

*What the hell*

AM I SUPPOSED  
TO DO WITH

*my life?!*

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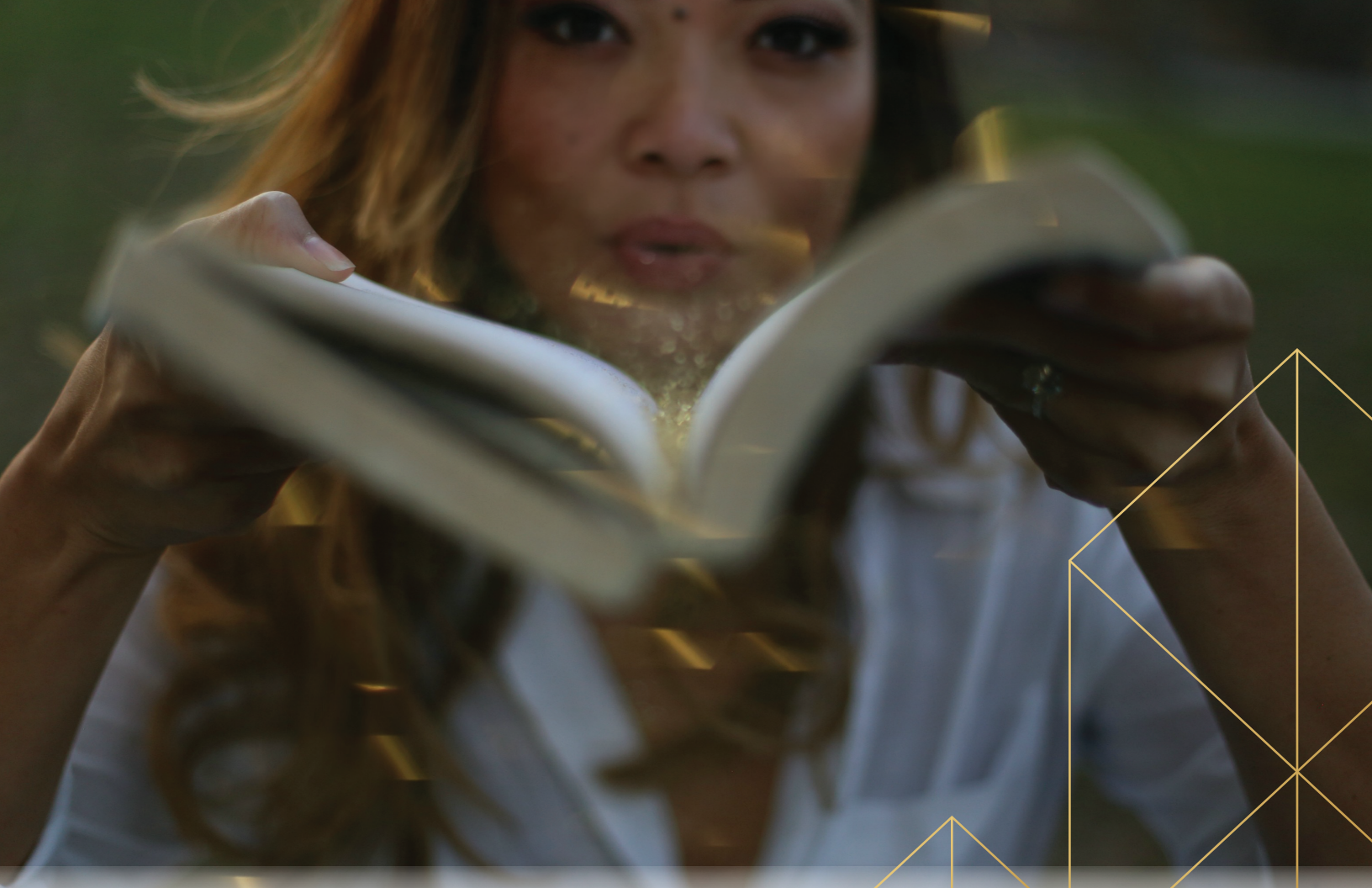
THE ACCOMPANYING

*workbook*



  
*krystal*  
CHONG





*Follow your bliss and the universe  
will open doors for you where there were only walls.*

JOSEPH CAMPBELL





# Welcome

## BEFORE YOU START...

Hello, you gorgeous magical creature, you!

