **Are there any aspects of your current life that are managed in a particular way due to your childhood experiences?**
- **How has your childhood influenced your parenting style?**
- **How would you describe your current relationship with your family?**



Friendship, social and school

The experiences we have during childhood, both within the structured environment of school and the more informal settings of social interactions, play a pivotal role in shaping who we become as adults. These formative years are a time when our minds are particularly impressionable, and the lessons we learn and the relationships we form during this period can have a lasting impact.

School experiences:

- **Academic performance:** Our experiences in school, both positive and negative, can have a significant impact on our self-esteem, our attitudes towards learning, and our future career choices. Success in school can instil a sense of confidence and competence, while struggles with academics can lead to feelings of inadequacy and insecurity.
 - **Social interactions:** The social interactions we have with classmates, teachers, and other school staff can also shape our development. Positive relationships with peers and supportive teachers can foster a sense of belonging and community, while negative experiences such as bullying or ostracism can lead to feelings of isolation and low self-worth.
 - 1. **Peer relationships:** Our relationships with peers also play a significant role in our development. Friendships can provide us with a sense of belonging and support, while negative peer influences can lead us down a path of risky or self-destructive behaviour.
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- **How did you feel about your school experience? Please explain your answer.**

 - **Did your teachers provide adequate and positive support for your weaknesses?**

 - **Do you feel that your strengths were encouraged and nurtured by your teachers?**

 - **Did your teachers openly compare your abilities and behaviours to those of other students? How did that make you feel?**

 - **Were you part of a friendship group during your school years? If so, how would you describe the dynamics within the group? If not, did you have any close friends who supported you and with whom you are still in contact today?**

 - **Did you experience bullying at any time, and if so, who were the perpetrators?**



- **Why do you feel you were singled out as a target?**
- **How did you manage to deal with this difficult situation?**
- **Did you receive support from teachers or the school during this time?**
- **Did this bullying impact your studies or grades in any way?**
- **How do you believe this experience might continue to affect you in the present day?**
- **Do you currently belong to a social group?**
- **If not, why do you think that is?**
- **If yes, do you feel that it is supportive and healthy?**
- **Do you feel that your friends listen to you and provide non-judgmental support?**
- **Do you either worry about upsetting people or worry about not being liked or accepted? If yes to either, why do you think this is the case?**
- **Do you always strive to please others, often at the expense of your own needs and feelings?**
- **In your friendships, do you find yourself consistently putting in more effort than you receive in return?**
- **In situations where you encounter a problem or challenge, do you typically seek advice or discuss it with your family or friends first? Can you explain the reasons behind your choice?**



- **To what extent do the dynamics of your current friendships replicate or diverge from the dynamics of your childhood friendships?**
- **Do you find it difficult to let go of grudges?**
- **How easy is it for you to forgive others?**
- **If a trusted friend or someone close to you has made you feel upset, how do you typically respond?**

a. Confront them directly

b. Keep your feelings hidden and complain privately

c. Cut ties and move on

d. Reflect on your own role in the situation

e. Take full responsibility and overanalyze the situation

f. Place all the blame on the other person without considering their perspective



Romantic relationships

In romantic relationships, people are often unaware of their contribution to problems or their expectations of their partner. Conversely, some individuals tend to take complete responsibility for every issue. Moreover, people often choose partners based on who they believe they could be, leading to disappointment when the reality diverges from expectations. Understanding this can help us recognise what healthy relationships look like and that our self-worth is not determined solely by the love and affection we receive from others.

Relationship questions can serve as a valuable tool for gaining insights into your dating patterns, preferences, and areas where you might need to establish boundaries. By reflecting on these questions, you can embark on a journey of self-discovery and personal growth. Here are some key points to consider:

Understanding your Choices:

- Why do you tend to be drawn to a specific type of person? Are there recurring patterns in your relationships?
- Reflect on your past experiences and observe if there are any particular traits or qualities that you consistently seek in a partner.

Identifying Boundaries:

- Are there certain boundaries that you need to establish or reinforce in your relationships?
- Consider whether you are allowing others to treat you in a way that diminishes your self-worth.

Enhancing Self-Worth:

- How do your relationships impact your self-worth? Do you feel valued and respected by your partners?
- Reflect on whether you are prioritising your well-being and maintaining a healthy sense of self-esteem in your relationships.

Communication and Expectations:

- Are you effectively communicating your needs and expectations to your partners?
- Consider whether you are setting clear boundaries and advocating for your emotional and physical well-being.

Self-Reflection:

- Take time to reflect on your past relationships and identify any patterns or behaviours that you might need to address.
- This self-awareness can empower you to make more conscious choices in future relationships.

