

LISACORDUFF.COM/REIGNITE

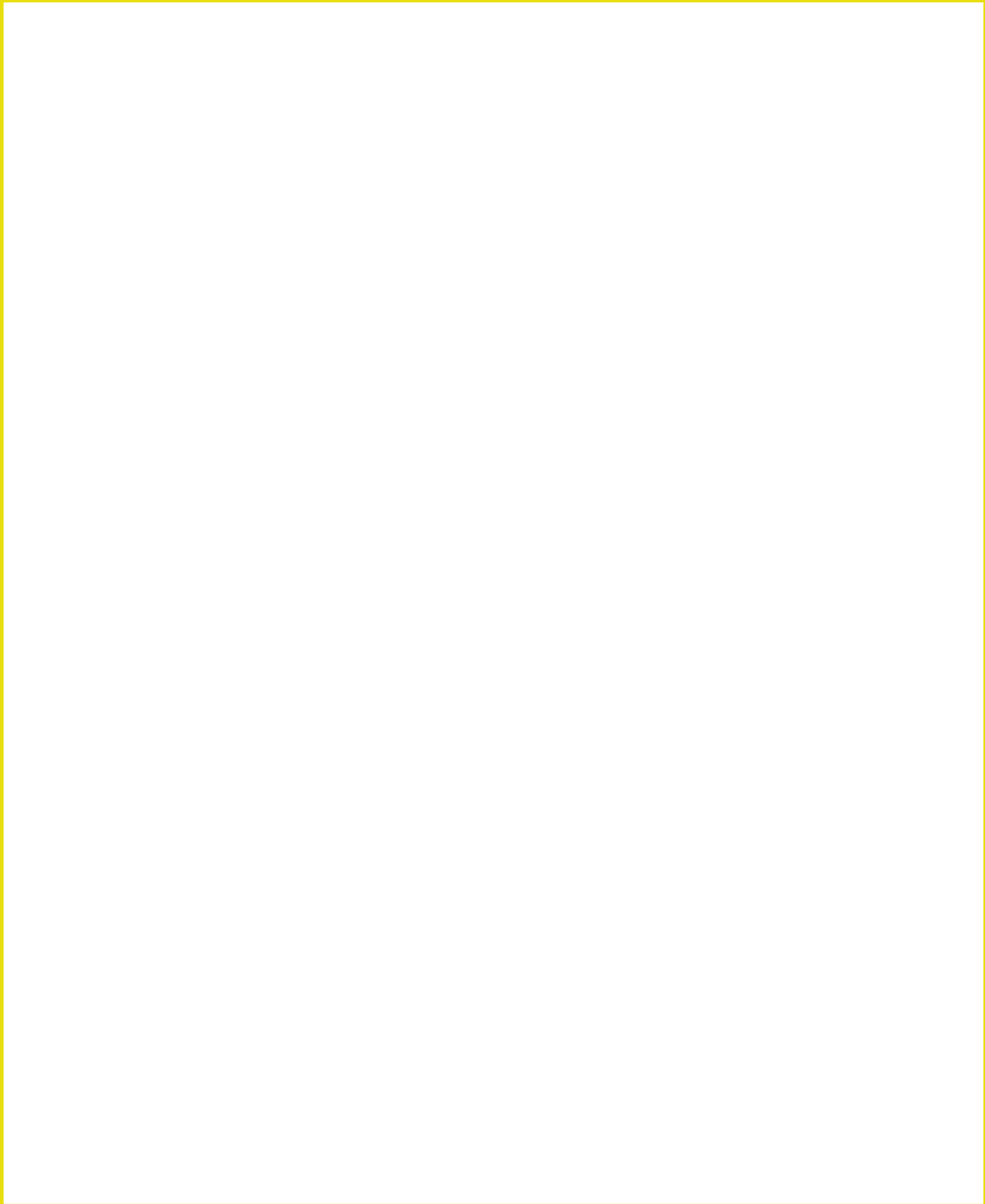
READY TO REIGNITE

WORKBOOK



FIRST VOICE

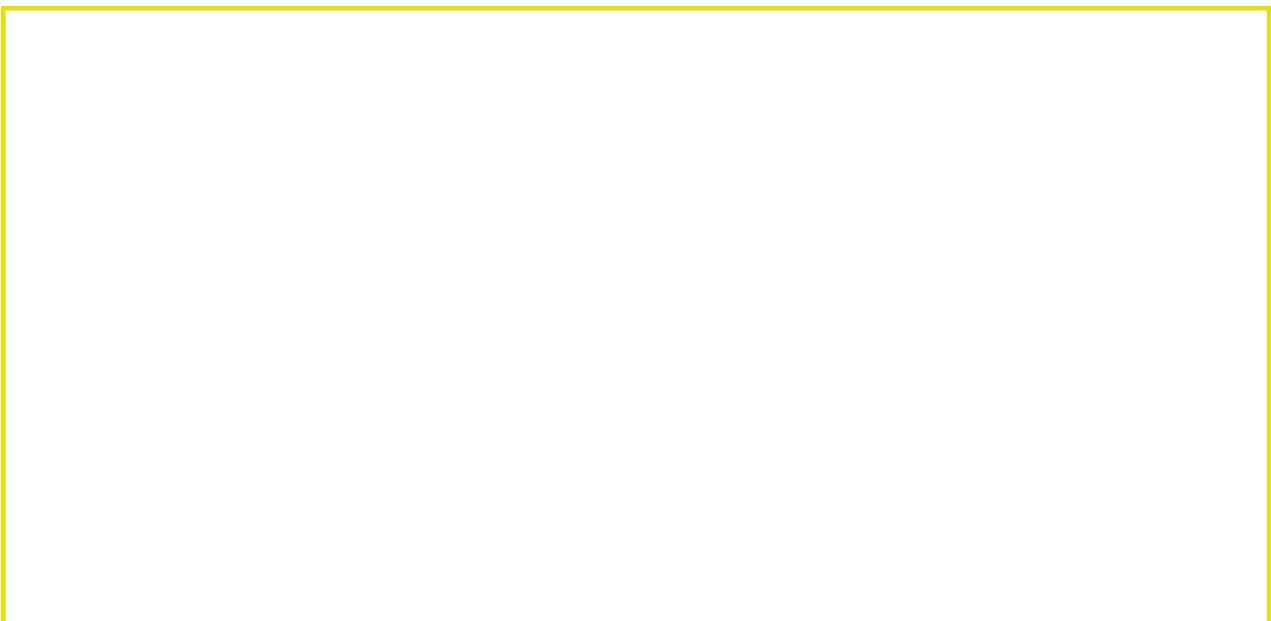
NOTES:



SIMPLE AREAS FOR TO START EXPERIMENTING WITH YOUR FIRST VOICE
EXAMPLES: CLOTHING CHOICES, BREAKFAST CHOICES, MOVEMENT CHOICES.



After a few days of making quick decisions based on your First Voice how do you feel? Is life feeling easier? Has anything bad happened **as a result of** acting on the First voice? How much time have you saved?




Which area of your life do you KNOW something is not right? Where are you gaslighting yourself? In which area of your life are you **not recognising** your own truth?



When you pay attention to this - **what shifts?** What is desperate to be known and validated?

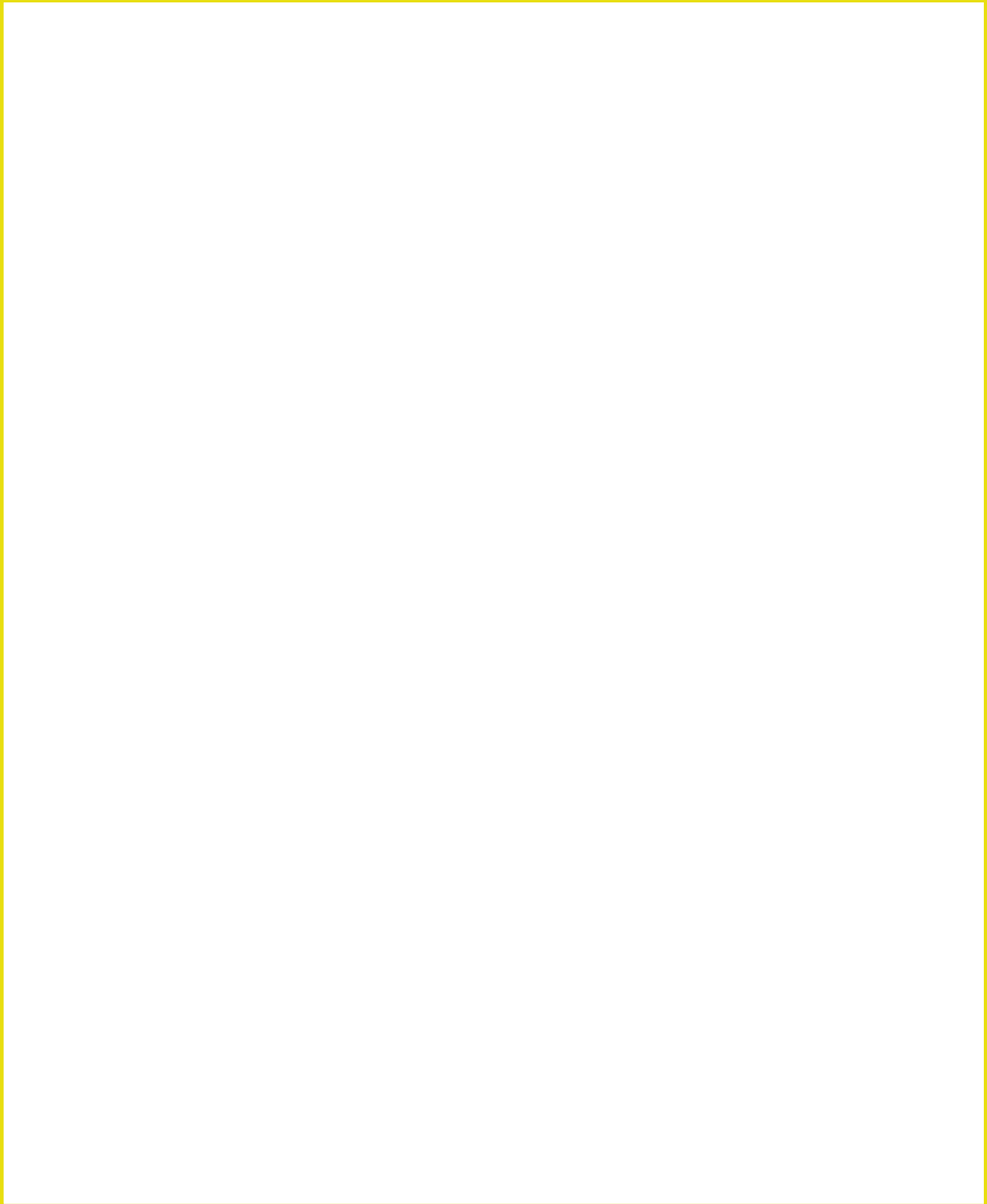


How will your next season feel different if you recognise and honour your First Voice?



SOFT ROAR

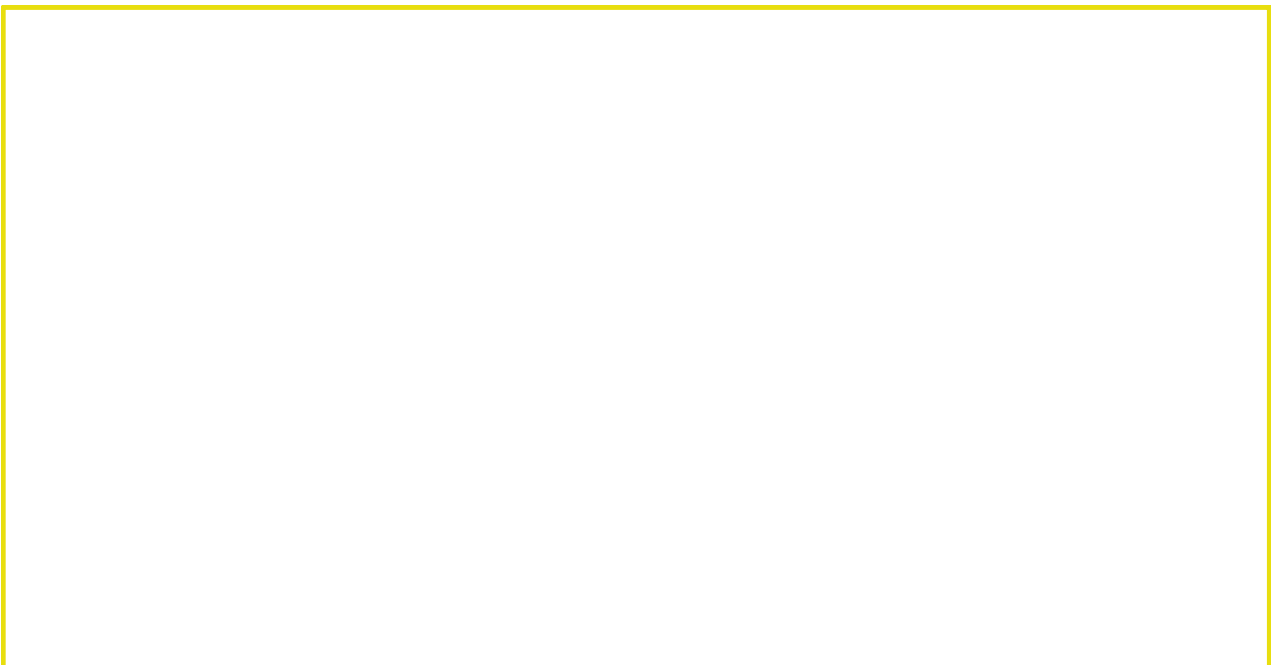
NOTES:



Write your list of 'unsaid's! **Get really honest with yourself** - this is only for you. Use extra paper if you need...



Highlight the 'unsaid' above that you want to focus on. Describe how you can start experimenting with saying the words.



Where else in your life can you start experimenting with a soft roar?



In your new season **your voice MATTERS!** Where are you excusing behaviour that needs to be called out?

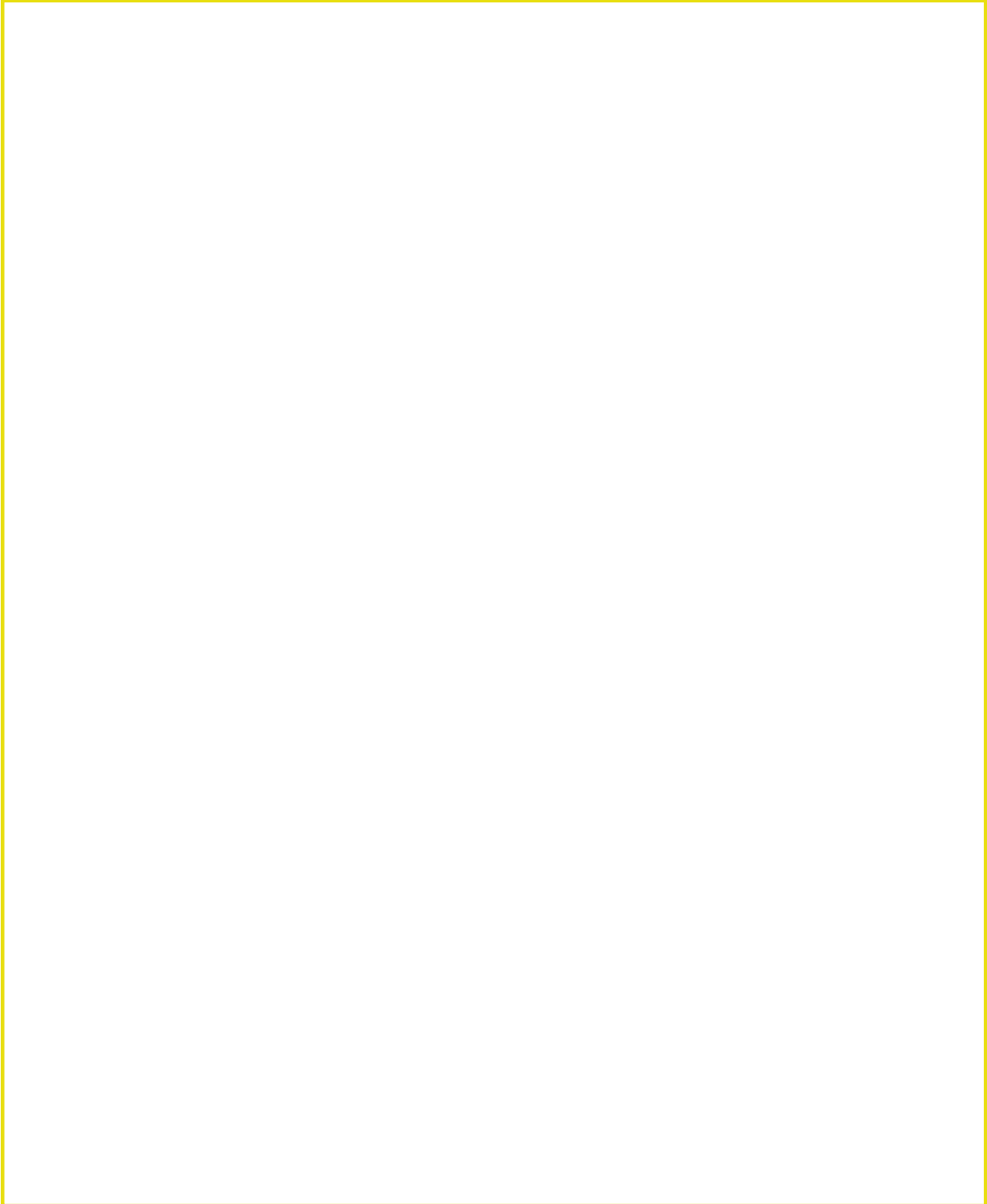


Keep track of your soft roar wins below. **Keep exercising this muscle!**



SEASONS AND CYCLES

NOTES:



If you were to describe the current season of your life -
what words would you use?



