



# Module Six Workbook

## Develop the WOW Factor



## A note from Tilean

Hi Beautiful,

This week is all about the importance of balance and wellbeing for success, because you really need to be in balance to thrive.

I believe that with a strong mind, body and soul not much can go wrong! I'm also going to use this week to help you check back in and see how you're getting on with your mindfulness practice.

Good luck! It's time to get stronger.

Sending you good vibes as always,

Tilean xoxo



# Task list

Over the next seven days, your actions are to:

- 1) Complete this workbook.
- 2) Try to meditate for 10 minutes, twice a day, journal and live mindfully. Use the tracker to mark your progress.
- 3) Engage in 30 minutes of physical activity each day.
- 4) Suggested reading - Thrive by Arianna Huffington



# Mindset

## JOURNALING

Use the space below or grab your own personal journal and spend some time writing.





Write down your intentions for the week ahead. Feel free to use the space below or write it in your journal.





## YOUR PERSONAL MINDFULNESS AND MEDITATION REVIEW

How's your meditation going?

Are there any changes you would like to make this week to ensure you meditate twice a day for at least 10 minutes each time?





Is there anything you need to let go of around your reluctance to practice? Let go of what's not serving you and write it here.

How have you been getting on living mindfully?





Write down any amendments you need to make to your daily routine to allow you to live more mindfully each day.

Is there anything you need to let go of to enable you to live more mindfully each day? Let go of what's not serving you and write it here.







How are you coping when it comes to turning towards difficult experiencings?

Are you able to pause and respond rather than react to a challenging situation?





Write down what it means to accept a difficult experience. Remember: accepting is not about putting up with it!

Write down the steps you'd go through to mindfully turn towards a difficult, stressful or painful experience. Feel free to review the information provided in Module Two and Three.





## MINDFUL MOVEMENT

It's now time to include mindful movements into your your everyday routine.

Mindful movement is a mindful living practice that I'd encourage you to include in your everyday life.

Our bodies were made to move!

Mindful movement is simply about bringing your attention to the way you move, noticing your body and the sensations, emotions and thoughts that arise during that moment of intentional focusing.

Throughout the movements, pay attention to the sensations in your body. Be curious about what you can feel and sense. Notice any tension and, as best as you can, let your body soften and open. When performing the movements, notice any unnecessary holding and, as best as you can, let your muscles soften.

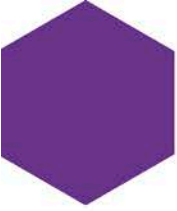
Between movements, stand still for a few moments, noticing all the sensations of your body, watching your breathing and checking in with your experience. When you move, do not hold your breath. You'll be surprised how many people hold their breath in mindful movements. I sometimes notice myself doing it in yoga; when the teacher would say to make sure you're breathing, I'd realise 'Oh yes, I am holding my breath.'

Mindful movement can include stretches, walking, yoga, Tai chi and Qigong to name just a few. However, you can bring mindfulness into many movements and physical activity. For example, sometimes I bring it into my running routine and even when I attend a spinning class. Remember mindfulness needs to 'pay attention', 'on purpose' and in a 'particular way'.

## MINDFUL STRETCHING

As our bodies are quite still during the night, it can be really useful to get into the routine of mindfully stretching first thing in the morning. Here are a few examples of some mindful movement stretches I like to perform when I get up in the morning. Have a go and see if there are any you'd like to incorporate into your own morning routine.

1. Turning from the waist, allow your arms to swing loose and gently touch your sides at the end of each turn. Only turn as far as feels natural.
2. Allow your hands to stretch up towards the ceiling, reaching the fingers up. Then gently let your arms float down to your sides.
3. Stretch the right arm upwards, fingers stretching up, and let your left heel leave the floor. It should feel like you're picking fruit off a tree. Gently bring your arm down and then repeat for the other side.