I'm so, so, SO happy that you are finally here! The universe is aligning for you and this is the first step! I'm so excited for the change you're about to make in your life, and for all the wonderful things you're about to bring into it. You should be very proud of yourself for having the guts to step up to this—it's not something many people can do. You're strong, and smart and ON IT! You go on with your bad self!

Alrighty! Kisses and hugs and loads of jumping up and down and squealing with excitement, and let's get ready to rumble!

This workbook is a guide designed to help you challenge yourself to get clear on the important stuff. It is also designed to help you start taking action and start moving in the right direction. It is intended to be a companion to the book, *What The Hell Am I Supposed To Do With My Life?!* It will be most useful if you're doing at the same time as you're reading the book.



### SOME GENERAL GUIDELINES:

Each chapter will have a reflective section followed by probing questions to get deeper. Some questions may apply to you, and some may not, but try and complete as many as possible, even when it feels uncomfortable. Especially when it feels uncomfortable. Remember, progress lies outside of your comfort zone. You have to push through that initial resistance to break free from wherever it is that you are, that you don't want to be, in order to get where you truly want to go.

I suggest a few things to get the most out of this exercise:

1. Choose a friend you can confide in, and who understands you best. Ask them to be your accountability partner and to lend an ear when you need someone to talk through certain parts, when you're feeling stuck, or would just like some external feedback.



2. Do these exercises when you have some uninterrupted time alone and when you can fully focus.
3. Do them when you're not in a rush and when you don't have things on your mind. Set aside some time as a gift to yourself to invest in yourself. When you're in that time, give yourself permission to let go of your other worries just for this short period.
4. Set aside time that works with your unique schedule. Some people have undisturbed free time an hour each night before bed. Some can better carve time out during the day. Some people can only do more intense and longer sessions on weekends.
5. Set aside your time, put it in your calendar, and invite your accountability partner to check on you weekly to make sure you're sticking to your schedule. Sometimes we are better at getting things done when we feel we owe it to someone else, and not just ourselves.
6. Whenever you sit down to do the work within this workbook, do something that helps get your mind and your emotions centered before hand. This could be a meditation (I have a powerful one in my online shop here: [www.krystalchong.com/shop](http://www.krystalchong.com/shop) or you can find some on YouTube). It could be taking a walk, or getting a good workout in. It could be taking a relaxing bath or saying a prayer. Whatever works for you.
7. I strongly suggest buying a journal for this exercise so you can keep all your thoughts together, and you can go back and look at them and make changes in the future once progress starts happening. Physically writing in a journal (versus on a computer) is a therapeutic exercise; the act of writing also helps to connect with your inner wisdom, and will allow you to get deeper within the answers that are within yourself.
8. Choose a notebook that you feel connected to, and a pen or pencil you enjoy writing with—it will carry a positive energy—and maybe also have your favorite cup of tea while you work. Surrounding yourself with things you feel good about will put you in a good place energetically to do the work.
9. Remember there is no judgement. Being honest, as hard or as frightening as it may seem, is the most powerful and transformative thing you can do for yourself at this point in time. No one will ever have to see what you write, but if you're honest and you give it your all, you will have the peace of knowing that you gave it your best.
10. Get excited about the powerful change you're embarking on! And be proud of yourself for taking this very, very brave step!



## FIRST THINGS FIRST...

# Set your intention

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What you focus on, you empower.

I know, without a doubt, that you are reading this book for a very important, life-changing reason. Maybe it's about what you want in your life, or maybe it's about what is in your life right now that you do not want. Both of which are powerful and informative—they are what has brought you here, ready to make a change to start the life you really deserve and are meant for.

But let's make a conscious shift in thinking. A shift throughout the process of doing this workbook, and in our lives in general, **to focus on what we want to have**, instead of what we don't have. When you focus on what you don't have, or what you're unhappy about, you attract more of that into your life. When you focus on what you want, you empower yourself, and the universe empowers you to move towards making that a reality. I acknowledge this may sound a little "hippie trippy," but I have experienced it so powerfully in my own life, and witnessed it in the lives of hundreds of others. In Jamaican, "Di ting ah fi real!" (It's for real!).

What you want is unique, and each person will get something different out of this book, depending on what they want. If what you want is unclear, you might enjoy the book, but it won't be as useful for bringing what you really want into your life. You must be clear about what you're desiring in this moment in order to get the most out of this—even if your intention is simply to find out what you want!

