

ONION CYCLES PODCAST
WORKBOOK
IV / IV



BY NADINE ALMER





NADINE ALMER

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My beloved, fellow, healing-integrating onions: Thank you for this year together, the vulnearbility, the growth and journey of self discovery we shared with each other.

This workbook aims to put together a concise overview to be of continuous and consistent service to you.

With all my heart and soul:
Love and light, growth and expansion for you!

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THE WHY

WELCOME+

Everything is connected—as above, so below. From the synapses in our brains to the mycelial networks beneath us, all is intertwined with the invisible force that moves the universe.

By understanding ourselves, we gain insight into the world and those we encounter within it.

My mission is to serve this intricate web of existence by listening deeply and helping others untangle what might seem overwhelming.

We are all connected, all seeking our way back to wholeness.

In my work, I open a safe space for vulnerability, where we explore the mosaic of our inner world.

By understanding each fragment of who we are—how we think, feel, and ultimately act—we shape a reality grounded in self-awareness and genuine connection.

LET'S WALK EACH OTHER HOME!



LET'S TALK ABOUT EVERYTHING!

COMMUNICATION

COMMUNITY & CONVERSATION

You can reach me through mail, Telegram, connect through social media or book your 1:1 talk with me: I am here for YOU!

Telegram '[OnionSquad](#)'

Telegram 'YOUmiracle Tribe'



YOU+MIRACLE CHALLENGE

Join the YOUmiracleYOU challenge launching **January 11, 2025!**

This 21-day journey will set a powerful intention for the year ahead. Through a blend of body, mind, and soul practices, we'll plant your chosen seed and nurture it with group sessions, one-on-one support, and weekly action-based challenges.

If you feel called to join, [apply now](#) via email to secure one of the **15 limited virtual seats.**

I AM EXCITED TO MEET YOU!



ABOUT THE PROCESS

Throughout the year, we explored concepts and gathered tools to support self-reflection and self-responsibility. Our goal is self-empowered, experiential growth, guiding each of us toward the life and self we envision.

In this workbook, we'll consolidate our insights and reflect on the journey, with a focus on podcast episodes 22 through 37.

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STORY 37, EP. 38: BELIEF STORY 38, EP. 39: IDENTITY

BELIEFS CREATE — BELIEFS DESTROY.

II TONY ROBBINS II

FOR THE REASON OF THEIR CLOSE REALTIONSHIP WITH EACH OTHER, IN THIS
WORKBOOK 'BELEF' & 'IDENTITY' WERE COMBINED.

BELIEFS ARE THE SILENT ARCHITECTS OF OUR LIVES, SHAPING HOW WE SEE THE WORLD, OTHERS, AND—MOST IMPORTANTLY—OURSELVES. AT ITS CORE, A BELIEF IS THE ABSOLUTE CERTAINTY ABOUT SOMETHING, OFTEN FORMED THROUGH REPEATED EXPERIENCES OR INHERITED NARRATIVES. SOME BELIEFS ARE BORN CONSCIOUSLY, FROM DELIBERATE THOUGHT AND DECISION. OTHERS, HOWEVER, SETTLE IN UNCONSCIOUSLY, GROWING QUIETLY FROM WORDS WE'VE HEARD, STORIES WE'VE BEEN TOLD, OR EXPERIENCES WE'VE ABSORBED.

These beliefs don't just sit idly in our minds; they weave the very stories we tell ourselves about who we are and what we are capable of. And here lies the profound connection to identity.

OUR IDENTITY—THE WAY WE DEFINE OURSELVES—IS ONE OF THE MOST POWERFUL FORCES WITHIN US. IT ACTS AS A SURVIVAL MECHANISM, COMPELLING US TO REMAIN CONSISTENT WITH WHO WE BELIEVE WE ARE. OUR BRAIN WILL ALWAYS FAVOR THE FAMILIAR, EVEN IF IT CAUSES US PAIN OR KEEPS US CONFINED, RATHER THAN RISK VENTURING INTO THE UNKNOWN.

THIS IS WHY TRUE CHANGE OFTEN FEELS SO DAUNTING.

Yet it is also why change must begin with belief. The beliefs we hold form the blueprint of our identity.

By examining and questioning these roots, we unlock the potential to rewrite our personal story, shaping not just how we see ourselves but also how we engage with and influence the world around us.