4. Stretch your right arm up beside your ear as your left hand travels down your leg and arch over towards the left. Without collapsing forward and keeping your head up, feel the stretch along the right side of your body. Then repeat, arching to the right.
5. Roll both shoulders together, moving them forward, up towards your ears, then down. Then change direction.
6. Circle your hips as if you are drawing circles and with your hands on the small of your back.
7. Raise one knee and move your ankle in a circle, first in one direction, then the other. Then change legs and circle the other ankle.
8. Shaking! This is an excellent way to release the build-up of stress in our body tissues. Did you know that animals shake naturally as a way of discharging tension after moments of heightened danger or threat?
9. Roll your head by imagining you are drawing very small circles in the air with the tip of your nose. After a while, circle your nose in the other direction.
10. Standing firmly on both feet, spreading and opening the soles, take your time to very slowly shift your weight over to one foot and very gradually, bit by bit, lift your other foot off the ground. You don't need to lift it high, just a little way. This movement is about creating a sense of balance.

What mindful movement stretches would you like to incorporate into your morning routine?

Feel free to list movements I have or haven't suggested.





## MINDFUL WALKING

Mindful walking is a great way to bring you closer to nature as well as to your body. It is an essential part of mindfulness, as it provides you with the opportunity to connect with the present moment and strengthen your concentration. For those like me who like to run, it can really make sure you take opportunities to slow down as well as 'just be'. Every time you go for a walk, it should not and does not need to be a mindful walk, but it's really important to have some moments in your life when you walk mindfully.

Here are the steps involved in going for a mindful walk:

1. Wear comfortable clothing and shoes, although I have done mindful walking barefoot on grass and on sand, too.
2. Stand still and straight, but not stiff. Ground yourself by noticing how your feet feel on the ground.
3. Notice your body and how it feels. Take some time to become aware of the subtle movements your body makes when it's still.
4. Take three deep breaths.
5. Walk and use your senses. What can you smell, see and hear?
6. Take notice of how your body feels, what you observe, thoughts, moods and emotions, but all without judgement.
7. If you notice yourself in conversation with yourself, bring yourself back to the present moment.
8. End with three deep breaths.

Take a minute to get familiar with the steps of mindful walking and practice doing it. I'd encourage you to have a go now in your own home.

How was that experience of mindful walking?



How do you feel about incorporating mindful walking into your life?

Moving forward, when would you include mindful walking into your life and which locations would you choose to do it in?





Is there any resistance coming up for you around mindful walking? Write down anything you need to let go of.

### MINDFUL EXERCISES

I mentioned before how some exercises are a form of mindful movement, like yoga, Tai chi and Qigong for example. They really focus on mind, body and breath, which is a great way to strengthen your mindful movement practice. You can also bring mindfulness into other exercises, particularly ones that provide you with the opportunity to be with your mind, body and breath. I found this is possible in spinning classes and also when I run. You can also have a mindful swim.

What mindful movements are you going to include into your week?





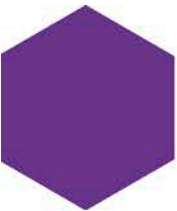
When you do your mindful movements it's important to connect with your whole self.

What did you notice about your body and the sensations in your body during your mindful movements?

What emotions arose during your mindful movements?







What thoughts arose during your mindful movements?





## OVERCOMING RESISTENCE

When I first started to incorporate mindful movement into my life on a daily basis, I noticed I had a lot of resistance around it, especially daily stretching. I stuck with it though, because I really believe that sometimes the biggest things we resist, we in fact need the most.

I started to realise that even though the mindful movement stretches were great for me and my body loved them, it required me to slow down and I couldn't be all go, go, go in the morning like I was used to, so I was resenting them.

I realised that the very attitude I had towards my mindful movement stretches was the same attitude I had to some aspects of my life. That impatient, go, go, go mentality seeped into much of my life and work and it wasn't healthy.

When you think of your relationship with mindful movement and physical activity in general, what type of activities do you generally go for?



How do you think the attitude traits you have for mindful movement and physical activity seep into your work and life?

What are you going to change moving forward in terms of mindful movement and physical activity that will benefit you life overall?





What are the mindful exercises you are currently trying or would like to include in your weekly routine?





## SUGGESTIONS TO ACCESS GUIDED MEDITATIONS

Insight timer - <https://insighttimer.com/>


Ananda - Conscious Health App by Deepak Chopra:  
<https://www.deepakchopra.com/video/article/1164>

Headspace App: <https://www.headspace.com/headspace-meditation-app>

Stop, Think, Breathe App: <http://www.stopbreathethink.org/>

## MINDSET TRACKER

Day	Journal	10-minute meditation	10-minute meditation	Mindful movement
1				
2				
3				
4				
5				
6				
7				



“When the mind, body,  
and spirit work together I  
believe anything is  
possible.”

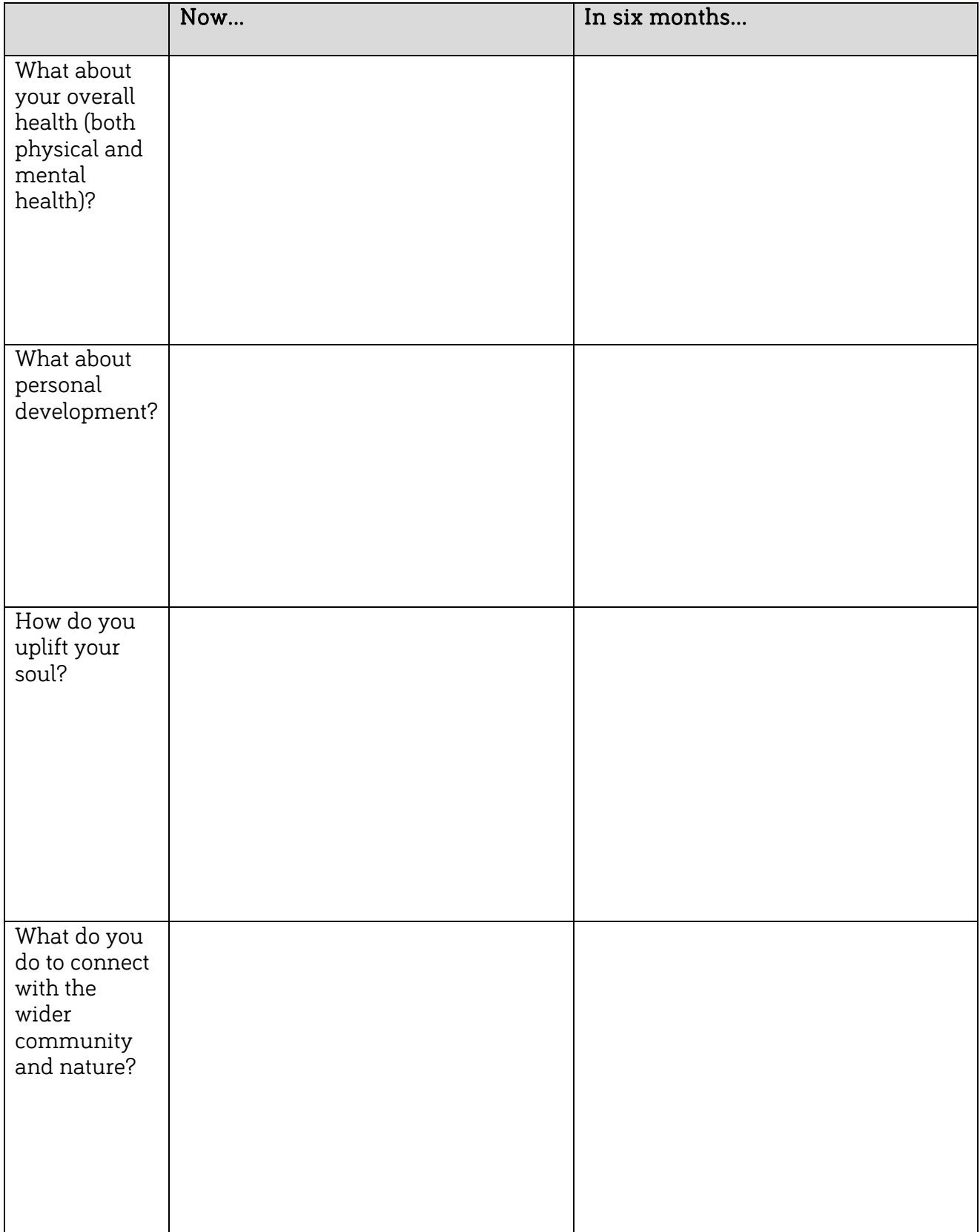
Criss Angel



## Living a balanced life

Let's take some time now and consider how you can enrich your mind, body and soul even further. I want you to take some time and, in response to the following questions, explain how things are for you now and how you would like them to be in the next six months. Be as detailed as possible. Consider the intentions behind wanting to feel this way.

	Now...	In six months...
How do you nourish your body?		
What do you do to keep your body active?		
What about rest?		



	Now...	In six months...
What about your overall health (both physical and mental health)?		
What about personal development?		
How do you uplift your soul?		
What do you do to connect with the wider community and nature?		





What thoughts, feelings and emotions arose from doing that exercise? What changes do you need to make in your life now to start aligning to the version of you that lives a balanced life?

What thoughts, feelings and emotions do you need to learn to let go of so you can move forward to creating more balance in your life?





## Exercise and success

You might not believe me just yet, but there is a relationship between exercise and success.

This is why you'll find that successful entrepreneurs and business owners make exercise a priority in their lives. Exercise not only improves muscle strength but improves brain power, productivity and creativity as well. It improves sleep patterns and reduces symptoms associated with depression and anxiety. It's an important time for critical thinking, a time when the mind is free to drift, connect the dots and suddenly realise the answers.

What does exercise mean to you? What thoughts, emotions and feelings come up when you read the word 'exercise'?



If you want to succeed, both your mind AND body needs to be strong. Research has shown that exercise is related to happiness and success.

One reason for this is because in order to succeed you need all the energy you can get! In order to see the success you desire, know that it requires you to reach out of your comfort zone and that this comes with challenges. Therefore, energy is a requirement! A regular exercise routine will give you more energy throughout the day.

Knowing this, how do you need to reframe your thoughts around exercise?





I used to have a ton of excuses around exercises: my body will never be flexible; I'll never be strong; I'm big-boned and not made for exercise; I can't do it; I get out of breath easily, maybe I've got slight asthma. Like seriously, I used to hate exercising! Now, I couldn't have my life any other way and I've seen my business thrive because of it, too!

What barriers and excuses do you have about exercise at the moment? Write down what you need to let go of that's not serving you.





I'd love for you to take the time to watch this video called 23 and a half hours by Dr. Mike Evans. [Click here to access it.](#)

What came up for you when you watched this video?

How does it make you feel to have 30 minutes of your day as non-negotiable towards exercising?





As you get stronger with exercise, you'll notice a change, both mentally and physically, within four weeks. After eight weeks you'll notice that your friends will see the change, and then after 12 weeks those not so close to you will notice it. Plus, it only takes 18 weeks for a behaviour to become a natural part of your routine, so just keep going!

Knowing this, how does it make you feel about exercise now?