So right now, in this very important moment, as you begin the journey of reading this book, I'd like you to shift your focus to what you DO want, so that we can empower the universe to answer that call. Here, we're going to set your intention for reading this book.





**What are you deeply craving more of in your life?**



**Why are you reading this book?**



**What are you hoping will happen as a result of reading this book?**



**Based on these three responses, write one clear sentence, to set your intention for reading this book.**

*Some examples of intentions may be:*

*"I want to figure out what work will make me feel fulfilled."*

*"I want to figure out how to feel more happy every day."*

*"I want to find myself, the person I really am."*

*"I want to find lasting love."*

# INTRODUCTION

## introduction reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, whats the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



# INTRODUCTION

## *journaling questions*

Hello, love! Let's dig in. Shall we?

Q

Why do you think you're unhappy where you are right now?

Q

What do you think you would like to see more of in your life?

Q

What has been holding you back from it?

Q

What can you do about this NOW?

**ACTION STEP:** \_\_\_\_\_

**TIMELINE:** \_\_\_\_\_

**REPORT:** \_\_\_\_\_

## INTRODUCTION

# journaling questions

**Q** It is human nature to blame other people/things when we are disappointed about something. We all do it, myself included, so there is absolutely no judgement here. But my intention with this workbook is to empower you to take control of creating the life you know you're meant for. And blaming situations we have no control over renders us helpless, which forces us to stay in the same unhappy situation we are presently in.

Can you journal about the following:

Do you blame any external situations for your lack of happiness or satisfaction? If so, who/what do you blame and why?

How is blaming these circumstances/people holding you back?

Write about why you have a right to feel the way you do. Acknowledge that, truly, that you have a right to feel this way.



**Write about why this isn't helpful to you from your own perspective.**

**Write about what you can do to take more control of your life in this situation.**

**And then write a loving goodbye note to whatever you're blaming. Put it behind you! And then get excited to move forward with you alone in control of what happens in your life.**



# CHAPTER 1: THE BEGINNING OF THE BEGINNING

## chapter 1 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 1: THE BEGINNING OF THE BEGINNING

# *journaling questions*

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**Q** What will your life look like 20 years from now if you stay on the same path you're currently on?

**Q** How does that make you feel?

**Q** At that age, 20 years in the future, looking back at this moment right now ... What will you wish you had done differently right now?

**Q** What does this make you realize?



Q

What action does this mean you need to take?

Q

How old will you be in 20 years? Based on that, when do you need to start taking that action?

Q

What's the worst thing that could happen if you took a chance to pursue whatever is calling you?

Q

What's the best thing that could happen if you took a chance to pursue whatever is calling you?

Q

What is your own analysis ... your own takeaway lesson from this exercise?



Now that you've done these exercises, what immediate action steps can you take?

**ACTION STEP:** \_\_\_\_\_

**TIMELINE:** \_\_\_\_\_

**REPORT:** \_\_\_\_\_



## CHAPTER 2: CLEAR THE NEGATIVE AIR

# chapter 2 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 2: CLEAR THE NEGATIVE AIR

# journaling questions

Q

Which of the four dramas—Victim Drama, Aggressor Drama, Intimidator Drama, Aloof Drama—outlined in this chapter do you engage in?

Q

Give an example of the last time you engaged in one:

Q

Do you remember feeling energized during the situation? And then feeling bad after? Journal a bit about the situation, taking note of how you felt before, during, and afterwards.

Q

Over the next few weeks, watch your energy field when you engage in any of these dramas. When you do, come back to this journal entry and write about it here. The more you notice about yourself, the more aware you become. The more aware you are, the more you take back the power from your ego.



## CREATE A NEGATIVITY DETOX PLAN

- Consider the examples in the chapter. Then write down four negative influences in your life (internal and/or external—whichever ones you realize are very frequent or potent in your life).
- Journal about how each of them hold you back from what you want/ deserve in life.
- Write your plan for how you're going to eliminate each of them from your life.
- Create an action plan for each one below, with timelines. Put the easiest ones first, and the harder ones last.
- Go ahead and clear the negative air, my love!

