



Play Your Way into Wellness

THE WORKBOOK

improve it!

Improv Techniques
and Daily Rituals
to sprinkle
fun throughout
your day.

GETTING TO RE-KNOW YOU

"Going back to a simpler life is not a step backward."

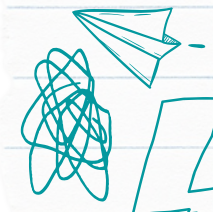
-Yvon Chouinard

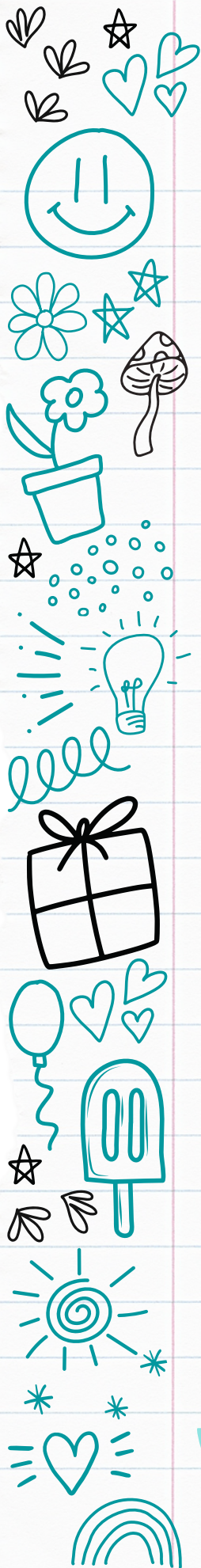
This is not a one-size-fits-all (or even one-size-fits-most) approach to wellness. This is your Inner Child linking arms with you, steering you through a crowd, and offering you a pair of earplugs.

The crowd's roaring with physical and digital noise: the constant bombardment of everything the world wants from you, all at the same concert. Clutching your Inner Child's hand, you catch glimpses of...

- The Notable Job Title lifting its arms to the beat.
- LinkedIn Group Chats hula hooping in the corner.
- The Unbelievable Exercise Regimen sprinting off to the side.
- Zoom Calls That Could've Been an Email trying to take the stage.
- Daycare drop offs holding up concession stand lines.
- Unrealistic Lives on Instagram starting to crowd surf.

You fill in the rest.





The crowd disappears and suddenly you've entered a clearing. It's an open grass field with trees around the perimeter. The sun is just right so you don't have to squint and your Inner Child motions for you to take your earplugs out.

still clutching your hand, they explain that they've been with you since childhood, guiding you to the people, places, and opportunities that are meant for you. Sometimes they can get through to you and sometimes other voices overpower them.

They remind you, as Yvon put it, that going back to a simpler life is not a step backward. Your Inner Child tells you that you'll spend some time in this clearing so that they can get through to you on any given day, during any given season of your life.

And after you've spent some time in this clearing? You'll emerge with your "IT" in full force—that 100% unique forte only you can bring back to all the people, places, and missions you serve. You'll lead your team and touch each life path you cross in your truest, most impactful way. Your way.

In this workbook, you'll enter into your own "clearing," which has an improvisational comedy technique, a ritual to incorporate into your daily routine, and an energy refresher. These are all suggestions from your Inner Child to help you return to yourself no matter where you are, what time it is, or who's asking you for something.

Your Inner Child's suggestions will be tailored to you—AKA your "Avatar." Your Avatar represents how you view and incorporate wellness into your life. You just determined which Avatar type you are from the quiz you took, so you're one step ahead of the game already.

Let's do what we do best
and improve IT.

"Good morning.
You are perfectly cast
in your life. I can't
imagine
anyone but you in the
role. Go play."

-Lin Manuel Miranda

Firs things first! Discover your Avatar!

Answer the questions below and keep track of your answers to find out what avatar you are!

When it comes to self-care, I...

- A.** Don't give it much thought.
- B.** Do it when my body decides it's time.
- C.** Schedule it in my calendar.
- D.** Try to do as much as possible, but it's the first thing to go on a busy day.
- E.** Live by it. I'm always looking for the next gadget or practice.

Your friend asks you last minute to join them for a weeknight dinner out. You...

- A.** Don't think much about it and join them.
- B.** Decide to join them because it was a rough day and you can't physically do anything "productive" when you get home because the burnout is real.
- C.** Politely decline because if it's last minute, it's not happening!
- D.** Ask if they want to come to your apartment instead so you can make vision boards together.
- E.** Giddily agree, but ask if they want to try the new raw, superfood tapas bar across the street instead.

Your evening routine usually looks like...

- A.** Not totally sure, but probably watching TV.
- B.** All depends on how I'm feeling/how the day went.
- C.** Completing the last task on my list.
- D.** About to do a 30-minute meditation. Hoping no one calls so I don't have to stop.
- E.** Taking my facial roller out of my beauty fridge, sipping my hormone-balancing tea, and putting fresh satin pillowcases on because #skincare.