TRUE TRANSFORMATION BEGINS HERE—AT THE INTERSECTION OF BELIEF AND IDENTITY—WHERE WE DARE TO EXAMINE THE STORIES WE'VE BEEN LIVING AND OPEN OURSELVES TO NEW POSSIBILITIES.



Our beliefs shape who we are and influence every aspect of our lives, especially our identity. True transformation begins with the awareness that our beliefs are not set in stone but are malleable. The following exercises will help you challenge your current beliefs and reframe your identity to align with your higher self and greater purpose.

Transformation can't happen without confronting the hard truths. These are the beliefs and patterns that keep you stuck, often masked by excuses, fear, and safety nets. To begin this process, ask yourself the following questions:

- Is it because of fear of failure, fear of success, or something else? Is it truly real or just a story I tell myself to stay safe?



WHAT AM I PROTECTING BY STAYING STUCK IN THE SAME PLACE?

- Is it a relationship? Comfort? A false sense of security? Dive deep into what the cost is, both for you and those around you.

WHAT WOULD IT TAKE FOR ME TO FACE THESE TRUTHS?

- Often, it takes courage to step into the unknown, to break free from what feels like comfort but is actually holding us back. Trust that facing these truths will make space for growth and healing.

TRANSFORMING BELIEF AND IDENTITY: A JOURNEY OF SELF-DISCOVERY



WHERE FOCUS GOES, ENERGY FLOWS

Now that you've uncovered some hard truths, it's time to reclaim your focus and redirect your energy. The way you focus determines the direction your life will take. This exercise invites you to channel your thoughts and feelings toward your true desires and values, with a deep sense of personal responsibility.

WHAT LABELS OR JUDGMENTS AM I PLACING ON MYSELF THAT ARE LIMITING MY POTENTIAL?

- Let go of any label that has been assigned to you by others or by yourself. Recognize that no one else can dictate your worth but you.

WHAT IS MY ENERGY SAYING ABOUT ME?

- Look at the areas where you feel drained or energized. Begin to say “no” to things that drain you and say “yes” to what aligns with your passions. Be mindful of the energy you give to people, situations, and tasks. You have the right to set boundaries, but remember to do so with I-messages rather than you-messages (e.g., “I feel overwhelmed when...,” rather than “You always make me feel...”). This empowers you to own your feelings and actions, while not blaming others for your emotional responses.

WHERE DO I DIRECT MY ENERGY?

- Pay attention to where your focus goes. Are you giving energy to what triggers you or to what lights you up? The feelings you experience are powerful indicators of what’s beneath the surface.



HOW CAN I BE MORE LOVING AND COMPASSIONATE WITH MYSELF?

- Reflect on how you speak to yourself. Would you want to be treated the way you treat yourself? Start shifting your language from self-criticism to self-love. Replace “I should” and “I have to” with “I get to” and “I choose.” Take responsibility for your actions and choices with love and compassion.

Use your energy as a guide to prioritize what truly matters. You have the right to feel any way you do, but you are also responsible for how you express that feeling. You don't have the right to spread your emotional state onto others, but you do have the responsibility to manage your energy in a way that nurtures both your growth and the well-being of those around you. Setting boundaries is an act of self-love and self-respect. When done thoughtfully, it creates space for both your needs and the needs of others to be respected.

MORE ROOM FOR YOUR THOUGHTS

REMEMBER, LESS UNMET EXPECTATION EQUALS MORE JOY. LOSS, WHEN FELT DEEPLY AND RESPONSIBLY, BECOMES A TOOL FOR GROWTH, SELF-AWARENESS, AND THE CREATION OF GRACE.



When something triggers you, remember: a trigger is never about the other person. It's an invitation to look inward and examine what's unresolved within you.

A TRIGGER IS A GIFT, NOT A CONDEMNATION.

It's a moment where you can confront old wounds, patterns, or beliefs that have been repressed. If you react impulsively, pointing fingers and blaming others, you're reinforcing the very patterns that caused the trigger in the first place—essentially invalidating the other person's experience. Just as you wouldn't want your own feelings invalidated, others deserve the same. When you react from a place of blame, you're repeating the cycle of invalidation and disconnect that you may have experienced in the past.

INSTEAD, TAKE A DEEP BREATH AND ASK YOURSELF: WHAT IS THIS FEELING TRYING TO SHOW ME ABOUT MYSELF?