Negative Influence	How does it hold you back from what you want/deserve in life?	Elimination Plan	Action Plan	Timeline

Negative Influence	How does it hold you back from what you want/deserve in life?	Elimination Plan	Action Plan	Timeline

CHAPTER 3: GET COMFORTABLE OUTSIDE YOUR COMFORT ZONE

chapter 3 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, whats the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

## CHAPTER 3: GET COMFORTABLE OUTSIDE YOUR COMFORT ZONE

# journaling questions

**Q** What's the worst that could happen if you stayed in your comfort zone forever?

**Q** On a scale of 1-10, how scary is that?

**Q** Would you be able to recover afterwards? If so, how? If not, why not?

**Q** What's the worst that could happen if you came out of your comfort zone and did what you really want to do?





On a scale from 1-10, how scary is that?



Would you be able to recover from this afterwards? If so, how? If not, why not?



What have you learned from doing this exercise?

## OUT OF YOUR COMFORT ZONE PERSONAL TRAINING PLAN

Let's develop your own Out of Your Comfort Zone personal training plan!

- ❖ List 2 easy things you would like to do but haven't. (Examples: Try a painting class; tell someone something you admire about them; speak to someone you're nervous about speaking to; ask someone for a favor, etc).

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- ❖ List 2 things you've always wanted to do that are very important to you, but that you have shied away from doing. (Example: Travel alone for 5 days in a foreign country; go on a yoga retreat by myself; pitch a business opportunity to a colleague, etc).

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- In a table like the one below, list them in order of easiest to hardest, or least scary to most scary.
- Create an action step for making each one happen.
- Create a timeline for doing them.
- Report on them when they're done and what you learned.

**Example in table below:**

OOCZ Activity	Action Step towards it	Timeline	Report
Take a painting class	Book a painting class with a friend	Before the end of the week (date).	I did the painting class, and I realized I need to do more leisurely activity that stimulates my creativity. Next time I would like to try it without a friend to see if I can tap into more of my creativity when I'm on my own.
Open up about something you're vulnerable about.	Choose a friend I trust, and invite them to lunch where I will discuss it.	Invite them to lunch before this Wednesday (date).	I realized that the more I'm open about things I'm ashamed of, the more I accept them, and the more others can help me with things I need help with.
Italy for 5 days	Book the ticket.	Before the end of next month (date).	

OOCZ Activity	Action Step towards it	Timeline	Report
Yoga retreat	Find and book the retreat I'd like to go on.	In the next 4 months (date).	I was waiting for the perfect yoga retreat to go on, which is why I hadn't decided, but when I had a time constraint, and I had to book it and I went, I realized sometimes I need to stop waiting for perfection in order to make something happen, and I realized how much I learn and grow from forcing myself to do things and how much they aren't as scary as I thought they were.



# chapter 4 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



# journaling questions

**Q** What questions do you have in your mind that you would like answered? What decisions are you confused about?

**Q** What questions haunt you? Questions you may be afraid to face? Questions you choose to avoid or try not to think about, but they stay with you and don't go away?

**Q** Remember my 'drown out the noise strategy' from this chapter? What's yours? How will you "drown out the noise" so that you can listen to your intuition? Feel free to take things from my own too and add into yours!

**Q** When in the next 7 days can you find a few hours to give to this exercise? The sooner the better.

- Schedule this time. Don't let anything make you put it off.
- Start with your "drown out the noise" activities.
- Find a space that calms you and stimulates creativity (usually outdoors).
- Then just journal about the question. Whatever comes to your mind. Even when you feel you're done writing, give yourself the entire allotted time to think on the question or push yourself to journal some more on the topic, or even to just be still in that moment before moving on to the next thing. Sometimes we just need to force ourselves to be present and push through, instead of giving up, in order to tap into the wisdom of our intuition that lays under the surface.

If you'd like some further journal prompts after your own open journaling, you could use the following:

- Journal what your life would look like if you lived it to please other people.
- How would you feel on your deathbed at the end of a life that looks like this?
- Journal what you would do if you were to just live life for yourself and no one would judge you. What would you do?
- How would you feel on your deathbed at the end of a life that looks like this?
- What did you learn about yourself from this exercise?
- Write out your Action Steps and Timeline for this exercise, and leave space for a report.



## CHAPTER 5: THE MENTOR MANUAL

# chapter 5 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 5: THE MENTOR MANUAL

# *journaling questions*

---

Q

What types of things do you need a mentor for?

Q

What has held you back from finding that mentor?

Q

Describe your ideal mentor:

Q

What does your life look like with that person in it?

Be careful not to put too much weight on a mentor. This is the easiest way to scare them off. Mentors aren't there to do it with you, or for you; they're just there to give you advice and feedback. Occasionally they may get closer to you and be more involved in your life, but let that be an unexpected bonus, and not an expectation.

**Q** Put yourself in this person's shoes. They are very busy and have limited time already. If they are going to give of their time to someone, they want it to be the right person. Putting yourself in the shoes of your ideal mentor, how would you describe your ideal mentee?

**Q** Which of these characteristics do you have? And which do you need to improve on?

Now let's create a MENTOR PLAN.

As I explained in the Chapter, mentors come in various forms. Let's target the various forms, and hopefully we will find a good fit with 1 or 2. Let the table below be your guide:

Mentor	Details	Action/Timeline	Report
Mentor Target 1	From the exercise above, single out someone here who is accessible in your daily life.	Set a timeline to contact that person. Plan what you'd like to say or the questions you'd like to ask them.	After the action, report what you learned and any takeaways for the future.

Mentor	Details	Action/Timeline	Report
Mentor Target 2	From the exercise above, single out someone here who is accessible in your daily life.	Set a timeline to contact that person. Plan what you'd like to say or the questions you'd like to ask them.	After the action, report what you learned and any takeaways for the future.
Media Mentor 1	From the exercise above, single out someone here in the media. Research may be required, unless you have someone in mind.	Set a timeline to find this person. You can simply follow them for ongoing updates, or see if they have any educational products that may help.	After the action, report what you learned and any takeaways for the future.
Unplanned Universe Mentor	Just leave this as a mental open space. Be open to meeting someone you didn't plan for or strategize. Put yourself in situations you may not normally be in. Be open to talking with new people, and be active with people you connect with.	Set a timeline and an action plan for being more open and creating more opportunities, for example, joining a new group or going somewhere on your own and talking to strangers.	After the action, report what you learned and any takeaways for the future.
Paid Mentor	This is someone who is an expert in their field, like a life coach, a therapist, a spiritual advisor, etc.	Set a timeline for having your first session with this person.	After the action, report what you learned and any takeaways for the future.

## CHAPTER 6: JUST START WITH THE STARTER STEP

# chapter 6 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 6: JUST START WITH THE STARTER STEP

# journaling questions

**Q** Write down a time when you can be undisturbed for 2-3 hours in the next 7 days that you can commit to doing an important exercise:

**Q** Write down what your own “drown out the noise” strategy is from Chapter 4. You will be doing this on the day. Plan to come prepared with a notebook you like to journal in.

Now let's decide on your “next right step.”

On the day, follow these instructions step by step: We're going to do the 'calling clues' and 'anti-calling clues' exercise. Feel free to use the table below as a guide for format.

- Journal a list of your “Calling Clues” as described in the chapter.
- Journal a list of your “Anti Calling Clues” as described in the chapter.
- Note what patterns or trends you see. Feel free to refer to my example in the chapter about drawing conclusions on the patterns.
- Based on this information, write down as many potential opportunities for yourself as you can that fit within the calling clues, and limit the anti calling clues as much as possible.
- If you're stuck, or if you just want to go a little deeper, feel free to go through this exercise with a friend.



- I strongly recommend brainstorming the “potential opportunities” section with a friend or two. It will be helpful to share your calling clues and anti calling clues with them first.
- Now with these potential opportunities in mind, consider your existing responsibilities and your comfort level for new things, and pick which four opportunities best compliment this.
- From these, pick the two that excite you the most.
- Now pick ONE to move forward with. The one that is calling you the most. The one you feel most drawn to.
- Create an action step to get started. For instance, if you want to start your own line of baked goods, an action step would be to approach 4 stores this week, ask them if they will sell your products, and give them samples.
- Set a start and complete date, and report back. You can use the table below if this helps.

### **Calling Clues**

- 1.
- 2.
- 3.
- 4.
- 5.

### **Anti Calling Clues**

- 1.
- 2.
- 3.
- 4.
- 5.

### **Patterns Noticed**

- 1.
- 2.
- 3.
- 4.
- 5.

**Potential Opportunities which involve as many of your calling clues as possible and limit the number of your anti calling clues.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**Additional Input from a friend (Calling clues, Anti Calling Clues, Patterns, and most importantly OPPORTUNITIES with these in mind).**

- 1.
- 2.
- 3.

**Consider your existing responsibilities and comfort level and narrow down your potential opportunity list to 4.**

- 1.
- 2.
- 3.
- 4.

**Pick the two that excite you the most:**

- 1.
- 2.