It's an average Tuesday and you're incorporating some movement. Paint the picture.

- A.** I'm probably going to the gym for some cardio and weights.
- B.** I'm either going for a long run or gentle yoga, depending on my energy level.
- C.** I have a 40-minute block to do a circuit workout I downloaded as I planned for the week.
- D.** I wanted to do an hour of cardio, weights, and stretching, but I have to skip it today because traffic is gnarly.
- E.** I just became a member at Aerial Silk Studio and I'm so pumped for my intro class!

When it comes to self-care, I...

- A.** Self-care must haves?
- B.** Tissues, binging my favorite tv show, the same pajamas for the entire weekend.
- C.** Scheduled life coach sessions and chiropractor appointments. A habit tracker to see that I'm reaching my goals.
- D.** A fresh Moleskine journal and a virtual book club that meets twice a week.
- E.** Ceremonial-grade matcha, an acupuncture mat, and bamboo bento boxes.

If a wellness fairy came to your doorstep and granted you one wish, what would it be?

- A.** I'd ask if I could make a different wish.
- B.** To know the exact moment when my body's going to decide it's time for self-care.
- C.** To have all of my self-care planned into my calendar automatically.
- D.** No interruptions to my self-care.
- E.** An endless supply of funds and time to stay hip to all of the wellness trends out there.

THE RESULTS ARE IN!

Mostly A's: The Indifferent

Wellness is not on my radar. I hear others discuss wellness habits, but I'm indifferent. I don't see a purpose to prioritize wellness in my life. Wellness is for others, but not for me.

Mostly B's: The Reactive

I purposefully don't think that I need to make enough time for wellness. I'm exempt, in a sense. I get burnt out because my body overrules my mind and decides it's time. I'll go full-out at this stage, sometimes doing "too much" wellness. Wellness is an interruption that I indulge when necessary, but not a priority.

Mostly C's: The CEO

Since I know I have to, I schedule time to be bored in my calendar. Achieving my next goal runs my day and my life, so "downtime" is a waste of time. Wellness needs to be scheduled, otherwise it won't happen.

Mostly D's: The Idealist

I'm really into the idea of wellness. I want to do things like journal for an hour every day, but I drop it when things get busy. Wellness is the first thing to go.

Mostly E's: The Devotee

Crystals, supplements, and the newest exercise trend are all top of mind. Some would say I'm a self-care superfan, but I see it as a way of life. Wellness is part of who we are, connecting us to the energy frequencies that are meant for us.

How Your Avatar Can Follow Your Inner Child: The Guide

You know your Inner Child has an **improv technique**, a **daily ritual**, and an **energy refresher** to help your Avatar achieve its own version of wellness—that sense of being in “the clearing,” so you can return to the rest of the world with your “IT” in full force. Let’s get more specific on what these three items mean. Here’s what you can expect:



Improv Techniques

Games and mindset shifts to sprinkle self-awareness and FUN into your day, leaving you with a fresh perspective on how you connect with yourself and those around you.

THE WHY: Imagine stubbing your toe in the middle of your presentation and saying, “Crap.” You’re present in the moment: you feel a throb in your shoe, you see some smirks in the audience, you hear a quiet, “Are you okay?” You decide to move onto the next slide instead of letting the embarrassment get to you - you postpone judgment on yourself.

Before continuing the presentation, you make a joke about how you love the game Craps and if anyone wants to go to Vegas, you’re all in. You make failure become part of the scene by incorporating a thought that adds to the one already floating around. Later that day two strangers in the audience network with you and you decide a Vegas trip sounds great. It happens three months later and these two strangers end up being your best adult friends.

Improv is an opportunity-multiplier, a never-ending conversation, a hallway with an infinite amount of doors that open one at a time for you to explore. The Vegas trip happens because of improv. Improv is a way of being, and it’s so ready for you.

How Your Avatar Can Follow Your Inner Child: The Guide



Daily Rituals

Shifts to fuse into your morning or evening routine that won't add more to your To-Do list, but reemphasize your To-Be list. Don't forget your prize from The Treasure Chest—because you earned it.

THE WHY: Just like you, we've heard it all before. Become part of the 5 AM club. Take cold showers. Get a workout in before the sun rises. No screens two hours before bed, meditate, journal. While we can't deny the positive impacts these practices can have, sometimes they can feel like just another part of Hustle Culture.

Your Inner Child's suggestions are very much Un-Hustle Culture, inviting you to make gentle shifts as you begin and end each day. It'll be sort of like that feeling you had as a child, going somewhere without anything in your pockets because you didn't need to.



Energy Refreshers

Activity-based resets to welcome each new version of you.