This is your chance to validate what's coming up, release the old emotional patterns, and integrate what you've been holding onto. Choose to use this moment to grow and expand. It's about acknowledging your own feelings without projecting them onto others and allowing space for both parties to have their experiences.

TRIGGER

IS AN OPPORTUNITY TO
SHOW UP AS YOUR
HIGHEST SELF, TO OFFER
COMPASSION TO BOTH
YOURSELF AND THE OTHER
PERSON, AND TO RECLAIM
YOUR EMOTIONAL
SOVEREIGNTY.

VS

GLIMMER

ARE THE MOMENTS OF JOY,
EXCITEMENT, AND PEACE
THAT YOU EXPERIENCE IN
THE WORLD. THEY ARE THE
FEELINGS AND SITUATIONS
THAT FILL YOU WITH A
SENSE OF PURPOSE,
EXCITEMENT, AND
ALIGNMENT WITH YOUR
TRUE SELF. GLIMMERS
GUIDE YOU TOWARD YOUR
TRUE CALLING. THEY OFFER
INSIGHT INTO THE LIFE
YOU'RE MEANT TO LIVE
AND BRING YOU CLOSER
TO WHAT LIGHTS YOU UP.
EMBRACE GLIMMERS WITH
GRATITUDE, FOR THEY
SERVE AS A ROADMAP
TOWARD YOUR HIGHEST
POTENTIAL.



**BOTH GLIMMERS AND TRIGGERS CONTRIBUTE TO YOUR GROWTH AND
EXPANSION. GLIMMERS SHOW YOU THE PATH TO FOLLOW, AND TRIGGERS
REVEAL WHAT STILL NEEDS HEALING. TOGETHER, THEY ARE POWERFUL TOOLS
FOR YOUR EVOLUTION. BY HONORING BOTH, YOU CULTIVATE A LIFE FILLED
WITH LOVE, COMPASSION, AND PERSONAL EMPOWERMENT.**

STORY 39, EP. 40: RELATIONSHIPS

Relationships are mirrors reflecting the work we do within ourselves. Every step we take toward becoming a more integrated, authentic version of who we are—healing fragments, releasing old patterns, and cultivating self-awareness—is a gift not only to ourselves but also to those around us.

This journey, though at times painful or disruptive, is inherently beautiful, as growth and expansion are the soul's natural desires. While triggers and emotional turbulence may arise, these challenges offer opportunities for deeper connection and mutual transformation.

Likewise, as we change, some relationships naturally shift or fall away. This process is not a failure but a realignment, as the energetic bonds that connect us adjust to our evolving paths.

Recognizing these dynamics invites us to approach relationships with intention. We learn to let go of stagnant connections that no longer serve mutual growth and create space for meaningful, uplifting ones. By anchoring in love—the oxygen of the soul—and practicing conscious communication, we transform relationships into fertile ground for shared growth. Tools such as the "4 Horsemen" framework, understanding the 3 U's and 3 C's, and methods like S.E.W. can help navigate challenges, fostering relationships rooted in mutual respect, empathy, and expansion.

REMEMBER:

TRIGGERS ARE TREASURE – GLIMMERS ARE GUIDES.

1

*You never listen to me.
You always just care about yourself!*

OR

*I feel unheard when I try to share my thoughts.
Could we find a moment to talk where we both
feel present?*

CRITICISM

*Well, maybe I wouldn't forget if
you weren't always nagging me!*

OR

*I see how my forgetting upset you.
I'll work on setting a reminder next time.*

DEFENSIVENESS

3

4 HORSEMEN

*Oh, of course you'd forget. Typical.
You're so irresponsible.*

OR

*I'm feeling frustrated because this feels
important to me. Can we figure out a way to
avoid this next time?*

CONTEMPT

Silence, arms crossed, walking away without
explanation.

OR

*I need a moment to process this before I can
respond calmly. Can we pause and come back
to this in XY minutes?*

STONEWALLING

4



3 U'S TO 3 C'S

You don't even care about how I'm feeling right now. You never take my feelings seriously.

UNSEEN

That's not true! I'm always listening to you, but you're the one who's impossible to talk to!

CRITISIZE / DEFENSIVE

I just told you what I feel, and you're twisting it around to make it about you. You never actually listen!

NOT UNDERSTOOD

I don't know what you expect from me. I'm just going to stop trying.

