

ONION CYCLES PODCAST  
**WORKBOOK**  
I / IV



BY NADINE ALMER





# NADINE ALMER

[www.wunderfinder.org](http://www.wunderfinder.org)



My beloved, fellow, healing-integrating onions: Thank you for this year together, the vulnerbility, 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

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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

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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 1 through 8.

## STORIES & EPISODES

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# STORY 1, EP. 1: THE 4 C'S

## EXERCISES

### CLARITY

WHERE AM I NOW?



WHERE DO I WANT TO BE?  
HOW DOES IT FEEL?  
WHAT DOES IT LOOK  
LIKE?

### CURIOSITY

... ABOUT THE TOOLS AVAILABLE  
TO BRING THIS SHIFT ABOUT.



FINDING YOUR INNATE,  
UNIQUE, SPECIAL,  
UNCOMPROMISED,  
AUTHENTIC EXPRESSION  
OF SELF AGAIN

... ABOUT YOURSELF, WHAT  
WORKS FOR YOU AND WHAT  
DOES NOT?



### CHANGE

THE ONLY CONSTANT IN LIFE IS CHANGE.

BOTH IN THE BIG AND SMALL THINGS - FEAR IS A VALUABLE TOOL AS WELL, YET  
ASK YOURSELF THIS:

DOES IT HOLD MYSELF BACK? AND WHEN WAS I SCARED BEFORE, FACED IT AND  
DID IT ANYWAY? HOW DID THE RESULT IMPACT MY LIFE?

### CONSISTENCY

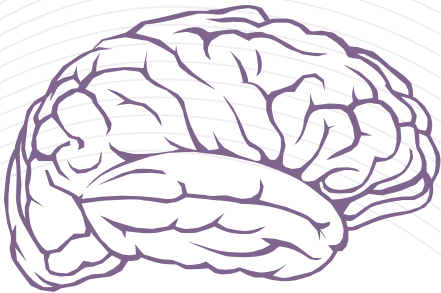
THERE IS NO ONE SHOE FITS ALL PATENT RECIPE. THIS IS LEARNING HOW TO  
HONOUR A PROMISE TO YOURSELF, ESSENTIALLY A SELF-LOVE PRACTICE IN  
PROGRESS.

ROLL UP YOUR SLEEVES AND BUILD YOUR  
RELATIONSHIP WITH CONSISTENCY!

- WHAT ARE YOUR BELIEF SYSTEMS AROUND THIS WORD AND RELATED WORDS SUCH AS DISCIPLINE?
- COULD YOU COMMIT TO TRYING YOUR MOST FAVOURITE THING TO DO ON A CONSISTENT BASIS TO REDEFINE YOUR BELIEF SYSTEMS?

## STORY 2, EP. 2: GRATITUDE

### THE BRAIN



OUR BRAIN IS WIRED FOR SAFETY, IT WILL CHOOSE THE UNCOMFORTABLE KNOWN OVER THE UNKNOWN THAT COULD HOLD ALL COMFORT.

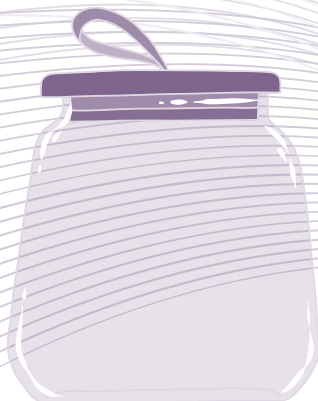
HAVE YOU EXPERIENCED THIS IN YOUR LIFE? IF SO, JOURNAL ABOUT IT AND BECOME AWARE OF CYCLICAL REPETITIONS OF PATTERNS: THOUGHTS, FEELINGS & BEHAVIOURS.

### MINDSET SHIFT

IT IS THAT SIMPLE. AND THEN AGAIN, IT ISN'T.  
THE ONLY THING WE CAN FULLY INFLUENCE IS:



### GRATITUDE PRACTICE



I STARTED WITH A STONE, AN OBJECT THAT I COLLECTED DURING ONE WALK WHEN I HAD COLLAPSED AND FOUND MYSELF IN A REHABILITATION CLINIC FOR EXHAUSTION, SOCIAL ANXIETY, DEPRESSION AND A BUNCH OF OTHER MEDICAL TERMS INDICATING THAT I SUPPRESSED MY TRUE SELF.

**SO LET US START BY SEEING WHAT IS ALREADY THERE.**  
ANY OBJECT THAT YOU CAN CONNECT TO, MAYBE A JAR WITH PAPER NOTES FOR EACH THING YOU ARE GRATEFUL FOR COLLECTED OVER A MONTH....  
OR A STYLISH PAPER PLANNER ON THE WALL?

# A MONTH OF GRATITUDE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


## PERSONAL NOTES:






# STORY 3, EP. 3: BREATHING

## LIFE FORCE

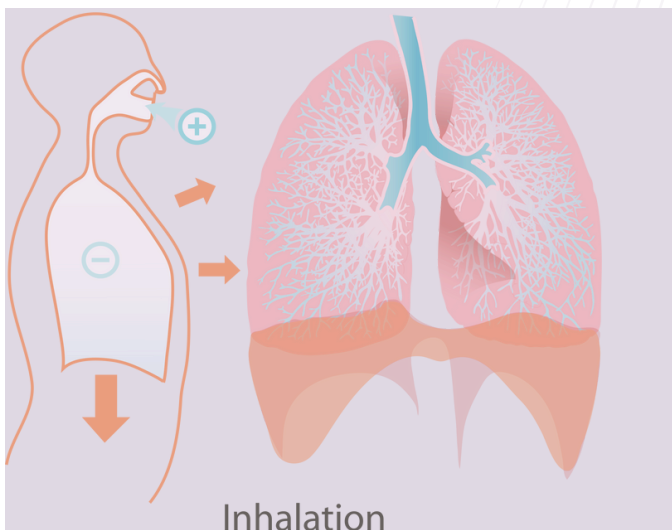
25'000 BREATHS A DAY

AND THEY INFLUENCE THE  
WHOLE SYSTEM OF OUR BODY.

AND FOR THE MOST PART WE JUST FORGET ABOUT  
THIS SUPERPOWER.

SO HOW ABOUT WE HARNESS  
THIS ABILITY TO LEARN TO  
REGULATE OUR NERVOUS  
SYSTEM?

WHenever you feel overwhelmed or simply called to 'TAKE 3',  
ESTABLISH THE HABIT OF ASSESSING WHAT COUNT SERVES YOU AND YOUR PRACTICE.  
REPEAT 3 TIMES (OR AS LONG AS YOU FEEL CALLED TO DO SO).



**BREATHE IN 3 - 8 SECONDS**

**HOLD 3 - 8 SECONDS**

**BREATHE OUT 3 - 8 SECONDS**

**HOLD 3 - 8 SECONDS**

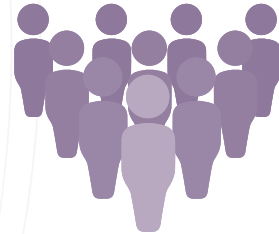
SHARING IS CARING!  
SHARE THE WISDOM.

TALK ABOUT WHAT YOU ARE DOING  
TO REGULATE YOURSELF. YOU'LL BE  
SURPRISED ABOUT THE ENRICHING  
CONVERSATIONS ENSUING YOUR  
AUTHENTICITY!

## STORY 4, EP. 4: SONDER

### THE DICTIONARY OF OBSCURE SORROWS

THE REALIZATION THAT  
EACH RANDOM PASSERBY IS



*LIVING A LIFE AS VIVID AND COMPLEX AS YOUR OWN.*

POPULATED WITH THEIR OWN



*AMBITIONS,  
FRIENDS,  
ROUTINES,  
WORRIES  
& INHERITED CRAZINESS.*



AN EPIC STORY THAT CONTINUES INVISIBLY AROUND YOU.

LIKE AN ANTHILL SPRAWLING DEEP, WITH ELABORATE  
PASSAGEWAYS IN WHICH YOU ONLY APPEAR ONCE AS

*AN EXTRA SIPPING COFFEE IN THE BACKGROUND,*



*AS A BLUR OF TRAFFIC ON THE HIGHWAY,*



*AS A LIGHTED WINDOW AT DUSK.*



# A WEEK OF SONDER

ONCE A DAY, WHEN YOU FEEL CHALLENGED, PAUSE TO REMEMBER 'SONDER'—THE IDEA THAT EVERYONE'S LIFE IS AS COMPLEX AS YOUR OWN. NOTICE HOW THIS SHIFT INVITES EMPATHY, COMPASSION, AND A DEEPER CONNECTION IN YOUR DAILY INTERACTIONS.

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



## NOTES AND THOUGHTS





# STORY 5, EP. 5: TRAFFIC LIGHTS PARADIGM

## GREEN

LIFE'S GOOD! I GOT THIS ALL FIGURED OUT! AMAZING, I'M ACTUALLY IN A SAFE SPACE!



## ORANGE

INDUCED OVERWHELM LEADING TO MIND SPIRALLING:  
TOO MANY TASKS, UNFULFILLED EXPECTATIONS,  
TRIGGER, TRAUMA, LIFE JUST HAPPENS.



## RED

### ENERGY LEAKS.

FIRST HEALTHY HABITS GO.  
THEN NEGATIVE SELF-TALK.  
THEN COPING MECHANISMS.  
FEELINGS OF INADEQUACY.  
UNWORTHINESS.  
PROCRASTINATION.  
INSTANT GRATIFICATIONS.  
SELF-HATE.

### POSSIBLE CROSSROADS ASSEMBLE ONESELF

#### 1. INTERRUPT THE PATTERN

DOING SOMETHING OUT OF THE  
ORDINARY, JUMP UP, DANCE,  
WALK, TAKE A POTTERY CLASS.

#### 2. ACCEPTANCE

OUR LIVES ARE FULL TO THE  
BRIM WITH SENSATIONS &  
DEMANDS. ACKNOWLEDGING  
THAT WE NEED REST,  
APPRECIATING OUR BODY  
GIVING US SIGNS TO DO SO, AND  
APPLYING SAID ADVICE,  
SOMETIMES IS ALL STAGE  
'ORANGE' WANTS TO LET US  
KNOW.

OR IN FACT SIMPLY (OR RATHER BRAVELY) OPEN UP ABOUT YOUR  
FEELINGS OF INADEQUACY AND SHAME TO A TRUSTED LOVED ONE  
AND LET THEM SUPPORT YOU



# YOUR THOUGHTS OBSERVATION

DATE :

MOOD :

*What happened was this:*

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I FELT... (TRIGGER)

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- 
- 
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- 
- 
- 

I DID... (COPING MECHANISM)

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- 
- 
- 
- 
- 
-

## STORY 6, EP. 6: ACCOUNTABILITY

# POINTING THE FINGER



THE REALITY IS THIS: NO ONE IS RESPONSIBLE FOR HOW YOU FEEL BECAUSE, IN FACT, AS ADULTS (STRANGE AS IT MAY FEEL), WE DON'T HAVE ALL THE ANSWERS BUT ALL THE ABILITIES TO REGULATE, REFLECT & PARENT OURSELVES.

THE MANNER IN WHICH WE DO SO DETERMINES THE OUTCOME OF OUR REALITY.

IT ALL BOILS DOWN TO THIS:  
**ARE YOU THE PARENT FOR YOURSELF THAT YOU WISH YOU'D HAD?**  
**IF NOT, WHY? AND COULD YOU BE?**

REMEMBER THAT THE ONLY THING WE CAN AFFECT IS



PS: THIS INCLUDES NURTURING AND BEING KIND TO YOURSELF, RECOGNIZING THAT YOUR FEELINGS ARE HERE TO TELL A STORY ABOUT YOUR LIFE EXPERIENCE. HONOR YOURSELF—YOU HAVE THE RIGHT TO FEEL EVERYTHING. JUST REMEMBER, WHAT YOU BRING INTO THE WORLD REFLECTS YOUR INNER WORLD, SO CHOOSE THOUGHTFULLY.



## STORY 7, EP. 7: RITUALS & ROUTINES

LONG BEFORE RITUALS BECAME CENTRAL TO ORGANIZED RELIGIOUS PRACTICES, THEY WERE WOVEN INTO EVERYDAY LIFE, SERVING AS A JOYFUL WAY TO CONNECT COMMUNITIES AND BRING PEOPLE TOGETHER. \*

**ROUTINES**  
ARE TASKS WE  
COMPLETE  
MINDLESSLY, OFTEN  
ON AUTOPILOT, IN A  
STRATEGIC  
SEQUENCE.



**RITUALS,**  
BY CONTRAST, ARE  
PRACTICED WITH  
MINDFULNESS, INTENTION,  
AND PRESENCE, SERVING  
TO DEEPEN YOUR  
CONNECTION WITH  
YOURSELF, OTHERS, AND  
THE WORLD.



NEITHER IS INHERENTLY BAD OR GOOD.  
BALANCE AND OBSERVATION IS KEY.

CHANGE TO OUR DAILY RITUALS AND ROUTINES CAN BE  
APPLIED WHENEVER WE FEEL STUCK.  
(AS ALWAYS: CURIOSITY IS SAID TO BRING MIRACLES!)

*\*AUTHOR'S NOTE: THIS JOURNEY WELCOMES ALL BELIEFS, AND THE ABOVE PARAGRAPH IS INTENDED PURELY AS A HISTORICAL PERSPECTIVE. IT IS IN NO WAY MEANT TO DIMINISH OR QUESTION ANYONE'S FAITH.*

## STORY 8, EP. 8: CONTEMPLATION I

MONDAY

4 things  
I am grateful for  
today.

Things I learned considering  
'sonder' today.

Tools that assisted me today.

Did I show myself kindness today?



## STORY 8, EP. 8: CONTEMPLATION I

TUESDAY

4 things  
I am grateful for  
today.

“ Things I learned considering  
'sonder' today.

”

Tools that assisted me today.

Did I show myself kindness today?

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## STORY 8, EP. 8: CONTEMPLATION I

WEDNESDAY

4 things  
I am grateful for  
today.

“  
Things I learned considering  
'sonder' today.  
”

Tools that assisted me today.

Did I show myself kindness today?



## STORY 8, EP. 8: CONTEMPLATION I

THURSDAY

4 things  
I am grateful for  
today.

“  
Things I learned considering  
'sonder' today.  
”

Tools that assisted me today.

Did I show myself kindness today?



## STORY 8, EP. 8: CONTEMPLATION I

FRIDAY

4 things  
I am grateful for  
today.

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“ Things I learned considering  
'sonder' today.

”

Tools that assisted me today.

Did I show myself kindness today?

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## STORY 8, EP. 8: CONTEMPLATION I

SATURDAY

4 things  
I am grateful for  
today.

“ Things I learned considering  
'sonder' today.

”

Tools that assisted me today.

Did I show myself kindness today?



## STORY 8, EP. 8: CONTEMPLATION I

SUNDAY

4 things  
I am grateful for  
today.

“ Things I learned considering  
'sonder' 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!**