THE WHY: Whether you're in the middle of a big life change or simply looking to discover something new about yourself, you're in the right place.

Following a three-part framework (Reflect, Surrender, Emerge), Energy Refreshers help you reflect on how you've been showing up day-to-day, shed what doesn't serve you anymore, and shift into the newest version of you. Your Inner Child suggests completing Energy Refreshers on an open day, if possible, since you'll have less on your mind and more time on your hands.



Jump to...

[The Indifferent's Inner Child Guide](#)

[The Idealist's Inner Child Guide](#)

[The Reactive's Inner Child Guide](#)

[The Devotee's Inner Child Guide](#)

[The CEO's Inner Child Guide](#)

The Indifferent's Inner Child Guide



Improv Techniques

"Yes, And" Your Day

You're three hours into your workday and your body's telling you to take a break. First, you ignore this need and open up Gmail. Then you pause, and instead of plowing through another email, you say "yes, and" to taking a break. "Yes, my body is telling me to take a break and I'm going to read a book."

The Goal: When you go about your day, lean into things that feel good.

Directions

First: Tally how many times you tell yourself "no" to self-care and reframe that "no" with a "yes, and" throughout the day, just like you saw in the example.

Next: Before you go to bed, rate the way you felt that day on a scale of 1-10 (1 being lowest.) Chances are, the more you "yes, anded" your day, the better you feel!

Day	Tallies	Rating

Why this works

When you meet your needs as they arise instead of putting them off, you beat burnout at its own game.

You'll develop a sounder mind-body connection, too, rather than dissociating from what your body needs. The tally tracker will hold you accountable and with time, you'll practice self-care that only takes seconds.

For your reframes: Remember that self-care doesn't have to be serious! Self-care can be as simple as counting to 60 in your head, standing up to stretch your legs, or thinking about one thing you're grateful for. It's the impact—not the amount of time or level of fanciness—that counts.

The Indifferent's Inner Child Guide



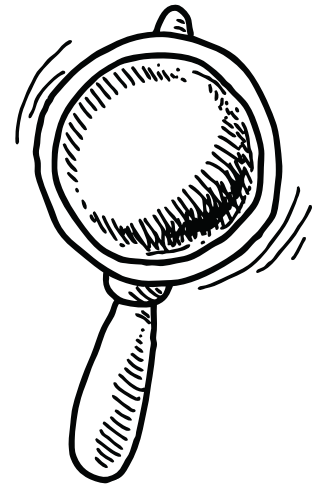
Daily Ritual In the Morning: I Spy

Loads of morning wellness practices have presence as their goal. Exercise makes us present in our body so we can be present in our mind. Meditation asks us to focus on our breath and be more observant of our thoughts, so that we can pay more attention to when our minds drift off throughout the day. Exercise and meditation are beautiful in their own right, but let's start with something a little different that packs a punch with presence.

Directions

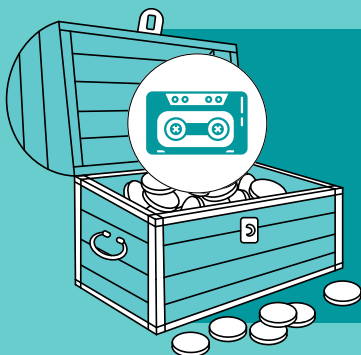
Either right when you wake up or before you start tackling your to-dos, look around your dwelling for the following items: the number 11, a flower, the letter V, shapes formed from a shadow, the letter X, and a little house.

The kicker? They won't be exactly as listed. For example, the number 11 could be two stems of the plant sitting on your side table. You can either write your responses to keep track or simply keep a mental note. I spy with my little eye...



Why this works

When you force yourself to look at familiar surroundings in a new light in search of something specific, it also forces you to pay attention. By starting your day with I Spy, you prime your mind to pay close attention to your surroundings, and deeper presence throughout the day will follow.



From the Treasure Chest
Click here for a meditation playlist
curated just for YOU!

The Indifferent's Inner Child Guide



Energy Refresher

Eyes on the Prize - and Visualize

Since wellness may not always be on your radar, this is a good place to start. It's no fancy meditation practice, journal prompt, or yoga flow, and it'll show you how it feels good to feel good.

Directions

Read through the visualization or have a friend read it to you. Find a quiet, dark room if possible. Lie down or have a comfortable seat on the floor. If a friend is reading the visualization to you, close your eyes.

Once the visualization is over, write down one sentence about how it made you feel. Use this takeaway how you wish - maybe to begin a new practice, to write, to have a conversation, to create something, or to simply be. Repeat as often as you wish!



[Download the Visualization](#)

Why this works

This visualization allows you to first and foremost calm your mind and connect to your body—the heart of most wellness practices.

Secondly, it allows you to reflect on the important people in your life and recall that you are part of something outside of yourself. The visualization prompts you to surrender to any limiting beliefs you may have about taking care of yourself, and emerge as your highest self—the person you are in this moment, not just the person who's achieved their life's work goal.

The Reactive's Inner Child Guide



Improv Techniques

“WORD!”

On stage, we often say that less is more. You never want to be in an audience and have a performer on-stage ramble on, hijacking the scene. We call this the economy of words, or K.I.S.S. [Keep It Simple, Silly]. So, take a note from us, less IS more. In the scene of your life, you don't want to hijack your stage with TOO much wellness, just a dab will do ya, and this game will teach you how. It's simple and effective - just like your new wellness routine.

Directions

Next time you are feeling the need to give to yourself count to three. 1,2,3. On the third count, clap your hands and think of ONE word that comes to mind that will transform your spirits and lift your mood. Example, 1, 2, 3 (COFFEE)... 1, 2, 3 (NAP)...1, 2, 3 (READ)

Why this works

When you don't judge what you need in that moment, you are giving yourself the gift of your presence. This gift will lead you to exactly what your mind or your body needs most... you feel us? WORD.



Daily Ritual

In the Morning: Four Square

Sometimes when your day doesn't go as planned—you get a stressful email, your car runs out of gas, you get a migraine right before a big meeting—you can react to that negativity and adopt a more urgent mindset. When this happens, you may not be as creative, thoughtful, or intentional as you normally are, and understandably so! This morning ritual gives you a cheat sheet for when the world tells you to speed up, but your mind/body/spirit really needs a pause.

Directions

Step1: Draw a large square on a piece of paper, and then a cross through the middle so you have four separate squares inside of one large square, just like the Four Square court you crushed as a kiddo.

The Reactive's Inner Child Guide



Directions Continued

Step 2: Label each as follows:

- Top left: Mental Self
- Top right: Physical Self
- Bottom left: Creative Self
- Bottom right: Internal Self

Step 3: Write down a small practice you can do throughout the day to honor each of these selves. Only you know what you need. The key is to make each item you write be an action or thought that takes less than 5 minutes.

Especially with a full plate and how much you put into the people and missions you serve, you know that wellness won't happen if it's too "serious" - like meditating for 30 minutes everyday.

Throughout the day, pull out your Four Square for easy wellness practices you can do anywhere. We recommend making a new Four Square each day because your activities change, so your wellness needs will, too.

<p>Mental self</p> <ul style="list-style-type: none">• Take one thing off your to-do list that doesn't need to get done today.• Turn your phone on Do Not Disturb mode for the next hour.• Dump your thoughts onto a piece of paper and don't look at it again until you have time to yourself.	<p>Physical self</p> <ul style="list-style-type: none">• Stretch from head to toe, then from toe to head.• Dance to your current favorite song.• Feel the weight of your body being supported by the chair, the floor, or however you're positioned.
<p>Creative self</p> <ul style="list-style-type: none">• Set a timer for 3 minutes and allow yourself to be bored.• Take a 5-minute walk without headphones.• Notice what you touch, see, taste, smell, and hear in this moment.	<p>Internal self</p> <ul style="list-style-type: none">• Lie down on the floor and take 10 deep breaths, counting each as you go.• Close your eyes and quiet your surroundings, feeling for the nudge from your internal self telling you the next right thing to do. Wait for as long as it takes.

Why this works

Entering into your day with practices you can immediately incorporate enables you to be more proactive with wellness. Making these activities simple in nature also allows you to sustain this practice.

Over time, you won't burn out as quickly and you'll have an idea of what type of wellness you need and how to give it to yourself.

The Reactive's Inner Child Guide



From the Treasure Chest

Click the Treasure Chest. Screenshot the poem and set it as your background or print it out for a gentle nudge from your Inner Child. It's like a voice whispering, "Remember?"



Energy Refresher

Letter to Self

Your Inner Child knows you can't bear the thought of another journal prompt, but suggests for you to start with a letter to someone who may not be in your regular rotation of addresses you mail to at USPS - that lucky someone is YOU. This letter encourages an open conversation between your internal self and your external self. There's no real goal here, this is simply an invitation to work with—not against—what your internal self knows to be true.

Directions

Step 1: Use these prompts to write or type your Letter to Self:

Reflect: *During this current life phase, you learned...*

Surrender: *You need to shed (people/habits/thought patterns/etc.) in this current life phase in order to move to the next because _____.*

Emerge: *Your highest, most aligned self looks like _____. You can begin showing up as them right now by _____.*

Step 2: Once you're finished, read the letter out loud. Don't skip this part! Repeat as often as you like.

Why this works

Writing a letter to yourself, as opposed to journaling, allows you to separate your internal self from your external self more concretely. Because your external self is normally occupied by all of the roles you fulfill, your internal self now has the opportunity to speak to your external self instead of about your external self.

Your internal self brings wisdom and lessons learned from all of the experiences you've had in the past month, year, or however often you choose to do this activity. Your internal self also knows what you want—it's a matter of spending enough time to allow that truth to come to the surface. We have to say that a letter is a really good start.

The CEO's Inner Child Guide



Improv Techniques

Mirror Your Presence

Caution, this game will feel a little silly at first. One of the biggest rules of the stage is as performers, we have to be extremely present. Nothing is worse to an audience member than seeing a person on stage not be fully in the moment. The idea of this activity is to get you to be fully on stage in the scene of your life, and less “in your head”--AKA thinking about the next thing on your to-do list.

Directions

Step 1: Go to a space in your home that is quiet and free from interruption. Put on your favorite chill playlist, and stand in front of your mirror. Set a timer for one minute. All you have to do until the beep is stare at yourself. Really take a moment to look at that awesome person in front of you, give them a high five, maybe even a smile. This will feel extremely awkward, and that's the point.

Step 2: After the timer goes off, let out a sigh and get ready for Round 2. In Round 2, you will set the timer again for another minute. However, this round comes with a twist! This time instead of staring directly at yourself, still face the mirror but give yourself a task to count something in the room (i.e., number of ceiling tiles).

Step 3: After the second timer goes off, take out a piece of paper and write what you felt in Round 1, and then what you felt in Round 2. Chances are, Round 2 felt more comfortable for you. In Round 2, instead of focusing on the awkwardness of silence, you gave yourself a task, which actually led you to being more present. On that same piece of paper, answer these questions with an action, thought, practice, or anything else that comes to mind:

1. How can you be fully present for each wellness practice in your life—just like you were when you were counting in Round 2?
2. What can you do to allow wellness to flow into your life, rather than view it as another task to complete, like in Round 2?

Why this works

When you show yourself how presence works in its simplest form, you begin to see why it's important to your wellness practices. If you're taking an epsom salt bath but your mind is finishing the project proposal at your desk, you're not really absorbing any of the benefits of the epsom salt bath.

And even though you're not working on the project proposal, your mind and body absorb the stress just the same as if you were sitting at your desk typing. Doubling the stress in your life by separating your mind and your body is so last year. Aim to be where your feet are, and when you feel your mind wandering off, you know exactly how to welcome it back with open arms.

The CEO's Inner Child Guide



Daily Ritual The Wall of Nay

As much as you'd love to have time for arts and crafts as you once did, it's simply not on your calendar. And as much as you'd love to make everyone happy 100% of the time, you know that couldn't possibly fit on any calendar, ever. So, let's celebrate what you say "no" to. Everything you say "yes" to gets its time in the sun - let's give the nos their time in the sticky notes.

Directions

At the end of each day, think of something or someone you said "no" to and honored your boundary like the baller you are. Maybe it was your boss, a colleague, a friend, a family member, someone online, or name it. Whether it was naming why you disagreed, declining a project that won't fit on your plate, or something else - you already did the hard part of saying "no."

Now write it on a sticky note and place it somewhere you're comfortable with - near your desk, inside a journal, above your bathroom sink, in your closet, or in your kitchen for all to see. After that? Keep saying "no," keep the sticky notes coming, and c-e-l-e-b-r-a-t-e.

"Normalize disappointing people. The idea that we are going to be liked and gain approval from everyone in our lives is an illusion. Adults are capable of being disappointed."

-Dr. Nicole LePera

Why this works

When you have a visual representation of the boundaries you set, you're more likely to keep at it.

Since we're socialized to think that saying "yes" to keep everyone around us happy is what should be celebrated, celebrating the moments when you say "no" creates a positive feeling around boundary-setting instead of a shameful or guilty one.



From the Treasure Chest

Click the Treasure Chest. Screenshot the poem and set it as your background or print it out for a gentle nudge from your Inner Child. It's like a voice whispering, "Remember?"

The CEO's Inner Child Guide



Energy Refresher

The Red Light, Green Light, Yellow Light List

Remember this one? You grin because life right now seems like the hypothetical caller said “green light!” and then forgot to say “red light!” so everyone keeps running. Complete as often as you like.

Directions

On a separate piece of paper, make three columns and label them “Red Lights,” “Green Lights,” and “Yellow Lights” respectively. Use these prompts to fill in each column with bullet points, short responses, doodles. You do you, boo.

Red Lights: What did I do today that I want to stop doing? What tasks on my calendar drain me? What can I delegate elsewhere?

Green Lights: What did I do today that I want to keep doing? What tasks on my calendar energize me? How can I expand these tasks to still fit in my schedule, but deepen their impact?

