



Total Health by Elizabeth



The
Intentionally
You
Project

Week 1
Workbook

Welcome to the Intentionally YOU Project!

CONGRATS on your commitment to an incredible 4 weeks ahead of you. The Intentionally YOU Project is sure to shift your mindset, your perspective, your viewpoints, and your experience of your body in a way you've never before thought possible I'm so excited for the journey ahead of you, and can't wait to hear your incredible stories of how much this course has changed your life!

As you'll very soon notice, this course comes with homework. AGH, yes I know. You didn't ask for homework did you? Well... homework is an ESSENTIAL part of getting results in this course. Those who BOTH watch the recordings of the modules AND complete each week's homework get the best results. As you learn more and more about the subconscious mind and how it works over the next couple of weeks, you'll learn that what you put down on paper in your own handwriting is THE most effective way to rewire your subconscious. It's the most effective way to release what's holding you back and manifest your desires in the quickest way possible.

My suggestion is to print out this workbook every single week right before you start that week's module and complete it within the next 24-48 hours after you've watched the module while the information is fresh in your mind. If you don't have access to printer, no worries! Use a journal that inspires you to write down your answers in. No excuses :) Also, should you have any questions throughout the week, please post in the Facebook group so that another member of IYP can consult you and help you find the answer. USE the Facebook group as it's going to become your own personal mastermind of other high energy folks committed to transforming their life too. All of you are a giant wealth of knowledge here to help each other grow.

Don't forget you will be able to utilize a Q&A session with me as well on a weekly basis!

Week One:

How Our Reality Is Designed & The Start of Designing the Body and Life that You Feel Amazing in:

- You have watched Module One of the Intentionally YOU Project to completion.
- You have turned off all distractions and put your phone on "Airplane" mode.
- You have a quiet, soothing, and peaceful environment to focus in for the next 1-2 hours (if you don't you can split the homework into "parts" and work 30 focused minutes at a time).
- You started listening to the hypnosis on a nightly basis.



PART ONE: Get to Know Your Motives

1. WHY are you here? What inspired you to commit to the next 4 weeks of IYP?

PART ONE: Get to Know Your Motives

2) What are you after? What FEELING do you desire to CREATE for Yourself? Your Body? Your Life?

PART ONE: Get to Know Your Motives

3) What are you sick & tired of? What will you no longer tolerate?

PART ONE: Get to Know Your Motives

4) What are you most excited to learn?

PART ONE: Get to Know Your Motives

5) Why is NOW the perfect time to learn this?

PART TWO: Getting Clear on Your Desires

1) A magic genie appears in front of you and grants you unlimited wishes...

What would you ask for?

PART TWO: Getting Clear on Your Desires

2) What would you do if you knew without a shadow of a doubt you absolutely could not fail?

PART TWO: Getting Clear on Your Desires

3) Feeling stuck? Reflect on what you don't want below:

PART TWO: Getting Clear on Your Desires

4) Based on what you don't want, how can you reframe your answer in #3 to create an even clearer list of what you do want?

PART THREE: Getting Even Clearer

1) What do you want to experience on a daily basis?

PART THREE: Getting Even Clearer

2) How do you want to feel?

PART THREE: Getting Even Clearer

3) Who do you want to surround yourself with?

PART THREE: Getting Even Clearer

4) If there was a perfect version of you out there in an alternate reality, what would her life be like?

PART THREE: Getting Even Clearer

In the two columns below, define what you're energetically available for, and what you're not energetically available for. Think of this as your personal yes/no list for what you will tolerate in your dream reality.

YES

NO

PART FOUR: What Do You Want to Create?

What Is Your Vision?

In each key area of your life below, brainstorm a vision for what you want each part of your life to look like. Again, we are focusing on our dream realities where there are zero limitations, and anything is possible. It's ok to repeat what you had in parts 3&4 here. We are just practicing getting even clearer.

Health & Wellness

PART FOUR: What Do You Want to Create?

What Is Your Vision?

In each key area of your life below, brainstorm a vision for what you want each part of your life to look like. Again, we are focusing on our dream realities where there are zero limitations, and anything is possible. It's ok to repeat what you had in parts 3&4 here. We are just practicing getting even clearer.

Fitness, Nutrition, and Sleep

PART FOUR: What Do You Want to Create?

What Is Your Vision?

In each key area of your life below, brainstorm a vision for what you want each part of your life to look like. Again, we are focusing on our dream realities where there are zero limitations, and anything is possible. It's ok to repeat what you had in parts 3&4 here. We are just practicing getting even clearer.

Relationships: Family, Friends, & Self

PART FOUR: What Do You Want to Create?

What Is Your Vision?

In each key area of your life below, brainstorm a vision for what you want each part of your life to look like. Again, we are focusing on our dream realities where there are zero limitations, and anything is possible. It's ok to repeat what you had in parts 3&4 here. We are just practicing getting even clearer.

Spirituality & Faith

PART FOUR: What Do You Want to Create?

What Is Your Vision?

In each key area of your life below, brainstorm a vision for what you want each part of your life to look like. Again, we are focusing on our dream realities where there are zero limitations, and anything is possible. It's ok to repeat what you had in parts 3&4 here. We are just practicing getting even clearer.

Personal Development, Mindset, & Stress Management

PART FIVE: Getting Into Alignment

1) In your desired reality, what are the feelings you're experiencing on a daily basis?

(use example from the slides if necessary)

PART FIVE: Getting Into Alignment

2) What are some of the beliefs you must have to cultivate this reality?

(use example from the slides if necessary)

PART FIVE: Getting Into Alignment

3) What are some creative ways to tap into these feelings on a daily basis?

(use example from the slides if necessary)

PART FIVE: Getting Into Alignment

*Fill in your I AM's below. Remember, you want to ask yourself this question:
“What kind of person must I be to create the perfect relationship with my
body?”*

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

NOTES:

NOTES: