



UNFOLD YOUR FUTURE

WEEK 2

Workbook

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CONGRATULATIONS!



UNFOLD YOUR FUTURE WEEK 2 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 2

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Identifying the Victim Consciousness Inside You	Tapping Through Limiting Beliefs	Freeing Yourself from Overthinking	The Power of Forgiveness	Gratitude	How to Dive Deeper with Consciousness Questioning	Meditation and Work Integration



DAY 1- IDENTIFYING THE VICTIM CONSCIOUSNESS INSIDE YOU

Victim mentality is a learned personality trait and can become a person's identity in which people believe they are victims. As a result, people frequently feel as if they have no control over the events in their lives but it is a learned behavior and can be changed. Your perception and beliefs are formed by your Environment and life's experiences. The power lies within you to break out of this and begin to take responsibility for your actions and how you like circumstances affect you.

Day 1: Lesson Notes



DAY 1- IDENTIFYING THE VICTIM CONSCIOUSNESS INSIDE YOU

Reflect and intuit these questions. Write down your insights.

- How does victim blaming myself affect my mental health?
- How did I develop this trait? Where did I go wrong?
- Will acceptance help me?
- How is my anger a sign of my victim trait and in what ways does anger oppress my thoughts in a negative way?

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DAY 2: TAPPING THROUGH LIMITING BELIEFS

Your perception and beliefs are formed by your Environment and life's experiences.

This means that how you interpret and characterize your events will have a significant impact on your life view and internal thinking. Consistent and repetitive thoughts build beliefs. Typical limiting beliefs take the form of: “I can’t do that because” “I don’t deserve that because” “If I do this something bad is going to happen” “I can’t do this because people will think” “You are only as limited as your beliefs.”— Jennifer Ho-Dougatz The universe is always expanding, and human consciousness is always changing. You can retrain your brain to challenge and overcome limiting beliefs.

Day 2: Lesson Notes



DAY 2: TAPPING THROUGH LIMITING BELIEFS

Reflect and intuit these questions. Write down your insights.

- How is my subconscious mind stopping me from internal growth?
- How do our parents influence us? Do they hold us back in life? Has it ever happened to me?
- How do limiting beliefs impact you?
- How is my life going to be different if there was nothing stopping me?



DAY 3: FREEING YOURSELF FROM OVERTHINKING

Could you imagine what it'd be like if you let your computer make all the decisions for you? You'd never get any new programs and would constantly cycle through the old ones. Our minds are programs that know what they know. By itself, it will not evolve, but when you blend your connection to the universe with the mind, things start to open up. When we take control of our minds, we can conquer overthinking and anxiety.

Day 3: Lesson Notes



DAY 3: FREEING YOURSELF FROM OVERTHINKING

Reflect and intuit these questions. Write down your insights.

- Does the fear of tomorrow kill our present?
- Am I being justified if I overthink my pain and suffering?
- Is pain helpful to get over the past?



DAY 4: THE POWER OF FORGIVENESS

Sometimes people are not aware of hurting others, when you mention it to them they become defensive, following up with a justification. Remember, there is positive intention behind every behavior. Forgiveness is the conscious strategy to let go of negative feelings toward oneself and others . Forgiveness is an important essence in the energy field you need to forgive in order to fulfill your potential. Forgiveness is notoriously difficult. However, if you want to be the best version of yourself you must practice forgiveness.

Day 4: Lesson Notes



DAY 4: THE POWER OF FORGIVENESS

Reflect and intuit these questions. Write down your insights.

- How is my positive energy impacting my actions?
- What is forgiveness? How is my energy blocking if I don't forgive someone?
- Does communication help?
- Will forgiveness help me to live in the present?

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DAY 5: GRATITUDE

Increasing frequent gratitude brings a sense of lightness to your life, relationships, and surroundings. Happy experiences are attracted to high vibrational frequencies, whereas negative or challenging situations are attracted to low vibrational frequencies.

Day 5: Lesson Notes



DAY 5: GRATITUDE

Reflect and intuit these questions. Write down your insights.

- In what ways do bad situations move us forward?
- Does being grateful help us fight our insecurities?
- Appreciating helps. Do you appreciate the people around you? Are you appreciated enough?



DAY 6: HOW TO DIVE DEEPER WITH CONSCIOUSNESS QUESTIONING

Take some time off, maybe 1-2 hours, to deeply examine your life and how you respond to things. What are the things that leave you feeling helpless and what are the ways you can take control? Do you have deep seated racial trauma? What are your triggers? What can you do to rise above racial consciousness? Are you tempted to overthink any time you face problems? How can you take control of your thoughts? Is there someone who has hurt you terribly or someone you blame for a particular thing that has happened? That someone might even be you. How do you let go of the blame? What practical steps can you take to forgive yourself and those who have offended you? What are the practical steps you should take in order to surrender and feel less concerned about not being in control?

Day 6: Lesson Notes



DAY 6: HOW TO DIVE DEEPER WITH CONSCIOUSNESS QUESTIONING

Reflect and intuit these questions. Write down your insights.

- How do I take control of the occasions when I feel helpless?
- What are my deep limiting factors that are holding me back?
- What are the ways by which one can take over his thoughts and remove the negative energy?



DAY 7: MEDITATION AND WORK INTEGRATION

A life script is a subconscious life plan that we each create in childhood through the interactions between us as children, and our primary caregivers. We often have no idea that we've constructed this script or where it comes from, Life truly is what we make of it. The stories we tell can either liberate us or enslave us. but today you have the chance to rewrite the script.

Day 7: Lesson Notes



DAY 7: MEDITATION AND WORK INTEGRATION

Reflect and intuit these questions. Write down your insights.

- What changes do I want in my life?
- Your mental peace is important. What are the activities that give me peace of mind?
- How can I rewrite the script of my life for a better tomorrow?

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CONGRATULATIONS!

You have completed the second week in your

Quest towards Unfolding Your Future!