Yellow Lights: What am I halfway doing that I want to stop doing? What am I halfway doing that I wish I had more time for? How can I shift?

Why this works

As a CEO type, you may tend to view tasks on your calendar relatively the same: things that need to be completed. This activity allows you to see that each of your to-dos has an effect on YOU in addition to the obvious effect it has on the world - like an email sent or a presentation given.

When you categorize your tasks in terms of stop doing, keep doing, stop doing halfway, or do this all the way, you'll find a sweet spot of productivity that lights you up and allows you to be fully present for everything that happens off your calendar.

The Idealist's Inner Child Guide



Improv Techniques

New Choice

New Choice is a game pulled right from improv 101. It helps performers postpone judgment and react with authenticity. Performers start a scene and a teacher / coach yells "New Choice" to have them quickly change what they just said with a new choice. This can be done with one person, and by the coach of the most important person of all - YOU!

Directions

Next time you feel stressed or anxious, and like you need a wellness break but keep pushing through - catch yourself. Instead of going right into the next project, picking up the next phone call, or jumping right into the next Zoom meeting - tell yourself, "New Choice!" Redirect your thought in that moment to a more positive, loving thought that will give you a moment of clarity.

For example, let's say you just finished a task and are feeling hungry. Instead of jumping right into the next task, say "New Choice," and recognize that you might need to take a walk to get a healthy bite. Or, if you are jumping from meeting to meeting and have 10 minutes in between, your go-to might be to answer an email or two. Instead, catch yourself in the moment with "New Choice" and pause for a guided meditation, a walk around the block with your pet, or even stretch.

Small moments of wellness go a long way.

Why this works

When you say, "New Choice" instead of, "Okay, I have to do ____ right now," you open up the floor for your true needs to make themselves known. Sometimes an hour workout isn't it, but a 5-minute meditation is.

When you practice giving yourself choices instead of waiting for someone else to, you develop a sense of trust between your mind and your body. You acknowledge the need, address that specific need and not another one, and continue crushing the day.

Especially because your wellness practices may take a backseat when things get hectic, New Choice is a practice to rely on in these busy moments, not a wellness practice that crowds your agenda. Bada bing bada boom.

The Idealist's Inner Child Guide



Daily Ritual Truth AND Dare

We promise we won't ask you to prank call or reveal who your crush is. The game you thought you saw the last of makes wellness the first thing *to do* when your world's hectic, not the first thing to go. If it was up to you, Idealist, you'd have your morning ritual on lock: cold plunge, workout, meditation, journal, read, plan, breakfast.

Maybe even a candle to set the mood? This is all to say that sometimes life gets in the way. You're exhausted from the night before so the snooze button becomes your best friend.

An urgent email tings in your inbox and you're forced to look at the screen instead of the sunrise. Or the burnout is real and doing anything productive outside of your work life and social life sounds...yuck. When you begin each day by beating the busyness at its own game, you'll be prepped for whatever comes your way.

Directions

Step 1: Take out a journal, digital note, or piece of paper and write the word "Truth" at the top of the page. Underneath it, write the word "busy" or the word "manageable" based on how you anticipate your day to go.

Think - what's the truth? You might choose "busy" if you have a packed schedule, tasks you're not sure you'll accomplish, or some added stress. You might choose "manageable" if your schedule is full but reasonable, has tasks you feel confident you'll accomplish, or includes moments when you'll be able to relax.

Step 2: Below this, write the word "Dare." Underneath it, fill in this sentence, "If my day continues to feel [word you chose in Step 1], I dare myself to _____."

If you chose busy and the day continues to feel busy, make your dare a small act of wellness. Think: taking deep breaths, standing up to stretch, thinking about what you'd be journaling or meditating about. If you chose manageable and the day continues to feel manageable, make your dare an ideal act of wellness. Think: the workout, journal, meditation, or other activity you really want to do.

The Idealist's Inner Child Guide



Directions Continued

Step 3: Next, fill in this sentence: "If the day turns out to be [opposite of the word you chose in Step 1], I dare myself to _____."

If you chose busy and the day turns out to be manageable, make your dare here an ideal act of wellness. Think: the workout, journal, meditation, or other activity you really want to do. If you chose manageable and the day turns out to be busy, make your dare here a small act of wellness. Think: taking deep breaths, standing up to stretch, thinking about what you'd be journaling or meditating about.

Truth: How do I anticipate my day will go? What's the truth? [busy or manageable]	Dare
Busy	<ul style="list-style-type: none">• If the day continues to feel busy, I dare myself to go for a quick walk during my lunch break. (small act of wellness)• If the day turns out to be manageable, I dare myself to go for the long run I really want to go on. (ideal act of wellness)
Manageable	<ul style="list-style-type: none">• If the day continues to feel manageable, I dare myself to journal for 30 minutes. (ideal act of wellness)• If the day turns out to be busy, I dare myself to think of 3 things I'm grateful for as I do the dishes. (small act of wellness)

Step 4: Keep this journal, digital note, or piece of paper with you throughout the day. If your Truth was "busy" and the day goes as planned, you have a small act of wellness at the ready. If the day turns out to be manageable, you have an ideal wellness practice on deck. And vice versa!