In this season, what's to love? What feels hard?




What do you have to **let go of** in order to move into a new season?



Women are cyclical creatures. **When you tune in to the cycles,** acceptance becomes possible. Period, Moon, Motherhood, Career - awareness only comes through tuning in. How can you create a habit of tuning in to your cycles?

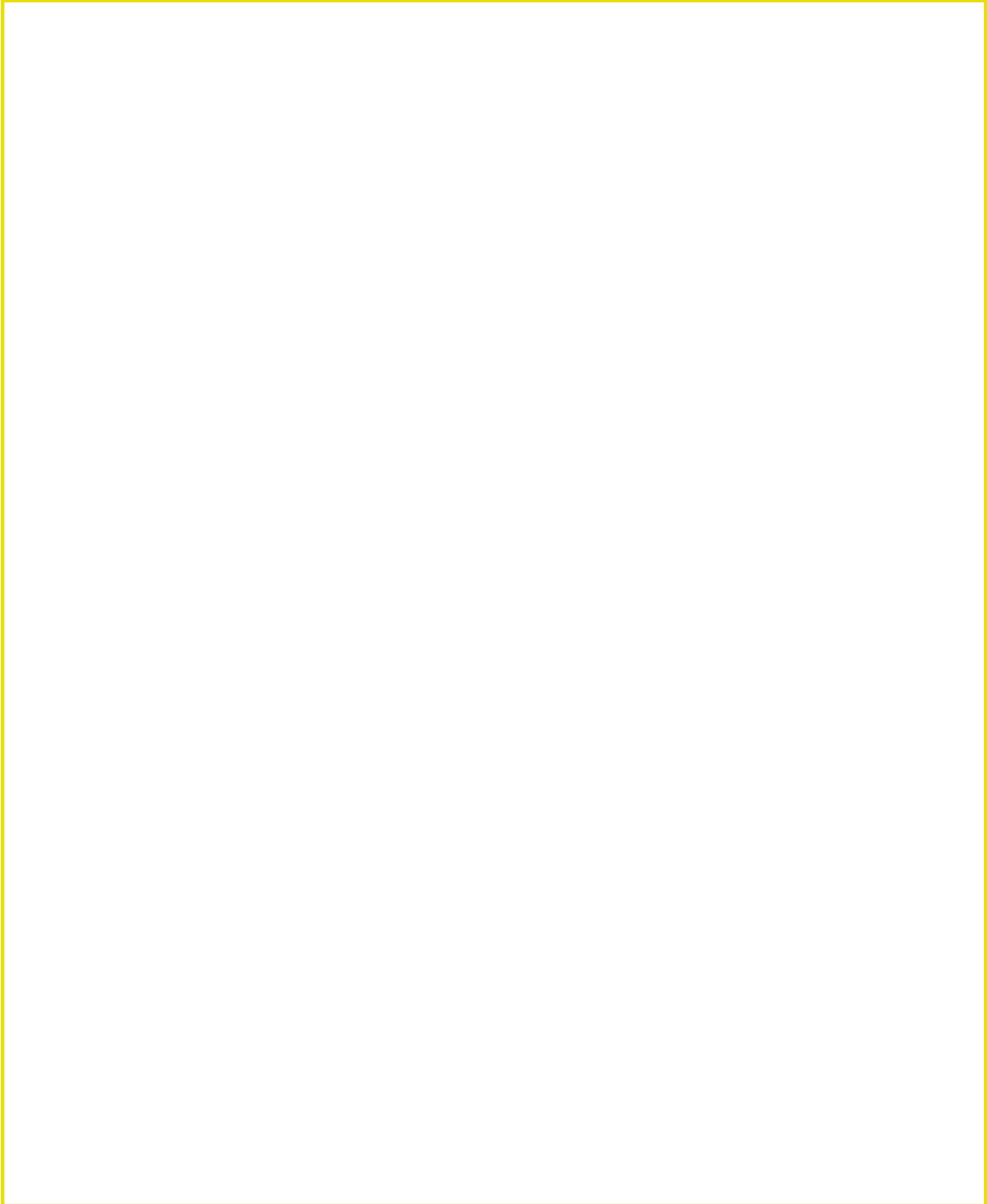


In your new season, how will you use the knowledge that everything is always changing to support you? How can this help you create freedom?