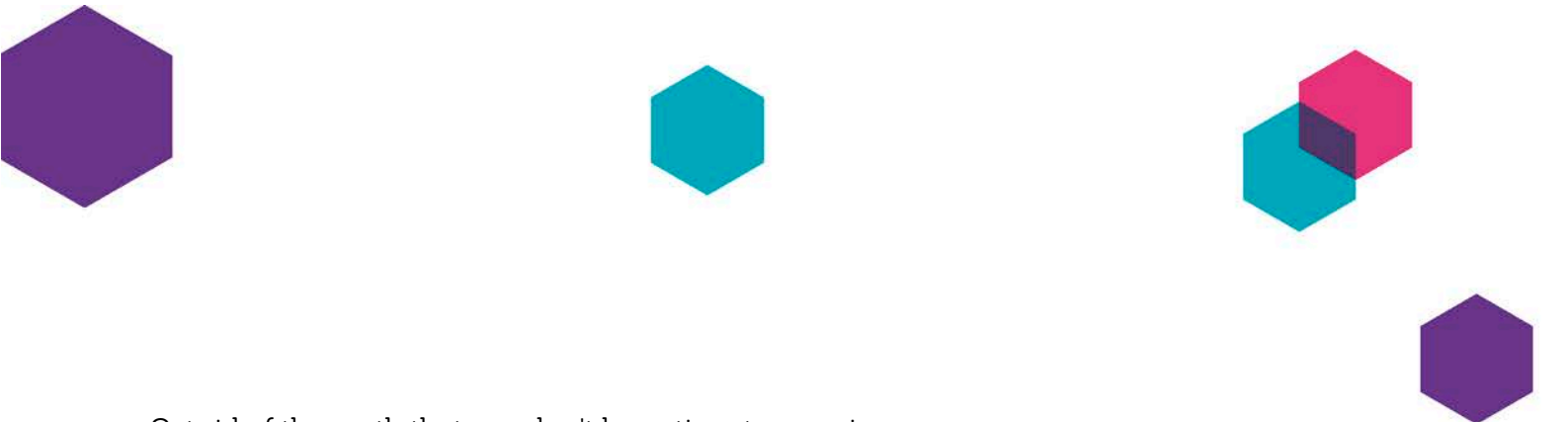
When you exercise, it's important to push yourself outside your comfort zone. Exercise is a perfect reminder to clearly show how you operate in other areas of your life. In the previous weeks we examined how, in order to manifest dreams and desires, it's important to reach outside your comfort zone. Exercise is a practical way of demonstrating to you whether you are doing this or not.

Are you reaching outside of your comfort zone when it comes to exercise? How? Could you reach outside your comfort zone a little bit more?

I've found that reaching outside my comfort zone when it comes to exercise has strengthened the conscious language I use in my life and enables me to re-learn the importance of goal setting and determination that is needed in order to succeed. It's a beautiful way of clearly showing me how I'm operating in all aspects of my life. This is why I love signing up for fitness challenges too and invest in a personal trainer, and why you'll see many entrepreneurs doing fitness challenges and investing in fitness and nutrition coaches as well.

Moving forward, how are you going to reach outside your comfort zone when it comes to exercise?





Get rid of the myth that you don't have time to exercise.

Make the time!

One thing that has helped me is that exercise is non-negotiable in my diary: it's scheduled in.

In my life, if it's not scheduled, it's not real. I have such a busy life that I make time for the important things, like eating, exercise, meditating, work and social time.

A typical weekly exercise routine for me can look like this:

Monday - personal training, includes weight training and cardio

Tuesday - spinning and high intensity training

Wednesday - walking

Thursday - running and weight training

Friday - walking

Saturday - a long run

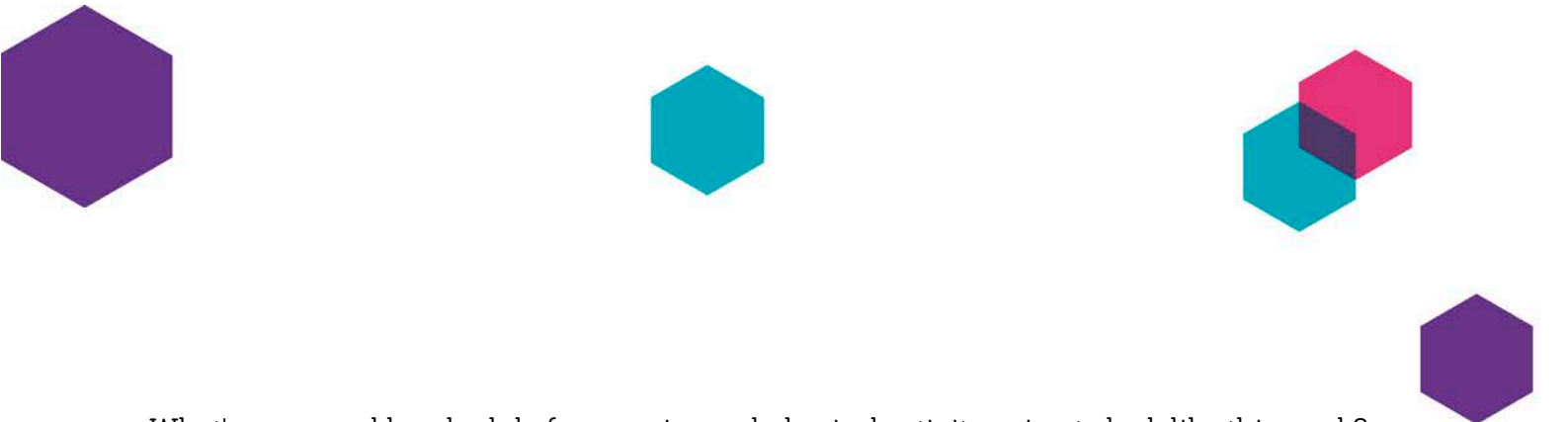
Sunday - yoga

It's important to start small. I've been exercising for a while now, but when I started, even having a 30-minute walk a day made a difference to my life. Also, the term exercise can be broadened to include other types of physical activity, such as gardening, cleaning, swimming and much more. Just make sure you're active!

What did your weekly schedule for exercise and physical activity look like last week?

Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday:





What's your weekly schedule for exercise and physical activity going to look like this week?  
How can you incorporate 30 minutes of physical activity into your life?

Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday:

Other things that have helped ensure I exercise daily include having walking Facebook Lives, working from the gym and putting on my gym wear in the morning.

What could you do to support you in making opportunities for daily exercise?

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It's important to look at your schedule and vary it when you need to. You should certainly change it every eight weeks! Notice how my routine includes weight training, mindful movement (yoga), cardio and walking on rest days. Learning new activities can be great for our wellbeing too, so I'd certainly encourage that as well.

What new activities will you try in the next three months?

Yoga is what I first turned to when I realised I needed to regain balance, when I was at a time in my life where I realised I was so drained that I was struggling in every aspect of my life. I actually started with movement meditation before I even deepened my overall mindfulness practice. Yoga changed my life and I am forever grateful I had the guts to start practicing again.

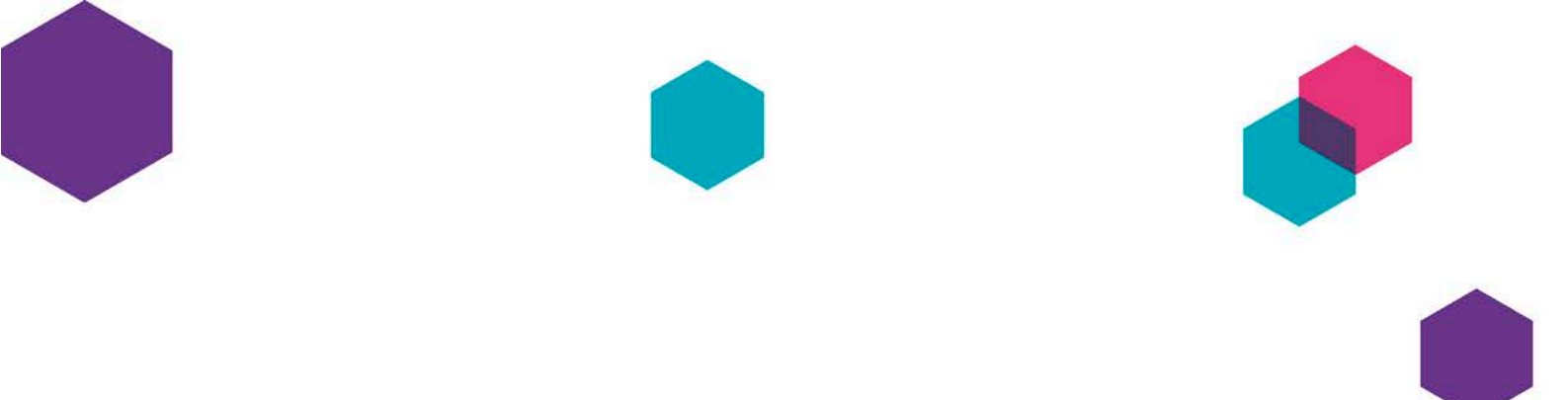
Yoga helps us 'just be' and acknowledge where we are mentally and physically without making judgements and accept it. In yoga, as with business success and other success, progress is made slowly. I do yoga because it reminds me that growth takes time. It also allows me time to step back and appreciate life. Also yoga reminds me that persistence pays off, that the more I practice the better I'll become and that there are no short cuts!

Evidence shows that yoga:

- increases stamina
- lowers stress levels
- makes mind and body more flexible
- improves memory and focus
- teaches you how to find balance in everything
- teaches discipline

There are other types of mindful exercises too, such as Tai chi or Qigong.





How does it feel to you to try a mindful exercise like Yoga, Tai chi or Qigong? What resistance (if any) comes up for you?

I've found it useful to have apps on my phone, like the Nike running app and training app, to keep me motivated. YouTube is great for exercise videos, including yoga, and I've invested in a personal trainer.

Other useful techniques that have helped me include exercise into my routine have been running. It's so easy to add it to your life, either at lunchtime or even as part of your commute. I used to hate running and that was the very reason I started it. Now I can't imagine my life without it. If running is something you fancy giving a go and you've never done it before, I'd recommend using the Nike Running App.

Remember, this is about creating a plan that works for you. I'm sharing what's worked for me, but feel free to try something else.

What tools or methods of support will you use to help you incorporate exercise into your life?



## Sleep and success

There is a common misconception that in order to be successful you need to not sleep. I want to tell you that, in my opinion, it's a load of nonsense. Sleep is a basic human requirement that you can't avoid, just like breathing! In fact, if you try to avoid sleep, your body will force sleep upon you, for example, when people fall asleep at the steering wheel. Sleep is no joke!

In fact, most successful people who remain focused and happy also ensure they prioritise sleep, because we need to sleep to recharge our brains and bodies. Also, it has been scientifically proven that poor sleep negatively affects our pre-frontal cortex.

Remember before I explained that the pre-frontal cortex is the area of the brain located behind your forehead (above the eyebrows). It gives you the ability to experience emotions but is also responsible for other important things like concentration, creativity, reasoning, planning and your ability to think outside the box. By establishing a sleep routine that works for you, you will strengthen the pre-frontal cortex and enable you to be the best version of yourself.

The amount of sleep every individual needs varies, and in fact, only approximately 59% of people sleep an average of 7 to 8 hours per night. For some people, a little less is their optimum and for others, a little more. It's about working out what's best for you.

The other key point about sleep I'd like to make clear is that it is impossible to have a solid night's sleep. Every human being sleeps in cycles, where we have moments of wakefulness through the night, it's just that some people don't remember them. This can be helpful to know, especially for those who do wake during the night, that this is entirely normal. It is just that some people's wakefulness is very short, so it goes unnoticed.

How does it make you feel reading about sleep? What thoughts, feelings and emotions arise?



An important part of ensuring you sleep for success is to create an effective sleep routine and communicating this (verbally and by modelling) to others in your household is important, too. Things to include in your sleep routine include meditation, dedicated worry time, gratitude round-up and a shower or bath, to name just a few.

Meditation - This enables you to check in with your body and observe how you are feeling and what emotions are arising.

