



UNFOLD YOUR FUTURE

WEEK 1

Workbook

TABLE OF CONTEXT		
#	Content	Page Number
1	Table of Context	1
2 1	How to use this companion workbook	2
3	YOUR QUEST MAP FOR WEEK 1	3
4	DAY 1: THE FOUR STAGES OF CONSCIOUSNESS	4
5	DAY 1: Lesson Notes	4
6	DAY 1: Growth Work	5
7	DAY 2: LIFE MAPPING	6
8	DAY 2: Lesson notes	6
9	DAY 2: Growth Work	7
10	DAY 3: THE IMPACT OF INTENTIONS	8
11	DAY 3: Lesson Notes	8
12	DAY 3: Growth Work	9
13	DAY 4: BELIEF AND EXPECTANCY	10
14	DAY 4: Lesson Notes	10
15	DAY 4: Growth Work	11
16	DAY 5: THE POWER OF WORDS	12
17	DAY 5: Lesson Notes	12
18	DAY 5: Growth Work	13
19	DAY 6: BE AUTHENTIC	14
20	DAY 6: Lesson Notes	14
21	DAY 6: Growth Work	15
22	DAY 7: WORK INTEGRATION AND MEDITATION	16
23	DAY 7: Lesson Notes	16
24	DAY 7: Growth Work	17
25	Thank You	18



UNFOLD YOUR FUTURE WEEK 1 WORKBOOK

A Few Reminders

Welcome to the first week of your Quest! You are invited to not only follow the lessons, but also to complete the growth work throughout this Quest. It is critical for your success and results that you practice and complete as much of the growth work as possible.

How to Use This Companion Workbook

All workbooks are intended to be used in combination with your daily lesson videos. In your workbooks, you will find a brief description for each day, space for notes, daily growth work instructions, and additional supporting materials.

If you're ready to go deeper, try to devote an extra 10-20 minutes per day to journaling. Fill your private journal with free-writing of your daily reflections. This is part of the work on full engagement growth.



YOUR QUEST MAP FOR WEEK 1

You can find an overview of what's in store for you this week down below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 Stages of Consciousness	Life Mapping	The Impact of Intentions	Belief and Expectancy	The Power of Words	Be Authentic	Work Integration and Meditation



DAY 1- THE 4 STAGES OF CONSCIOUSNESS

We were born free and so we must connect to the deepest depths of our souls to rediscover our freedom. These four stages just help us to realize at what stage of discovering spiritual growth we are. We must understand that this is a work in progress and as a result, we may not reach Stage 2, 3 or even 4 and remain there permanently so we mustn't be disappointed when we find ourselves back at Stage 1. The intention is to consciously progress through each stage as each perceived, negative event occurs in our lives. Choosing to observe our feelings when something happens or someone says something we decide is hurtful and then seeking to move from 'To Me' Consciousness, to the next stage, whilst being kind and compassionate to ourselves, results in our spiritual expansion.

Day 1: Lesson Notes



Day 1: THE 4 STAGES OF CONSCIOUSNESS

Reflect and intuit these questions. Write down your insights.

- Why is it important to be aware of spiritual growth?
- How will accepting my current state help me understand my future better?
- How does understanding about the universe help you believe in the purpose of your existence?



DAY 2: LIFE MAPPING

I would like to encourage everyone to dare to become aware of their map, to enjoy discovering what they pay attention to and what they do not, what beliefs dictate their day-to-day life. And once they are aware of this, observe others being aware that they do not have the same map as you, that they have their own and that the only way to understand it is from their map and not from yours. Reality is not absolute, you make it up all the time “Reality is that which, even if you stop believing in it, continues to exist and does not disappear” (Philip K. Dick)

Day 2: Lesson Notes

A large empty rectangular box with a black border, intended for taking lesson notes.



Day 2: GROWTH WORK

Reflect and intuit these questions. Write down your insights.

- How important is it to have a purpose in life?
- Is changing reality the first step towards spiritual growth?
- How is personal growth impacted by the shift in reality?
- Why is the reality of life different for all people?



DAY 3: THE IMPACT OF INTENTIONS

Your focused intentions set the infinite organizing power of the universe in motion. Trust that infinite organizing power to orchestrate the complete fulfillment of your desires. Don't listen to the voice that says that you have to be in charge, Create the desire behind your intention, Intent then allow it to be. The outcome that you try so hard to force may not be as good for you as the one that comes naturally. You have released your intentions into the universe, have faith you will harvest when the season is right.

Day 3: Lesson Notes



DAY 3: THE IMPACT OF INTENTIONS

Reflect and intuit these questions. Write down your insights.

- Does one's intention have an impact on his life?
- What is the control of thoughts on our actions?
- How is self-belief impacted by my thoughts and intentions?
- Why is it important to find your purpose of existence?

A large empty rectangular box with a black border, intended for the user to write their reflections and insights on the questions provided above.



DAY 4: BELIEF AND EXPECTANCY

Your quality of life is the result of what you believe and what you expect from it.

Day 4: Lesson Notes

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the student to write their lesson notes for Day 4.



Day 4: BELIEF AND EXPECTANCY

Reflect and intuit these questions. Write down your insights.

- How is confidence in a desire impactful in the fulfillment of it?
- Is having a goal effectful for a desirable future?
- Self confidence is the key, is that so?
- In what ways does one's desire and beliefs affect others?

A large empty rectangular box with a thin black border, intended for the user to write their reflections on the questions above.



DAY 5: THE POWER OF WORDS

Despite its power, energy in and of itself is a neutral force. It is consciousness that directs its movement. If we think of this in terms of the energy and consciousness of the human experience we may see that the more conscious we are, the more we direct our energy towards creation, connection, and evolution. The less conscious we are, the more our energy is used towards separation, stagnation, or even destruction.