**Choose the ONE that is calling you most strongly. Trust your intuition.**

**And your NEXT RIGHT STEP IS:**

- 1.

**Action Step to get started:**

**Action Step start and completion deadline:**



# CHAPTER 7: MONEY, MONEY, MONEY

## chapter 7 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 7: MONEY, MONEY, MONEY

# journaling questions

**Q** Come up with an estimated dollar amount for what your “Next Right Step” will cost.

**Q** Financially, are you able to take this Next Right Step?

**Q** If yes, what action can you take right now to force yourself to step up the commitment? (Example book a ticket, schedule a class, make a public announcement).

**Q** If no, what can you do to get around this? You will need to be resourceful. For instance, get a part-time job, spend less on something else to make room for this, save for 3 months, etc.



If there is no way you can get around it, is there a way to change the action step into one you can start now? For instance, if you wanted to take a photography class, but can't afford it, maybe you can intern with a photographer you admire for free.



Or if you can't get around it, are there other action steps from the previous exercise you are financially able to start on right now? List your action plan here for your financially do-able Next Right Step:



Pick 3 of the 12 takeaways listed in this chapter, that you found most helpful. Journal about how you can use them in your specific situation:

1.

2.

3.



What's your backup plan? Remember my backup plan was a safety net for myself, so when I jumped, I could really jump. What's yours? How much time or room are you gonna give yourself before you start to worry if it's working or not? What's your safety net to fall back on?

## CHAPTER 8: FREE YOURSELF FROM YOURSELF

# chapter 8 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 8: FREE YOURSELF FROM YOURSELF

# journaling questions

Q

What major insecurity are you struggling with right now?

Q

How is this insecurity challenging you at this period in your life?

Q

How can you shift your perspective to a healthy one about why this is happening to you? For instance, maybe you're feeling insecure about your future, you feel unsure of whether you will ever do any work you feel good about and make money doing it. A positive perspective for this would be that everyone who has ever done anything great had to feel this way before they achieved success. This is just a part of the process, everyone faces it, and it means you're on the right path.





One way to deal with insecurities is to talk about them openly. If you embrace them publicly, then in no time, you will be able to make jokes about them. Once you can acknowledge them and laugh at them, they lose their power over you. List 3 people you can begin talking about your insecurities openly with this week:

1.

2.

3.



As a way to keep using the positive perspective, described above to transmute the insecurity, let's develop a mantra for what you can say when you feel the insecurity becoming overpowering. For instance, in the example listed above, I might say, "If it were easy, everyone would do it."

Feel free to repeat this exercise for one or two other insecurities you may be battling with.



## CHAPTER 9: BUILD A MOTIVATION MOMENTUM

# chapter 9 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 9: BUILD A MOTIVATION MOMENTUM

# journaling questions

From the information in this chapter, let's create your custom routine of motivation momentum!

**Q** List three things that make you feel super motivated after engaging them. If you're stuck, feel free to pull from examples in the chapter, or ask friends what works from them.

1.

2.

3.

- Schedule them into whatever reminder system you use most often. Scheduling things helps ensure that you remember and prioritize getting them done.
- When you do them, write about how you feel before and after you do them. This helps to truly see which ones have the best effect on you. It also helps to reinforce a positive association with them, which makes it more likely you'll keep doing them.
- Every month add one new activity so you keep improving on your routine.

# CHAPTER 10: POWER THROUGH, MY LOVE

## chapter 10 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 10: POWER THROUGH, MY LOVE

# *journaling questions*

Q

What is it that you're facing now that's extraordinarily difficult?

Q

What will nourish you and your journey more—abandoning it or staying in it? How will it do this?

Q

If abandoning it will nourish you more, and you are able to do this, what is the most peaceful way of doing this?

Q

If staying in it will nourish you more, how long is ideal for you to do this? You can use a time frame or a milestone. And how can you use the situation daily to advance your own personal development?



If you're not able to abandon it right now, when will you be able to? What do you need to do to make that happen? And until then, how can you use the situation to make you a better person and to make you better equipped for the next stage of your journey?



If you have to stay in it, how can you amp up your routine of motivation momentum?



What else is positive about the situation that you can use as a daily dose of healthy perspective? Try to list 3 things. Remind yourself of them when it gets difficult, or leave them on a cute reminder note somewhere for you to see each morning.

1.

2.

3.