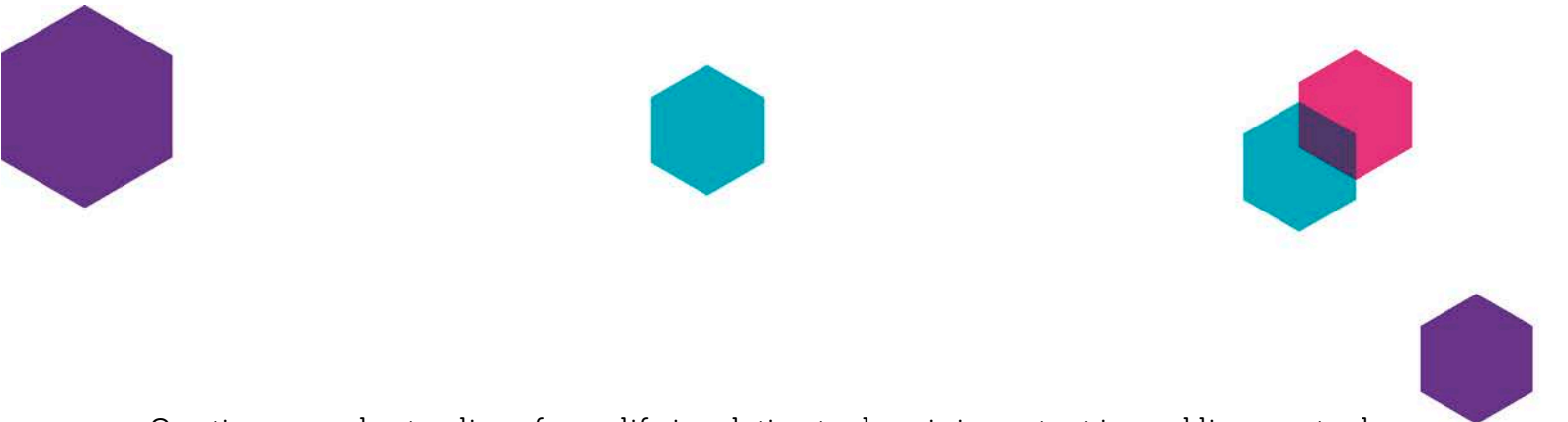
Dedicated worry time - This is particularly useful if you find you've got a lot on your mind. Dedicate 10 minutes and 10 minutes only to worrying. Life is so precious! Remind yourself that spending more than 10 minutes in a worry loop is not helpful!

Gratitude round-up - This is one of the last things I do at night and it enables me to go to sleep with a mind full of thankfulness and gratitude.

Shower or bath - I use this as a great way of washing off the stresses of the day and release all the energies of the day that have been transferred to me by other people. I also associate my shower and bath with self-love and care, so it puts me in a nice, calm space before I sleep.

What's going to be your evening routine to prepare you for sleep?





Creating an understanding of your life in relation to sleep is important in enabling you to sleep better. This can be done by creating for yourself a sleep diary, which you write in every morning and evening to take a snapshot of how you are sleeping. Things I'd suggest you include in your sleep diary are:

Morning questions:

- What time did I wake up?
- What time did I go to bed last night?
- What was my bedtime routine last night?
- Roughly, how long did it take me to fall asleep?
- Did I noticeably wake in the night, and if so, for how long?
- Roughly, how long did I sleep altogether?
- How was the quality of my sleep last night?
- How well do I feel this morning?
- How enjoyable was my sleep last night?

Evening questions:

- How physically active have I been today?
- How would I rate the level of my functioning today?
- How would I rate my mood today?
- Have I taken any meditation today?

You can then use this diary to see what helps and doesn't help your sleep. We know ourselves better than anyone, so use this process to see how you can improve your sleep. If you are finding it difficult to improve your sleep, I'd recommend sharing the content of your sleep diary with a health professional who can work with you to create unique solutions to manage your sleep patterns.

What questions are you going to include in your personal sleep diary?



Write any additional notes here.

Here are a few other tips to consider to help improve your sleep:

- No electronic devices/TV an hour before bed.
- No alcohol before bed.
- Make a beautiful and lovely sleep environment and take pride in your sleep area.
- Exercise during the day or mindful movement helps sleep.
- Avoid sugar before sleeping.

A beautiful and lovely sleep environment is super important. What changes do you plan to make to your sleep environment?





# Reading

The next book I'd encourage you to read is Thrive by Arianna Huffington. This will provide you with even more detail around the importance of balance and success.

Notes from Thrive



*“Be patient with yourself.  
Self-growth is tender, it’s  
holy ground. There’s no  
greater investment.”*

*Stephen Covey*