CLOSING DOWN

You always act like you can just shut me out. Do you even care if this relationship works?

UNSAFE

Why does it always have to be your way? Maybe if you weren't so demanding, we wouldn't even be having this argument.

FEELING CONTROLLED

Take a moment to reflect on your own experiences with conflict or challenging conversations.

- What patterns have you noticed in your own behavior during disagreements?
- Have you found yourself using any of the 4 Horsemen—criticizing, showing contempt, being defensive, or stonewalling?
- How have you experienced the dynamics of the 3 U's—feeling unseen, misunderstood, or unsafe—in your interactions? How have these feelings impacted your responses or the way others interact with you?

Now consider the connection between the 3 U's and the 3 C's:

- Have you observed yourself or others moving toward criticism, closing down, or becoming controlling in response to feeling unseen, misunderstood, or unsafe? How did this shape the outcome of the interaction?

Finally, think about the possibilities ahead:

- Do you believe that being aware of these patterns, and using tools like the S.E.W. method, could help you foster healthier, more open-hearted conversations?
- How might approaching interactions with love, clarity, and mutual respect transform not just your relationships, but your sense of self-worth and the way you navigate conflict?

Remember, love is the foundation for every meaningful connection. It allows us to honor others without enduring harm or disregarding our own needs. By bringing awareness to these dynamics, you're taking an empowering step toward relationships that support mutual growth and joy.



There is an alternative.

The version below allows both parties to identify and voice sensations tied to feeling unseen, misunderstood, unsafe, and controlled, providing a framework for mutual validation and moving forward with clarity and respect.

S.E.W. METHODE

I feel a pit in my stomach, like there's a weight pulling me down.

SENSATION

I think it's because I'm feeling ignored and also scared, like I'm not safe to share what I really think.

EMOTION

What I really want is to know you're here with me, even if this is hard.

WANT / NEED

I feel a tightness in my throat, like I can't get the words out right.

SENSATION

I think I'm feeling defensive because I'm scared too—I don't want to lose you, but I also feel like I can't get it right.

EMOTION

What I want is for us to pause and make sure we're on the same side, not against each other.

WANT / NEED

The S.E.W. method, created by somatic therapist Aimee Falchuk, helps navigate conflicts with clarity and compassion by focusing on **Sensations, Emotions, and Wants.**

Sharing these elements fosters understanding and diffuses tension. To avoid confusion, it's important to explain the method's purpose beforehand, ensuring everyone feels aligned and ready to engage in healthier, more empathetic conversations.

Now, it's up to you: Do you feel inspired to try it out yourself?

Practice makes master, and remember that it always takes two to master the art of healthier conversation. If one party isn't on board and continues using manipulative or destructive behavior, this method won't succeed, no matter how hard the other tries.



STORY 40, EP. 41 & 42:

GRIEF & MEDITATION

The most beautiful people we know have known defeat, suffering, pain, struggle, loss & have found their way back from the depths of pain.

| Elisabeth Kübler-Ross |

THE FIVE STAGES OF GRIEF AND THE SIXTH BEING A POSSIBILITY

Grief is a universal experience, touching every corner of our lives. The five commonly recognized stages—Denial, Anger, Bargaining, Depression, and Acceptance—are not a linear process but a fluid, personal journey. Grief does not have a rulebook, nor does it compare.

Whether you mourn a 20-year marriage or a 5-day connection that felt profound, each story holds its unique depth and weight. Comparison undermines the authenticity of your experience. Every loss—be it the passing of a loved one, a chapter of your life, or a version of yourself left behind—deserves acknowledgment.

Honor your emotions without judgment, for they serve as your compass, guiding you through transformation.

Emerging beyond the five stages, the sixth stage of Creation invites you to redefine your story. From the ashes of grief arises the possibility to create something profoundly new. Who have you become through this process? What seeds of change have been planted in the void left behind? Creation does not erase the pain but offers a pathway to rebirth and renewal. It is your opportunity to transform loss into purpose, crafting a life that reflects the lessons, love, and growth borne of grief.

RECOGNIZING GRIEF YOU'VE OVERLOOKED

Grief is not just for the obvious losses like the death of a loved one or the end of a relationship. It can appear in many forms: the loss of a cherished object, the transition from one identity to another, or even the quiet ache of leaving a familiar place behind.