Journaling throughout the process will help immensely. It will both allow you to release that negative energy from your body and also help give you some constructive perspective. Can you commit to journaling about the situation? If so, how often can you commit to journaling about the situation?

*Happy journaling, my soul friend.  
And don't worry, everything will be ok.*

## CHAPTER 11: NEVER STOP LOOKING WITHIN

# chapter 11 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 11: NEVER STOP LOOKING WITHIN

# journaling questions

**Q** Write down three things about yourself which you always complain about, or which you're hard on yourself for:

**Q** Can you see how complaining about these things, or beating up yourself about them, is not helpful to you? How has it been negatively affecting you?

**Q** Let's refocus to a constructive perspective: What can you be proud of yourself for right now? For instance, I'm proud that I took the initiative to read this book and do this workbook. I'm proud that I have achieved xyz, or helped someone else to achieve xyz, etc. Starting from a place of acceptance is a more empowering place from which to start.



**Q** What qualities about yourself would you like to improve on or become better at, and how can you do this? What is something people tell you all the time that you can work on? For me, people always tell me to relax. Because I hear this so often, I know there must be a lot of truth in it, so this is something I work on.

**Q** List 3 things you love about yourself. Every morning tell yourself one or two of these things as you look in the mirror. Own it. Be proud of it; you earned it.

1.

2.

3.

**Q** Considering the story on “Being Gentle With Yourself,” what can you do to start being more gentle with yourself?

**Q** How has the media had a negative effect on you? And what can you do to prevent this from having power in your life in future?



Try the 'seeing the other person exercise,' and come back and journal here about what you noticed, learned or liked ...



The world's expectations on your life can be weighty. But for just this moment, I want you to forget about that, and write what your own priorities and expectations for your life are. When you're on your deathbed at 100 years old, what will make you satisfied that you lived a full life?



## CHAPTER 12: NEVER STOP LOOKING WITHIN—THE ENCORE

# chapter 12 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 12: NEVER STOP LOOKING WITHIN—THE ENCORE

# journaling questions

**Q** Specifically, what can you do to take more time to recharge yourself? For instance, weekly mani pedi, massage, or hike? Take a daily walk, work out, meditate or journal? Create a schedule with one thing daily and one thing weekly.

**Q** Is there something you need help with, that you've been ashamed or embarrassed to ask for help with? If so, how can you reach out to get the help you need with this?

**Q** Let's create a meditation plan. Which form of meditation did you like from my examples, e.g., instance, food meditation or gratitude meditation? Set up a meditation routine that works for you and commit to it. For instance, I do a daily gratitude meditation the moment I wake up to start the day off right. Or you could do a daily food meditation over lunch. It can literally be 3 minutes long. The idea is to simply start integrating it into your life in small steps.



Remember my OT example? Similarly, do you have a fault about yourself which you which you can't change, but you can make fun of instead? If you're stuck, ask your friends. Give them permission to make jokes with you about this to get you used to accepting it. This will let it weigh on you less. Sometimes when you start to accept something instead of fighting it, that's when the greatest changes come.



List one other fault of yours that bugs you or gets you down. Remember my story about how my curiosity made me annoying to people, but I love it because it deepens my relationship with life; can you do this for your own fault? Consider ways that it benefits your life, or how it might be a side effect of a positive attribute. For instance, for me, OT was a fault of mine, but it exists because I have an analytical mind, and that analytical part of me is what helps me learn from experiences. Knowing this helps me embrace my OT.



## CHAPTER 13: A LOVE-FILLED HEADS UP

# chapter 13 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 13: A LOVE-FILLED HEADS UP

# journaling questions

**Q** Considering my example in the chapter, what's confusing you right now?

1.

2.

3.

**Q** Looking at this list, which of these can be sorted out right now? Write how you can sort them out and when you're going to do this:

1.

2.

3.

**Q** The ones that can't be sorted right now may need time to unfold; can you accept, that like from my story, you may need some time to see how they will unfold? Set your intention for each of these situations. Get clear on what you would like to see happen, or what you would like to find out from them.

1.

2.

3.

**Q** Is there something you want to do but you are afraid to because you fear being judged? Write it here.

**Q** How do you feel about that now after reading this chapter?

**Q** Are there any doubts in your mind holding you back from doing things you would like to?





Based on the section on doubt in this chapter, what perspective can you choose to help you power through this doubt?



Are there any disappointments holding you back?



