

GUIDE WORKBOOK

FINDING OUT WHAT
YOU TRULY WANT



A GIFT FROM ME TO YOU ♡

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Welcome!

Why it's so important to know what you want!

Knowing what you want is crucial in creating a life you enjoy living. Life becomes difficult if you don't know what you want or do know what you want but don't live up to it; we run in circles and seemingly never arrive at the destination where things work out.

To know what you truly want, you must ask yourself what you don't want anymore. What habits, mindset, people, and thoughts are you entertaining that keep you stuck?

When we know what we don't like, we have clarity over what needs to change. With that awareness, we can create positive changes by letting go of old thought patterns and behaviors. Letting go of the old ways creates space to invite new habits, new people, and new situations that we actually enjoy.

Questioning our ways of being, behaviors, and thought forms helps change our perspectives and approach to life entirely.

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CHAPTER 2: SELF REFLECTION

WHAT AM I DOING RIGHT NOW THAT DOESN'T MAKE ME HAPPY?

WHY AM I DOING IT?
WHAT MAKES ME THINK THAT I HAVE TO DO IT?

HOW WOULD I FEEL IF I DIDN'T NEED TO DO WHAT I THOUGHT I NEEDED TO DO?



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CHAPTER 3: AWARENESS

WHAT DON'T I LIKE ABOUT MY LIFE? WHAT NEEDS TO CHANGE? FOR EXAMPLE: BAD HABITS, PLAYING SMALL, NOT SPEAKING UP, ETC.

HOW CAN I CHANGE AND LET GO OF WHAT I NO LONGER WANT IN MY LIFE?

WHAT WOULD I REPLACE IT WITH OR DO INSTEAD?
FOR EXAMPLE: MORE TIME FOR MYSELF, NEW HOBBIES, NEW HABITS, JOURNALING, ETC.



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CHAPTER 4: MY VISION FOR MYSELF

WHERE DO I SEE MYSELF IN THE NEXT FEW WEEKS? WHAT NEW ME IS RISING?

WHERE DO I SEE MYSELF IN ONE YEAR?
WHAT ENERGY DO I HAVE, WHAT AM I DOING, WHO AM I?





You go, Girl!

A quick reminder:

We sometimes think that it's people that hold us back, that it's people that drain our energy and try to hold us back, and while it is true to some extent, you forget that you are always the one in control. Others might try to get to you, drain your energy or take too much from you, but in the end, it is always up to you whether you allow it or not. It takes courage to stand up for yourself, change the narrative you've been telling yourself and become responsible enough to become the leader of your own life.

You are unstoppable. Nothing can ever hold you back!

If you need a personal motivator that helps you gain clarity on these topics and help you pave a clear path to where you want to go, you can always find me on my website.

www.elena-feliciano.com

Empowerment Coachings and Yoga Classes

The world awaits your unique gifts and personality.

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