Seeking Support:

- If you are struggling to establish boundaries or navigate challenging relationships, consider seeking support from a therapist or counsellor.
- A professional can provide guidance and strategies for enhancing your self-worth and building healthier relationships.

Remember, relationships are a dynamic and ever-evolving aspect of life. By engaging in self-reflection and actively working on establishing boundaries, you can cultivate stronger, more fulfilling connections with others while maintaining a healthy sense of self-worth.



- **Describe your ideal romantic relationship, focusing on the qualities, characteristics, and dynamics that you find most important.**
- **Whether you are in a relationship or single. Assess whether your existing or past relationships align with the ideals you have created for yourself.**
- **Consider the qualities or characteristics of a typical romantic relationship that you tend to gravitate towards, accept, or end up in.**
- **If these two lists differ why do you think this is?**
- **In your relationships with family and friends, do any of the traits and dynamics resemble those typically found in your romantic relationships? For example:**
 - *Do you feel you are being taken advantage of?*
 - *Do you feel you are being heard and respected?*
 - *Do you believe you deserve to be treated better?*
 - *Is the relationship dynamic one-sided?*
- **Consider the connections between your current behaviours and your upbringing. Some examples include:**
 - *Relying on others for a sense of safety and security*
 - *Disliking being alone*
 - *Neglecting your own needs*
 - *Constantly trying to please others*
 - *Feeling guilty when accepting help or gifts*
 - *Becoming overly independent when feeling neglected*
 - *Taking control of everything in your home, family, and relationships*





Sex and intimacy

Sex is a complex and profound experience that involves two essential aspects. Firstly, it can establish a meaningful connection with another individual, allowing for a deep and intimate bond. Secondly, it can nurture self-love and exploration, promoting a healthy understanding and appreciation of one's own body and desires. Sex holds immense potential for emotional resonance and fulfilment, and as such, it deserves the utmost respect and care.

For some individuals, discussing the topic of sex can be uncomfortable or sensitive. If this is the case, some may find the following questions challenging to answer. It's important to consider why that might be. If you don't give much importance or are carefree in your approach to the topic and its questions, you should reflect on this as it could be a reason why romantic relationships encounter problems.

- **Do you get enjoyment out of sex? Whether yes or no has this always been the case?**
- **Do you think you get enough sex?**
- **If you are currently in a relationship, are there any changes you would like to make to your sex life? What do you need to feel or be shown, to make time for sex with your partner?**



- **What is sex to you?**

1. *A chore*
2. *Uncomfortable and dirty*
3. *Demoralising*
4. *A way to please*
5. *The way to stop an argument*
6. *A way to get what you want*
7. *The quicker the better*
8. *A way to improve intimacy*
9. *A tool for validation*
10. *Profound connection that should be respected*
11. *Mutually beneficial*
12. *Boring*
13. *Fun*

- **Is there a balanced exchange of giving and receiving pleasure between partners in lovemaking?**

- **Do you ask for what you want?**

- **Are you comfortable with your body?**

- **Do you feel attractive and sexy when you are naked?**

- **What methods do you use to feel more attractive?**

- **Do you allow yourself to let go when a. Solo or b. With another?**

- **Do you know how to pleasure yourself?**

- **Can you stand before a mirror, both clothed and unclothed, and observe your body without criticism or judgment?**

- **Are you able to look in the mirror and genuinely tell your reflection "I love you"? If not, what may be preventing you from doing so?**

- **If you were asked to imagine being naked in front of a potential partner does that make you feel uncomfortable?**



RATE YOUR THINKING

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10 WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

ABILITY TO BE POSITIVE

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

FLEXIBLE ATTITUDE

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

DECISION MAKING

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

ABILITY TO STICK TO GOALS

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				



SELF-AWARENESS

ASSESSMENT

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...






LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	



WEEKLY MOOD DIARY

RECOGNISING LINKS BETWEEN YOUR MOOD AND YOUR ENVIRONMENT, MAY ALLOW YOU TO BECOME MORE SELF-AWARE. AT THE END OF EACH DAY, FILL OUT THE CHART WITH THE MOOD YOU FELT MOST OF THAT DAY.

WEEK OF: _____

					
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

REFLECTION NOTES



DECISION MAKING

WORKSHEET

FOLLOW THE PROMPTS BELOW TO BRAINSTORM SOLUTIONS TO A DECISION YOU ARE FACING. CHOOSE THE BEST SOLUTION BASED ON YOUR ANSWERS.

WHAT DECISION ARE YOU TRYING TO MAKE?

