

Hey beautiful soul!

Welcome to your #LetGoAndGlow workbook to work on some important changes in your life! This workbook is designed to give you space to reflect and put your thoughts on a piece of paper. There's also a goal setting part, and this is crucial.

„If you don't know to which port you're sailing, no wind is favorable.“

It is important to have goals in life. So you can feel satisfied when you achieve them and create bigger and even better goals. Here's a quick overview of the 3 videos!

- Video 1 Create A Healthy Body
- Video 2 Create A Strong And Confident Mind
- Video 3 Connect With Your Glowing Soul

You can either print this workbook or just answer the questions in your notebook. There is not a fillable PDF that you can write in with your computer, because your subconscious mind NEEDS your handwriting to work efficiently!
If you have any questions at all, just email me at info@martinafink.com.

Love + Beauty,

MARTINA



Create A Healthy Body

- 1) How healthy would you consider your body and lifestyle right now? Rate yourself on a scale from 1 to 10 (1 = very unhealthy, often sick, low energy; 10 = very healthy, almost never sick, fully energized)

- 2) How happy are you with your skin right now? What's bothering you? What do you want to change regarding your skin or skin care routine?

- 3) Where do you buy most of your food? What % of your food is home cooked? How often does your body need coffee, alcohol, chocolate, red bull, sugar etc.? What do you wish you could change regarding your food?

- 4) How are you feeling energy-wise from 1 to 10? Imagine how you feel when you wake up in the morning. Do you mostly feel happy? Or sad? Depressed? Write down any emotions that come to your mind. What makes you feel good? What have you tried in order to feel better, when you're down?

Create A Strong And Confident Mind

- 1) What do you think about yourself? Be brutally honest here! If you think you're a rockstar, write it down. If you think you're not worthy of success or love, write it down. I want you to see this black on white. Don't overthink it, just write whatever's on your mind. That's your intuition speaking to you.

- 2) How often do you sabotage yourself, meaning that little voice in your head speaking negatively to you (e.g. I can't do this! I'm so stupid! I'm not good enough! I don't deserve it! etc.)? How does it feel when that voice comes up telling you what you should or should not do?

- 3) Now describe the most beautiful version of yourself. How do you want to look? What would your perfect life look like? How do you want to feel about yourself? What are you doing when you're in your full power?

Connect With Your Glowing Soul

- 1) In what area(s) of your life are you feeling blocked? Examples: You feel lost and insecure. You seem to never find the right partner. You often say YES, when you actually want to say NO. You don't really appreciate yourself. You don't feel at peace with life. You're not fulfilled at work. You're struggling with food. You don't feel good enough. You have big dreams, but are scared to start...

- 2) What is your biggest dream in life? And why is this your biggest dream?

- 3) Have you ever felt like you're „on a mission“? That you have this special talent you want to do more with? Have you ever meditated and felt that something special is inside of you or around you that you couldn't describe or touch? Have you ever felt completely aligned with who you really are? If so, how did it feel? What did you see or experience?