Once you complete your dare—small or ideal—draw a smiley face to give yourself credit. At the end of the week, count up your smiley faces and give yourself a reward, you daredevil you.

The Idealist's Inner Child Guide



Why this works

This exercise allows you to walk into the busy days you anticipate (and the ones you don't) with prepped wellness practices at your fingertips. The result? There's no pressure to do ideal wellness practices when you're already stressed to the max. You have a small wellness practice to do instead of no wellness practice at all.

Truth and Dare also allows for flexibility to do the ideal wellness practices you really want to do when the day is more manageable or turns out to be more manageable. One last thing: when you frame your wellness—small or ideal—as a “dare,” you view them more as a challenge and less as an interruption. Go get 'em tiger!

From the Treasure Chest

Vision board Checklist - To use when you're collaging for your next best self.



Energy Refresher

The Hurried Hurried Caterpillar

It's not a bedtime story in this workbook, but it is a powerful visual. Sometimes it's easy to celebrate the big wins, and not so much the fact that we woke up for the 5th day in a row without pressing snooze, that we pushed through another run, or that we sat down to create when we felt uninspired. This activity allows you to physically see what you're doing and what you're feeling daily to achieve your biggest, boldest goal for this phase of your life. And there might be a twist at the end!

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

— Maya Angelou

The Idealist's Inner Child Guide



Directions

Step 1: Take out your markers, crayons, colored pencils, paints, glitter glue—anything that makes you feel crafty. Next make three separate pieces - one with a caterpillar, one with a cocoon, and one with a butterfly. Make them as posh or as simple as you like, but try to make them symbolize you. Maybe use your favorite colors, draw your hair, use the same eye color. Display them in a place you see regularly, perhaps in your bedroom or hallway with your caterpillar, cocoon, and butterfly in a row from left to right.

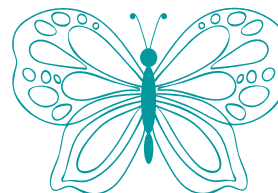
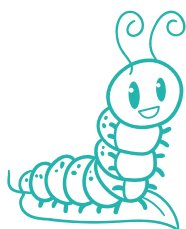
*Note: this step doesn't need to be repeated unless you want to!

Step 2: Now get out some sticky notes or pieces of paper with tape. Underneath your caterpillar image, fill in this sentence on your sticky note or paper: "My biggest, boldest goal in this next life phase is _____." Place your sticky note or paper underneath the image of the caterpillar. Next, add more sticky notes of actions you're doing right now to reach this goal. Place these below your goal sticky note.

Step 3: Underneath your cocoon image, fill in this sentence on your sticky note or paper: "Achieving this goal is going to take me approximately _____." It doesn't have to be exact, just give yourself a good estimate. Next, add sticky notes with words or phrases that describe how it feels to work through this, day in and day out. It may be words like exhausting, scary, lonely. Or it could be phrases like, "getting comfortable being uncomfortable," "learning how to love myself," or "sticking to clear boundaries."

Step 4: Underneath your butterfly image, fill in this sentence on your sticky note or paper: "I'm going to feel _____ when I achieve this goal." Be as specific as possible here.

The Twist: The feeling you wrote underneath your butterfly is your actual goal. The amount of time you wrote underneath your cocoon is how long you're willing to wait to get there. The actions you wrote underneath your caterpillar are everything you're doing right now to achieve the actual goal - that feeling beneath your butterfly. The words or phrases you wrote underneath your cocoon describe the internal growth that's happening in order to achieve your actual goal. As Maya said, admit the changes you're going through. Remind yourself of this daily.



The Devotee's Inner Child Guide



Improv Techniques

What Are You a "Yes" For?

"Yes, and" is an improviser's mindset. It means, "Yes, I hear you AND... I'm going to add something to your idea so we can build this scene together." In this activity, derived from the improv stage, you are going to learn to slow down and ask yourself, "What am I a yes for?"

Directions

Take a moment and jot down all of the things you are currently doing on your wellness journey. Because you are a Devotee, this list will be LONG. Now, keeping the list close - stand up and put your arms down by your side. Stand as straight as possible and don't lock your legs.

Read the first word off your wellness list - let's say it's acupuncture. Say out loud, "Am I a yes for acupuncture?" If you are supposed to be on this journey, your body will naturally make you lean forward. If you are not supposed to do acupuncture, your body will make you lean back. Forward movement means "keep going" and backwards movement means "stop doing this practice." Our bodies really know the answer, so go through every wellness practice on your list and reveal to your mind what your body knows all along!