LOVE IT ALL

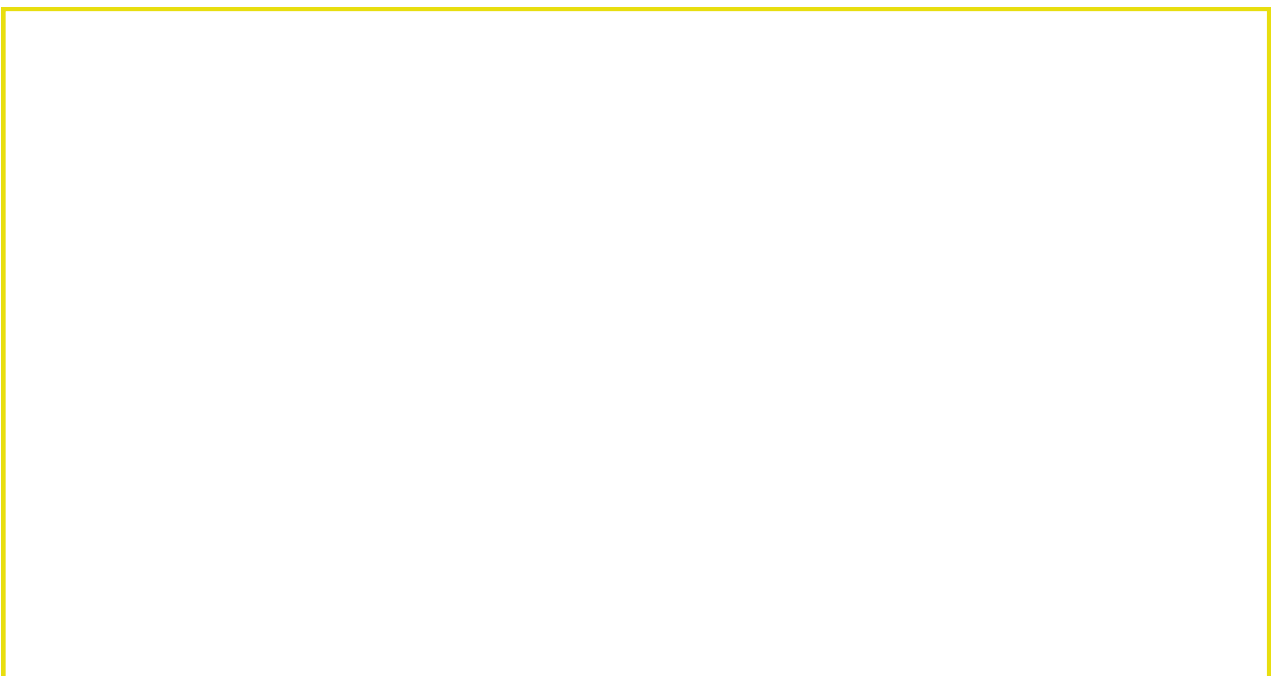
NOTES:



What are the aspects of you that you find hard to love? Are there behaviours, habits, patterns, ways of being that feel unloveable?



Choose one of the above aspects and send it love. Choose your loving words. Mine are “I meet you with love” or “I’m here with love” but you can make up your own. What does a loving dialogue sound like to you?