How can you change your perspective on this to one that is more empowering? How can you put it behind you and move on?



# chapter 14 reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

# journaling questions

Q

Have you encountered anything that feels like a detour so far?

Q

Considering the story on my detour in the chapter, how can your own “detour” be seen as an important part of your journey?

Q

Based on the perspective of emotional highs and lows in the chapter, how can you look more positively, or acceptingly, at your emotional lows?

Q

Considering my examples for curbing emotional lows, and considering your own experiences with this, what can you do as soon as you see them coming on to circumvent them?



**What do you want in your life right now but are avoiding because you're afraid of the challenge?**



**How can you do something differently today, tomorrow, this week, to get yourself to face that challenge, so you can achieve the things you want to?**



## CONCLUSION: YOUR CALLING IS DIVINE

# conclusion reflection

Q

What part of this chapter resonated with you the most?

Q

Why do you think this part is resonating with you so much?

Q

Based on what's happening in your life right now, what's the most important lesson/takeaway you got from this chapter? Be as specific as possible.

Q

What is your specific action strategy? (What can you do more of, or start doing or just do based on what you've learned in this chapter and based on what you personally are struggling with?)

**ACTION STEP:** \_\_\_\_\_

**TIMELINE** (*when you will start and complete this*): \_\_\_\_\_

**REPORT** (*what you realize after it's been completed*): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## CONCLUSION: YOUR CALLING IS DIVINE

# *journaling questions*

---

Q

How do you feel your calling speaking to you?

Q

What can you do to listen to it more carefully?

Q

Have there been signs along the way?

Q

Right now, what are the things you feel intuitively sure of?



**What is the most important thing you realize after reading this book?**



**What is now clear to you about what is happening at this particular moment in your life?**



**What is now clear to you about what you need to DO?**



**What is now clear to you about what you need to STOP doing?**



**What is now clear to you on how to get yourself to do things you need to do but haven't as yet?**



How do you plan to go forth and conquer based on some of the tools in this book or some realizations that you've had along the way?





## CONCLUSION

# *final intention setting*

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You have been insanely courageous to get through this workbook.. You have asked yourself the most important question you will ever ask yourself: “What The Hell Am I Supposed To Do With My Life?” And you have been so, so brave in stepping up to the solutions the universe has brought into your life, two of them being this book and this workbook.

I know it has not been easy. You may have, at times wanted to give up. But that will to push through, is everything you will need to find your own brand of personal success on your own journey. With that sheer determination and willpower, you have proven to me, to the universe, but most importantly yourself, that you have what it takes to be the person you most want to become. And I’m so so happy and excited for you on your journey. I’m dying to see how your story unfolds!

Let’s take a moment now to feel proud of the work you have done here. You have done something most others will never do. You we’re courageous to begin to answer the calling you know deep down inside. Good for you! You’re a total freakin winner!

Ok. Now, calming back down and getting all serious again ... Next, let’s set a new intention. Remember the intention we set at the beginning of the book? Remember that we did it in order to more powerfully manifest our true desires from this workbook? Let’s now do this for our lives going forward. You went on a journey of your own, reading this book and doing this workbook. And you have discovered so very much about yourself and your future, I’m certain. Maybe you have new questions. Maybe you now have clearer dreams. Maybe you have something specific you now want or that you now want to work on. Whatever it is that burns so strongly inside you, that is your intuition telling you what you want. Let’s set an intention for that now.



Ask yourself, after reading this book, what intention you would like to set going forward. And write it here:



Picture yourself there, in that life that you imagine. What does it look like?



How does it make you feel?

Hold that feeling every morning. Let it drive you...



# Last note **BEFORE YOU GO...**

And now we have come to the end of this workbook. But before I go, I would like to leave you with this last love note ...

My sweet friend. You are destined for such great things. I feel goosebumps right now as I'm writing this and thinking of the life that is up ahead for you. You have not found this book, or done this workbook, for some random reason or by some sort of accident. The universe is guiding you, and you, like the superstar that you are, are stepping up to it. And because of that, beautiful things are coming together for you. I know you can feel it, and that you know it deep down inside to be true.

All you need to do now is continue to hold that vision for yourself in your heart, and continue to step up to the things your intuition guides you to.

Enjoy your journey, my love. Bring your gift into the world. Live your wonderful, magical life filled with all the things you can dream of and more.

Lots and lots and lots of love ... and then some more.

*Krystal. x.*

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