Why this works

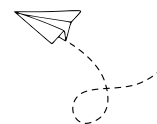
Wellness in all of its forms is a positive thing. But just like anything else, wellness in excess can defeat the purpose.

When you eliminate the wellness practices that may be causing you more trouble than good, you can fully absorb the benefits of the wellness practices that respond to your needs. Less is more, and you can still keep the facial roller.



Daily Ritual

In the Evening: The Inner Airport



Who said airports just had to be the physical kind? We have Howard to thank here and are using this as a launchpad for a quick writing activity you can do before bedtime. It's simple but with a side of woowoo. Because wellness can be both, as you know.

The Devotee's Inner Child Guide



Directions

Take out a piece of paper and make three columns: Arriving Planes, Changing Runways, and Same Land. Use the following prompts to fill in your columns:

Arriving Planes: As you reflect on your day, first think about the ideas that are coming into your mind “for landing.” What’s something someone said that stuck with you or made you pause? What’s something you read or heard that made you read or listen again? What’s something you’re learning about yourself?

Changing Runways: Next consider what was shifting within you today, you can picture when you’re on a plane and the pilot says you have to change runways. What were you interested in today? How would you describe your mood today? What’s something from today that you don’t understand?

Same Land: Now the final piece, the airport that never changes even when your flight times do. Examine the things inside of you that are the same and aren’t going anywhere no matter what your day was like. These could be values, beliefs, goals, perspectives, hopes, or anything else that comes to mind.

Optional but extra fun: Make a simple paper airplane by following the [folding diagram here](#). Throw it across the room and reread it the next morning!

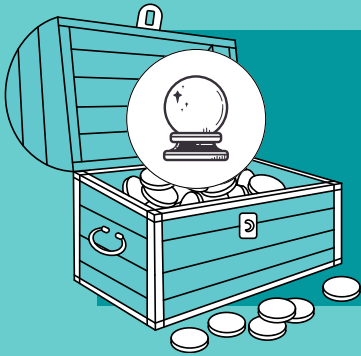
Why this works

When you begin to reflect on your day using these three guiding points, you begin to reflect on your internal world as well. The distinction between what’s coming in, what’s shifting, and what’s steadfast becomes clear over time. You may begin to make adjustments to or to deepen existing daily wellness practices as a result.

“It wasn’t a particular thought or feeling but just the most simple point of contact between me and the world around me...a kind of personal airport where perceptions or ideas came in for landing or they didn’t, an airport whose runways would change sometimes depending on my interests or my mood or things I didn’t understand, but whose land inside me was the same as it had been night after night...”

-Howard Axelrod, *The Stars in Our Pockets*

The Devotee's Inner Child Guide



From the Treasure Chest

A Wellness Fortune-Teller like you made as a kid
Making it: [Follow these instructions](#) on how to create your fortune teller.



Energy Refresher

I Can Do it *By Myself*

Raise your hand if you ever said this as a kiddo. It's pretty much a catchphrase at this point, and there's a reason why. This activity will allow you to see those things in life that bring you joy and most importantly, things that you discovered on your own. No Instagram ad, Tik Tok influencer, coworker, friend, or commercial can get in the way of these - Your Sole Ones (those things that feed your soul and are because of you, solely). The ones that you found *by yourself*.

Directions

Start by thinking about your answers to this question: What are things I enjoy that no one else told me about? Some ideas to get you thinking could be holiday lights on houses, a specific band, pottery, yoga, a certain time of day, a particular scent, a place you visit regularly.

Write these down on a piece of paper and label it "My Sole Ones." Keep adding to it over time as you discover more. On an open day, refer back to your list to engage with something on it. As simple as pie!

Why this works

By making a list of the things that bring you joy and you discovered on your own, you remember that just because something is mainstream in the wellness world doesn't always mean it's going to bring you more joy than one of your Sole Ones.



A LETTER TO YOUR INNER CHILD

The time has come where we **don't** have to say goodbye. Our highest hope is that this workbook continues to provide you with space to pause, rest, question, and get to re-know the person who's already there.

Take out a journal or piece of paper to write a letter to your Inner Child who's guided you through these pages and isn't going anywhere, we're afraid there's no other way.

Think about the relationship you want to have with your Inner Child moving forward, the things you can do to strengthen this relationship, and the one nudge they gave you as you move into the future.


Write on!

No you hang up first!


Stay in touch with us here:

 www.learntoimproveit.com

 [@keepinitrealdiehl](https://www.instagram.com/keepinitrealdiehl)

 [Erin's LinkedIn](#)

 [@learntoimproveit](https://www.instagram.com/learntoimproveit)

 [improve it!'s LinkedIn](#)