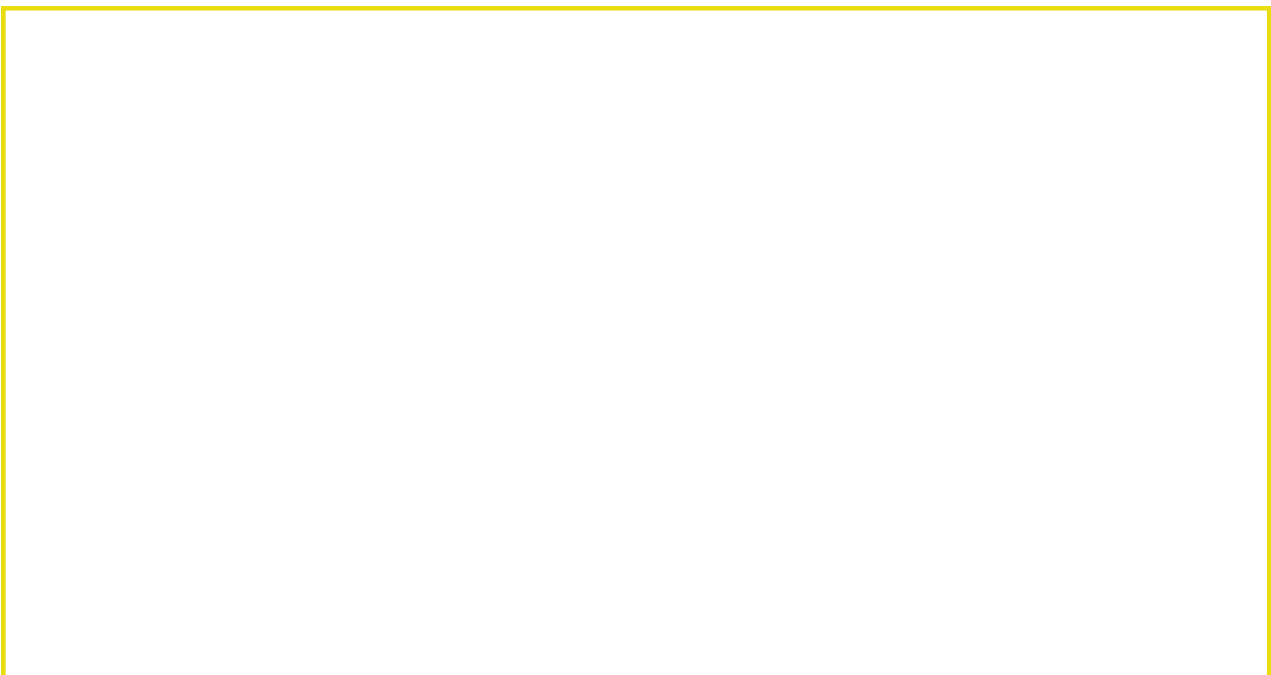


How might life change if you were to love all of you? If there were no parts of you that were wrong or ugly or imperfect?