Take a moment to reflect. What experience, loss, or change might you have overlooked or dismissed as not important enough to grieve? It could be the loss of a job, an old version of yourself, a broken connection, or even the grief of an unfulfilled dream. Trust the first thought that comes to mind and give yourself the space to explore it. Write freely and honor what arises.



A Ritual for Grieving with Love

Grief is deeply personal, and how you choose to move through it can take many forms. There's no one "right" way to grieve, and no prescribed method will fit everyone. What matters is that you give yourself the time, space, and love to honor your grief, whatever that may look like for you.

Whether you feel called to write, scream into a pillow, or create something meaningful through art, it's all part of the ritual. Allow yourself the freedom to choose how to express what you're feeling. The act of grieving is not about "fixing" the pain but rather about allowing it to flow, to release, and to transform.

Here are a few ideas to guide your process:

- **Journaling:** Write out what comes to mind, without restriction or self-judgment. Let the words spill onto the page and allow yourself the freedom to express whatever feels right.
- **Collaging or Drawing:** You can collage pictures or symbols that represent your loss, or perhaps create a piece of art that channels the feelings you're carrying.
- **Screaming into a Pillow:** If you need to release energy or frustration, this can be a powerful way to let go without judgment.
- **Working with Pottery or Clay:** If you like to work with your hands, shaping clay or pottery can symbolize the act of molding and transforming your grief into something meaningful.
- **Watercolor or Painting:** Allow the fluidity of paint to express your emotions. Let the colors blend and swirl as your grief moves through you.

WHATEVER MEDIUM OR APPROACH FEELS RIGHT,

THIS IS YOUR SACRED SPACE.

YOU ARE NOT LIMITED TO ANY ONE FORM.
SIMPLY GIVE YOURSELF THE GIFT OF TIME, INTENTION,
AND PERMISSION TO FEEL, EXPRESS &

MOVE THROUGH YOUR GRIEF WITH LOVE.

This next page is for you to process your grief however you feel called. No rules, no judgment—just presence, acknowledgment, and love for yourself.





TO ASSIST YOU IN THIS PERSONAL RITUAL, A MEDITATION FOR EASING GRIEF IS AVAILABLE ON YOUTUBE, SPOTIFY, AND MY WEBSITE. USE IT TO EASE INTO THIS JOURNEY, GROUND YOURSELF, OR CLOSE THIS INTIMATE CHAPTER OF HEALING.

STORY 41, EP. 43: TYRANNY OF HOW

Courage is being afraid and doing it anyway.

This wisdom reminds us that fear often accompanies growth. The Tyranny of How emerges when fear convinces us we need all the answers before we act, leading to hesitation. But not all “how” is rooted in fear, sometimes, it reflects curiosity or a desire for clarity. By recognizing the difference, we can honor genuine inquiry while reframing fear-based questioning as an invitation to align our intentions. This shift transforms hesitation into purposeful preparation, making each step forward more meaningful.

But the truth of the matter still is: there is no one coming to save us. We must be brave, assemble ourselves and make our own vision a priority. Not in an unkind, disregarding way of others, but in a way that says, “I am worthy of stepping into my full potential.” If we keep waiting for the “perfect” moment, the right resources, or the perfect circumstances, we will always be in a cycle of “what if” and wonder where the years went.

Perfection is an illusion, and perplexity is the enemy of change. This is not about getting everything right but about getting started and trusting that we will learn as we go. Remember: “If I can’t, then I must.”

IDENTIFY YOUR FEAR

Fear often whispers, “You can’t” or “You’re not enough.” It hides beneath the surface, shaping how we approach the “How” of life. But what if fear wasn’t the enemy? What if it was the compass guiding you toward growth? This exercise will help you identify your unique fear and reframe it as a source of strength.

Take a moment to reflect. What is it you fear most about stepping into something new? Is it failure? Success? Rejection? Being truly seen? Write it down in a single sentence, starting with

I am afraid of...

.....

.....

.....

EXAMINE THE ROOT

Ask yourself:
What’s beneath this fear? Is it the thought that you’re not enough, that you won’t be loved, or that you can’t handle success? Let your intuition guide you and use the following page to write a short explanation of why this fear has power over you.

REFRAME IT

Now, let’s shift the narrative. Instead of letting fear paralyze you, turn it into a mantra that empowers you.