	ADVANTAGES	DISADVANTAGES	CONSEQUENCES
SOLUTION 1			
SOLUTION 2			
SOLUTION 3			

THE SOLUTION I CHOSE AND WHY

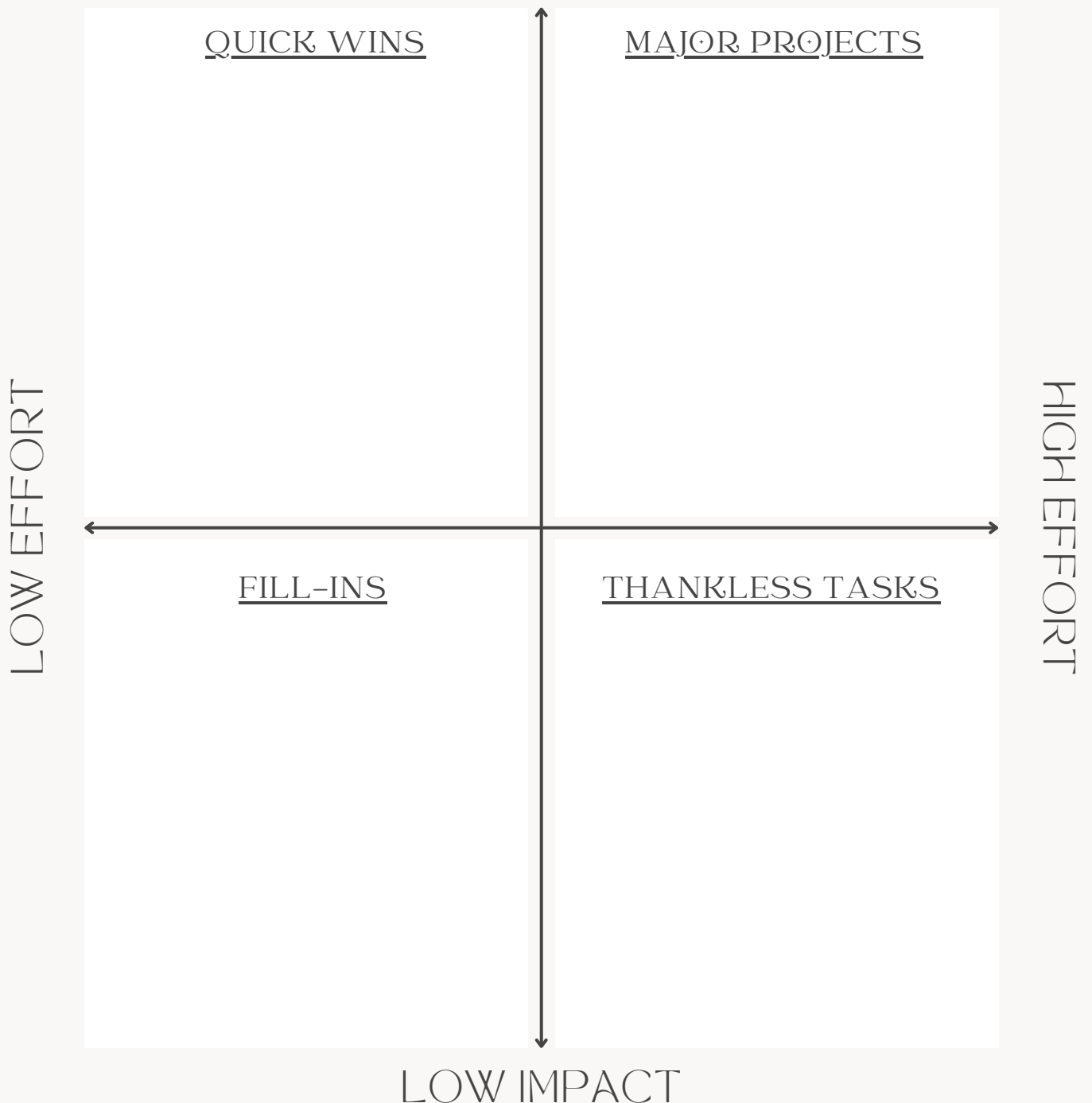


ACTION PRIORITY

MATRIX

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.

HIGH IMPACT



SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



UNDERSTANDING

GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



ACTION

BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING



GET IN TOUCH WITH ME.



REACH OUT TO ME ANY TIME FOR MORE INFORMATION ABOUT MY COURSES, OR COACHING PROGRAMS.

WEBSITE WWW.WELLBEINGWINNIE.CO.UK

EMAIL INFO@WELLBEINGWINNIE.CO.UK

SOCIAL @WELLBEINGWINNIE

Anna xoxo