Day 5: Lesson Notes

DAY 5: THE POWER OF WORDS

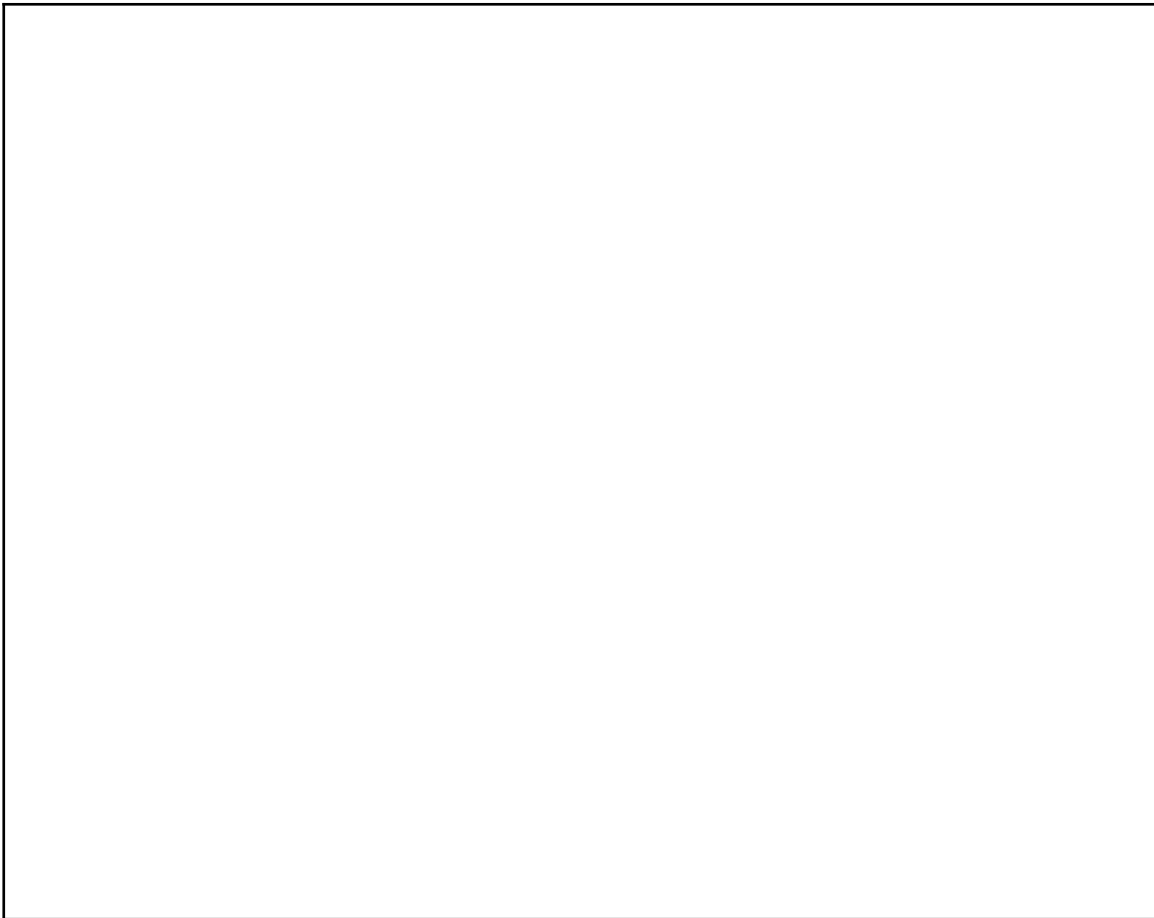
Reflect and intuit these questions. Write down your insights.

- In what ways do words have energy?
- How can we control our words?
- How will being sensitive towards other people's feelings affect me?

DAY 6: BE AUTHENTIC

When your self-worth comes from these false self-images instead of your authentic Self, you constantly feel off-center, anxious, and incomplete. Your authentic Self is purpose-driven, aligned with your values, genuine, and not interested in fitting in with others. Some people call this innate quality the Soul or Higher Self. However, the authentic Self isn't just a remote or hidden quality, it is something that we can also actively experience. When we learn to step into our authentic Self, life becomes enriched with purpose, joy, love, peace, and creativity.

Day 6: Lesson Notes





DAY 6: BE AUTHENTIC

Reflect and intuit these questions. Write down your insights.

- How is staying authentic to ourselves important to achieve content?
- What are the benefits of being real to your own self?
- Is being true to yourself difficult?
- What is the significance of self care?



Claire Awada

DAY 7: WORK INTEGRATION AND MEDITATION

After Meditation, take some time off, maybe 1-2 hours, to deeply examine your life and how you make decisions. Go through the 6 days quest and make sure you did proceed with your daily task. Be honest with yourself; from what spiritual phase of consciousness do you operate? Deeply examine the flow of your daily activities. In what areas can you create more structure? Do you often laugh when you want to or when you think you ought to? Are you being authentic to the real you? Have you ever tried to get something through your intentions? How did that make you feel? How do you communicate with yourself? What type and quality of words do you use daily? What activity do you most enjoy and feel most at peace within.

Day 7: Lesson Notes


Claire Awada

DAY 7: WORK INTEGRATION AND MEDITATION

Reflect and intuit these questions. Write down your insights.

- Why is knowing your true self important?
- How often do you communicate with yourself and in what ways does it benefit you?
- Your mental peace is important. What are the activities that give you peace of mind?

CONGRATULATIONS!

You have completed the first week in your
Quest towards Unfolding Your Future!