For example:

- Fear: “I’m afraid of rejection.”
- Reframed Mantra: “Rejection isn’t failure, it’s redirection. I trust that those meant for me will stay.”



Take your fear and reframe it into a statement of trust, strength, and possibility. Write your mantra in the present tense, it has already come to fruition and place it somewhere visible—your mirror, your journal, or your phone. Speak your mantra aloud every day. Write your mantra at least once a day with attention and intention. Feel the shift in your energy as you affirm your ability to rise above fear. With time, you'll find fear becoming less of a barrier and more of a teacher, guiding you toward bold action and meaningful growth.

Monday

FEAR IS NOT YOUR
ENEMY.
IT'S YOUR INVITATION TO
GROW.

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



YOUR WHY

Why do you want what you want? Why does this goal or aspiration matter to you? Sometimes, clarity gets lost in the "How," but the real power lies in knowing your "Why." A strong, unshakeable "Why" becomes your anchor in the face of uncertainty, helping you move forward even when the path feels daunting.

EXAMPLE

Goal: Start my own business.

1. Why do I want this? Because I want freedom in how I work.
2. Why is that important? Because I want to spend more time with my family.
3. Why is that important? Because I value deep connections.
4. Why is that important? Because relationships bring me joy and fulfillment.
5. Why is that important? Because I want to live a life full of meaning.
6. Why is that important? Because I believe meaning is the key to happiness.
7. Why is that important? Because happiness allows me to bring my best self to the world.

By the seventh "Why," you'll uncover the deeper purpose driving your desire.

My goal is

Why?

Why?

Why?

Why?

Why?

Why?

Why?



ONE LAST THING TO CONSIDER...

The people you surround yourself with and the actions you've taken in the past are powerful indicators of where you're headed. Often, we underestimate the evidence that already exists, showing us we are capable of growth and change. Let's uncover and reinforce your confidence in moving forward.

1

Adjusting who you listen to—whether it's external voices or your inner dialogue—can profoundly shift your path.

Write the names of the five people you spend the most time with into the white boxes.

Ask yourself for each person and take notes:

What qualities do they embody?

Are they aligned and empowering you with the vision you have for yourself?

Are their words and actions helping you expand or keeping you stuck?

Gather evidence of your accomplishments and bravery by thinking back over the past three years. Write about three decisions you made that significantly impacted your life.

- What led you to those decisions?
- How did you feel before, during, and after?
- What were the outcomes?

If nothing comes to mind, reflect on a situation that still occupies your thoughts.

Observe it from a bird's-eye view:

- What did you learn about yourself?
- How did it challenge you to grow?
- What positive ripple effects came from it?

2





STORY 42 - 45, EP. 44 - 47

EXPLORING THE FRAGMENTS OF SELF, CURATING YOUR AUTHENTICITY, AND CULTIVATING BELONGING

In our journey toward self-awareness and empowerment, it's crucial to reflect on the inner and outer forces shaping who we are. Our self-concept, beliefs, and behaviors form a rich tapestry of fragments—archetypes, masks, roles, and the stories we tell ourselves. This exercise is designed to help you explore these fragments, identify the influences around you, and curate the path that aligns with your highest potential. By engaging in this practice, you will deepen your understanding of yourself and develop a greater sense of belonging within and beyond your life.

THE SELF

The central, integrated part of your psyche, embodying wholeness and unity.

THE PERSONA

The outward-facing mask you wear in social situations, crafted to fit societal expectations.

Understanding the Fragments of Self

We all carry fragments of ourselves that shape who we are and how we show up in the world. These fragments are not just random parts of our psyche, but roles, masks, and identities we take on as a way to protect ourselves or fulfill societal expectations. At the core of this exercise is the exploration of these fragments—understanding the different aspects of your psyche that guide your thoughts, actions, and reactions in daily life.

While Carl Jung's four core archetypes—the Self, Persona, Shadow, and Anima/Animus—serve as a helpful introduction to the complexity of the psyche, they only scratch the surface.

THE SHADOW

The hidden, often suppressed aspects of yourself—emotions or traits you reject or deny.

THE ANIMA/ANIMUS

The feminine or masculine energy within each person that complements your own gendered expression.