Get clear with yourself the benefits of a love practice

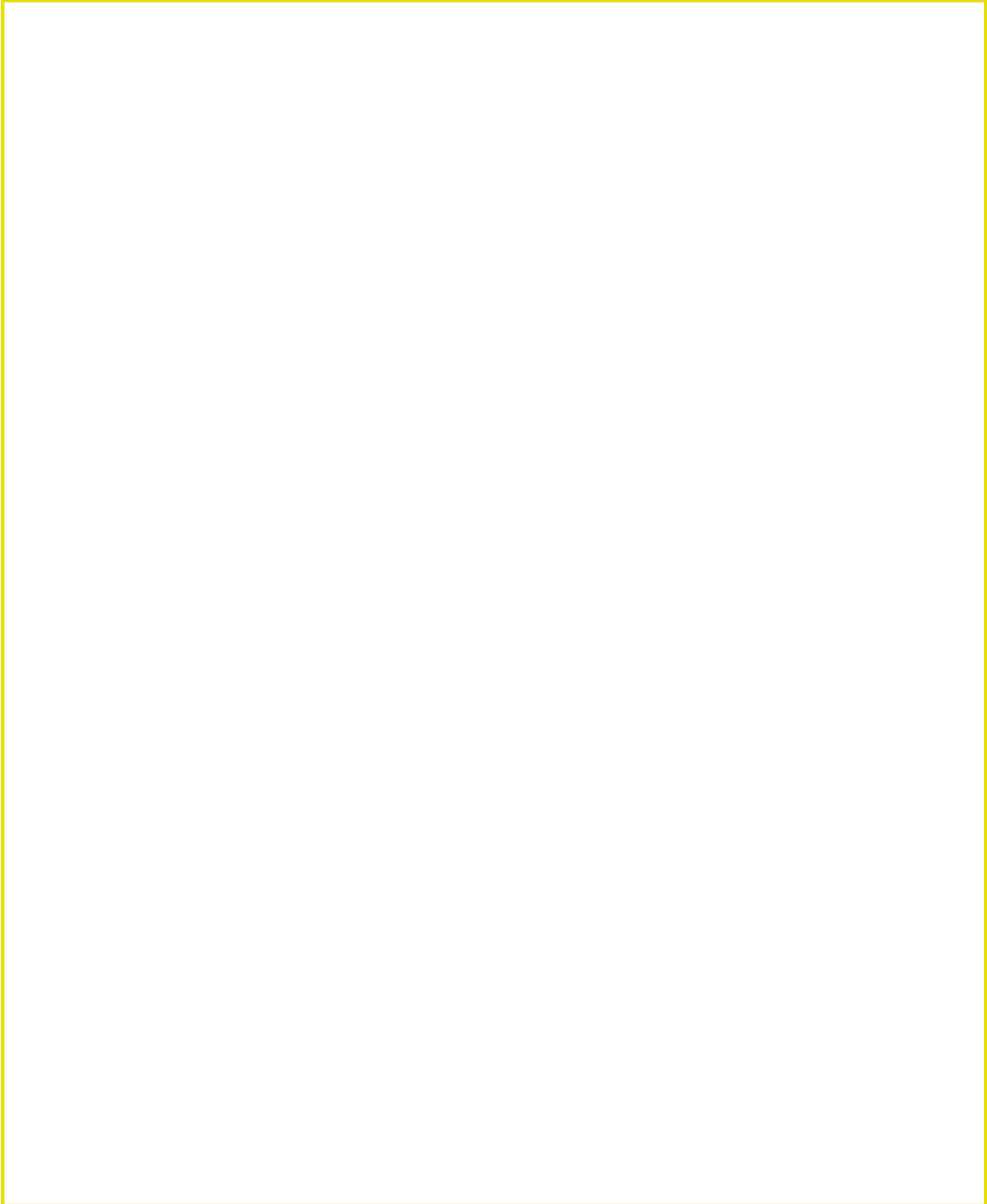


How are you going to make this loving self-talk a habit? How can you keep this front of mind?



WHAT'S YOUR Z?

NOTES:



(BEFORE YOU ANSWER THESE QUESTIONS -
BE IN A DIFFERENT ENVIRONMENT!)

The beauty of finding your Z is that it doesn't have to feel realistic. If nothing was off the table - what do you want?

WHAT IS THE ULTIMATE VISION?

Use these areas of your life to get further clarity. **Be descriptive!**

HEALTH:

CAREER/ BUSINESS/ EDUCATION:

HOME/ FAMILY:

RELATIONSHIP:

LEISURE TIME:

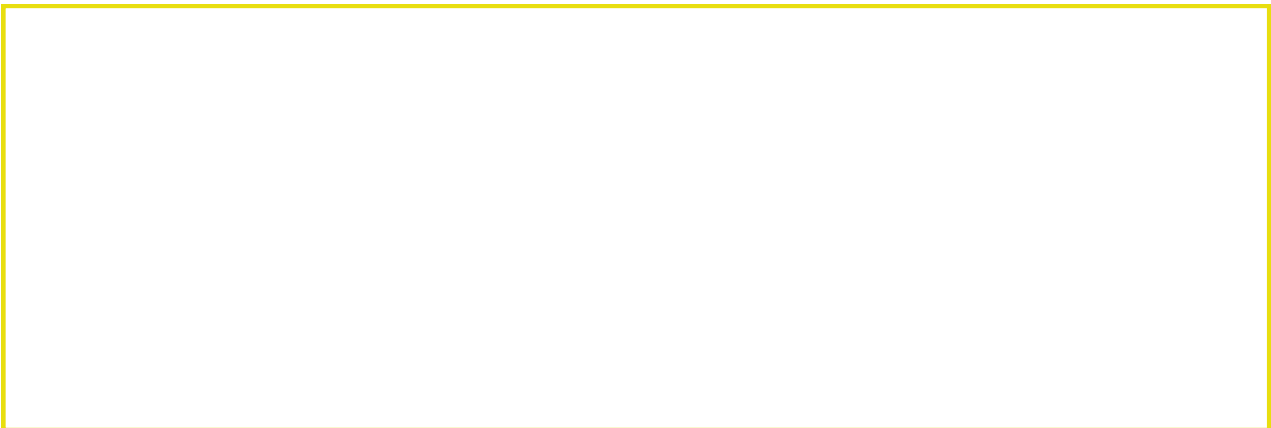
OTHER:

If you were living the ultimate vision *right now* - **what would be different?**
How might your day start? What thoughts would you be thinking? How do you feel?

Choose *one area* from above and start breaking down what needs to happen to realise this vision. What are the steps? **List them below.**



Of all the steps above - which is the STARTING POINT? When can you commit to getting it done?



Wake up and be the woman at Z (even if it feels weird!) just as an experiment. Just because you CAN!