To go deeper, we turn to Jung's 12 archetypes, a broader spectrum that helps us better understand the varied roles we play in life. These archetypes are not fixed labels, but rather fluid expressions of different parts of ourselves. The challenge lies in moving beyond identifying with these archetypes as concrete labels, and instead using them as a tool to explore the roles, masks, and subconscious patterns that exist within us. These 12 archetypes can act as a map to explore the broader human experience.

- The Hero might show up when you're striving to overcome challenges and pursue your goals.
- The Caregiver could be present when you find yourself taking care of others, sometimes at the expense of your own needs.
- The Rebel may emerge when you challenge authority or defy societal expectations.

However, these are just starting points. The real work of this exercise is not about labeling yourself as a Hero or Rebel, but about observing the unique ways these archetypes manifest in your life. They are expressions of the fragments of who you are—the roles you play, the masks you wear to protect your vulnerability, and the coping mechanisms you adopt to navigate life's complexities.

This is calling you to be an observer, without judgement.

A self-empiric, self-empowered researcher.



Reflect on the 12 archetypes and see which ones resonate with you. However, the goal is not to identify with any one of them exclusively, but to observe how different archetypes have shaped your life at various stages. Ask yourself: Which archetype (or blend of archetypes) feels most present in your life right now? And are your experiences their various shadow sides (overindulgent extremes) as well? If so, how?

What roles or masks do you adopt in your daily interactions? What do they protect you from?

In which situations do you feel disconnected from your true self, and how do these fragments show up in those moments?

How do these roles or masks serve to protect, shield, or express parts of yourself that may feel vulnerable?

For example, you might discover that you often take on the Caregiver role with your friends, always putting others' needs before your own. In moments of stress or overwhelm, perhaps the Rebel archetype surfaces, pushing back against expectations or rules that feel restrictive.

THE INNOCENT

Seeks happiness and simplicity, believing in the goodness of life.

THE ORPHAN

Desires belonging and equality, grounded in real-world experiences.

THE HERO

Seeks to prove worth through courageous action and overcoming challenges.

THE CAREGIVER

Nurtures and supports others, often at the cost of their own needs.

THE EXPLORER

Craves adventure, freedom, and self-discovery.

THE REBEL

The central, integrated part of your psyche, embodyChallenges norms, aiming for change and transformation.

THE LOVER

Seeks deep connections, passion, and beauty in relationships.

THE CREATOR

Driven to express creativity and bring new ideas into the world.

THE JESTER

Uses humor and playfulness to bring joy and lighten serious situations.

THE SAGE

Pursues wisdom, truth, and deeper understanding.



Creates change using knowledge, intuition, and spiritual power.

Seeks control, stability, and prosperity for themselves and others.

Through this exploration, your goal is not just to define and identify the roles you play or the masks you wear but to get to know the deeper motivations, fears, and desires that drive them. Ultimately, the purpose of this exercise is to integrate these fragments back into your authentic self—embracing all the parts of who you are, not as separate entities but as pieces of a larger, more complete whole. By doing so, you begin the journey back to oneness, where all these parts coexist harmoniously, enriching your sense of self and connection to the world.

As you reflected on these aspects of yourself, ask: What would it mean to integrate these fragments of self? How might your life shift if you could embrace the fullness of who you are, acknowledging both your strengths and the fragile parts of yourself you've been protecting?

The archetypes are a tool, not an identity. Use them to reflect, not to define yourself. The deeper work involves acknowledging the fragments within you, exploring the roles and masks you carry, and integrating these parts of yourself into your authentic being, creating a fuller and more holistic sense of self.



EXPLORING THE FRAGMENTS OF SELF, CURATING YOUR AUTHENTICITY, AND CULTIVATING BELONGING

Once you've identified the key archetypes and the voices they represent, the next step is to curate your life—your external environment, actions, and choices. This concept isn't about reinventing yourself but about choosing what aligns with your core values and aspirations. Just as you carefully select the content you consume (social media, books, radio, TV, movies, art, newsletter, podcasts...) or the company you keep, it's essential to curate your energy, environment, and interactions. When you curate your external world, it creates the conditions for your inner self to flourish. The goal is to fill your space and your time with what supports your authentic journey, helping you step into a life that reflects who you are and who you're becoming.

REGARDING THIS JOURNEY OF REFLECTING ON YOUR ENVIRONMENT AND
WHAT YOU TAKE IN ON A DAILY BASIS,
ASK YOURSELF:

- What uplifts me and what drains me?
- Which environments or people make me feel empowered or in alignment with my highest potential?
- Where do I find myself caught in comparison or unhealthy expectations?

The background of the page features a series of light purple, wavy lines that create a sense of movement and depth. These lines are layered, with some appearing more prominent than others, giving the background a textured, almost three-dimensional quality. Interspersed among these wavy lines are several horizontal dotted lines in a dark purple color, which provide a structured, grid-like element to the overall design. The combination of the fluid, organic wavy lines and the precise, geometric dotted lines creates a balanced and visually appealing aesthetic.

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REPHRASE, REDEFINE, RETRAIN: EMPOWERING YOUR LANGUAGE

By consciously shifting our language, we transform our inner world. Each word we speak is an opportunity to align more fully with our empowered selves, to embrace our capacity for choice, and to take full responsibility for the direction of our lives. This exercise not only transforms our language but also our experience of life—one empowered choice at a time.



Take this with you and track how often you use limiting language over the course of **1 day**.

I SHOULD...

I CAN'T...

I HAVE TO...



**Reflect on your day of tracking your language:
Did it spark new insight?**

EXPLORING THE FRAGMENTS OF SELF, CURATING YOUR AUTHENTICITY, AND CULTIVATING BELONGING

True belonging is not about fitting into an external mold, but about embracing who you are and finding your place in the world. Historically, belonging was tied to small communities where each person's unique light contributed to the collective good. Today, the loss of ritual and community can make us feel disconnected, but at the heart of it all, we must come to realize that we truly belong only to ourselves.

Belonging is rooted in self-worth and knowing that the gifts you offer have value. It's about cultivating a sense of belonging wherever you are—whether you're alone or with others, grounded in the knowledge that your light will attract those who resonate with it. Belonging is about honoring your true self, which starts with understanding your inner fragments and curating your life accordingly. When you feel connected to your true self, you cultivate a sense of belonging that isn't dependent on others, but on the authentic expression of who you are. This sense of belonging flows from within, attracting like-minded people and supportive communities.

TRUE BELONGING IS....

Take time to define what belonging feels like for you. What does it look like? Where do you feel truly at home? How can you create more space for this feeling in your life, regardless of external circumstances?



Let their responses remind you of the unique light you offer.



CONTEMPLATION IV

MONDAY

4 things
I am grateful for
today.

“
My favourite thing that happened
today.
”

Tools that assisted me today.

Did I show myself kindness today?



CONTEMPLATION IV

TUESDAY

4 things
I am grateful for
today.

“

My favourite thing that happened today.

”

Tools that assisted me today.

Did I show myself kindness today?



CONTEMPLATION IV

WEDNESDAY

4 things
I am grateful for
today.

“

My favourite thing that happened today.

”

Tools that assisted me today.

Did I show myself kindness today?



CONTEMPLATION IV

THURSDAY

4 things
I am grateful for
today.

“

My favourite thing that happened today.

”

Tools that assisted me today.

Did I show myself kindness today?



CONTEMPLATION IV

FRIDAY

4 things
I am grateful for
today.

“
My favourite thing that happened
today.
”

Tools that assisted me today.

Did I show myself kindness today?



CONTEMPLATION IV

SATURDAY

4 things
I am grateful for
today.

“

My favourite thing that happened today.

”

Tools that assisted me today.

Did I show myself kindness today?



CONTEMPLATION IV

SUNDAY

4 things
I am grateful for
today.

“

My favourite thing that happened today.

”

Tools that assisted me today.

Did I show myself kindness today?



CONGRATULATIONS

By choosing this path, you're entering a space of openness, dedicating time to nourish your Self. This is powerful, noble work—allowing you to fill your own cup so fully that its overflow enriches everyone around you. Here, we reconnect with our true essence, that unique, individual light within. We dig deep, trusting that the spirit we were taught to hide will re-emerge. Stepping out of comfort to rediscover our Self is an act of true courage.

This journey is one of a lifetime—not a race, nor a straight path, and not always graceful. It may bring you to your knees, yet it will also lift you higher than you imagined.

Remember: life is happening for us, not to us.

With love and light from my heart to yours,

Nadine

SHARING IS CARING!

Community is essential—through it, we see the reflection of our growth, find support on our journey, and experience the uplifting beauty of authentic human connection.

If you feel called to join us:

WE ARE HERE!

