

SABBATICAL from “YES”

*Reconnect with Your Inner Wisdom, Energy and
Creative Fire through 30 Days of Putting Yourself First*

by CHRISTI DANIELS

WORKBOOK

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INITIAL QUESTIONS

These first questions are going to prime the pump and get you connected with how this topic has shown up in your life. Pretend this is the deep end of the pool and dive right into them. Be painstakingly honest with yourself here, almost as if you were a journalist reporting on what you've witnessed. And remember to bring a sense of curiosity; you're on an investigation and moving through a process of discovery. Please make sure that you have at least 30 minutes of uninterrupted time to complete them.

What brought you to this book?
(please be specific)

Look back at your answer to the last question, how does your answer as well as expectations of others show up in your life?

Thinking about your previous answers, use the grid below to identify at least 3-5 specific situations in your life where the expectations of others direct your actions and choices.

SITUATION	RATE				
	Low				High
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5

Go back through each situation and rate your level of frustration with it using 1=low and 5=high.

When it comes to what prompted you to read this book and/or the expectations of others, what is your biggest frustration? (Remember to be specific)

When it comes to what prompted you to read this book and/or the expectations of others, what have you tried so far that DID NOT work? (Remember to be specific)

What do you think the solution IS or what would you like it to be?

How would your life be different if you could resolve this situation immediately?

WANTED

(1) The Putting Others First Villian

(2) Has stolen from me...

(3) When I transcend POF, my reward will be...

(4) My new mantra is...

GATHERING THE BONES EXERCISE

Sit still in a quiet place. Put your hands over your heart and breath several deep breaths.

Recall a time of love or gratitude and feel what it was like to be there. Feel it as if it were happening in this very moment. Let that feeling flow over your entire body and as you breathe, let it expand until it surrounds the room, this space, this area, this region, this country, and this planet.

Then ask your heart to show you your own cemetery. In response, you might receive images, words, sounds, feelings or something else. Just notice what is happening and tune into what it feels like to be walking in this cemetery of yours. Stay connected here and open your eyes to answer the following questions with your NON-Dominant hand:

1. What symbolic “bones” will you be surrendering and releasing on the funeral pyre today? These are the things that no longer serve you that you choose to surrender and leave behind.

2. What symbolic “bones” are you willing to reclaim today? These would be the symbolic aspects of you or things that you will reclaim and use to rebuild yourself.
3. Create a symbolic representation of what you’re leaving behind. Be creative. Let your inner heartist out to draw, paint, sing, dance. Create some type of expression of the “bones” you are leaving behind and those you are gathering. What’s important here is the experience of creating and expressing rather than what the end product looks like.

Energy Matrix Sheet

COMMITMENTS OR RESPONSIBILITIES	BODY	EASE	ENTHUSIASM	THINKING	TOTAL	DIRECTION

Declaration of Worth

*From this day forward, I claim my worth.
I claim my full self, my beauty, my shadow,
my love, my anger and everything in between.
From this day forward, I cease agreement with
saying 'yes' to anything that I do not want.*

I reject the notion that...

*...my worth exists only when I do something for someone else.
...it is my job to be responsible for anyone else's happiness.
...I must agree with someone's opinion to keep the peace.
...I must cooperate or collaborate against my inner will.
...I must give up anything for another person
to have what they want.
...I must scrape bare the walls of my soul
for any reason, whatsoever.
...I am here to advance anyone else's agenda
at the expense of my own light.*

Rather, I embrace the truth that I have a special gift to share in this world.

*I might not be fully aware of what that is in this
moment, but I know it resides inside of me.
It resides inside EACH of us.
It is my mission to BE my most authentic, unique BEing.
If I neglect myself, this will not be possible.
If I say 'yes' when I mean 'no,' I am not authentic.
I embrace the truth that what is best for my highest self is
best for everyone, that truly helping myself helps everyone*

**Therefore, I only say 'yes' and choose things
that nurture me and stoke my internal flame.**

I am the only one who can make that choice.

*I understand that the divine speaks through my
curiosity, my yearnings and my excitement.*

*I embrace situations where I feel the energy of
satisfaction, fulfillment and pleasure.*

I embrace silence and nurturing time for myself.

I trust my inner guidance to show me the way.

I am worthy in each moment, simply because I exist.

I am valuable, simply because I exist.

I embrace and hold sacred my gift of life.

I embrace me FULLY.

I am enough and perfect, just as

I AM.

Signed

Date

My Sabbatical from "Yes" starts on: ____/____/____ and ends on ____/____/____ (30-Days later)

This declaration comes with an auto-renewal at expiration, until such time as you should choose to say yes to something different.

The initial term for your sabbatical will be 30 days, however, it might make more sense for you to take a longer break.

Trust your inner wisdom and make the choice that is right for you.

Sign your Declaration of Worth and insert today's date and the date for the end of your sabbatical.

BE GENTLE WITH YOURSELF

This is Your
PERMISSION SLIP
TO TAKE A 30 DAY

SABBATICAL from
“YES”

X _____
SIGN HERE

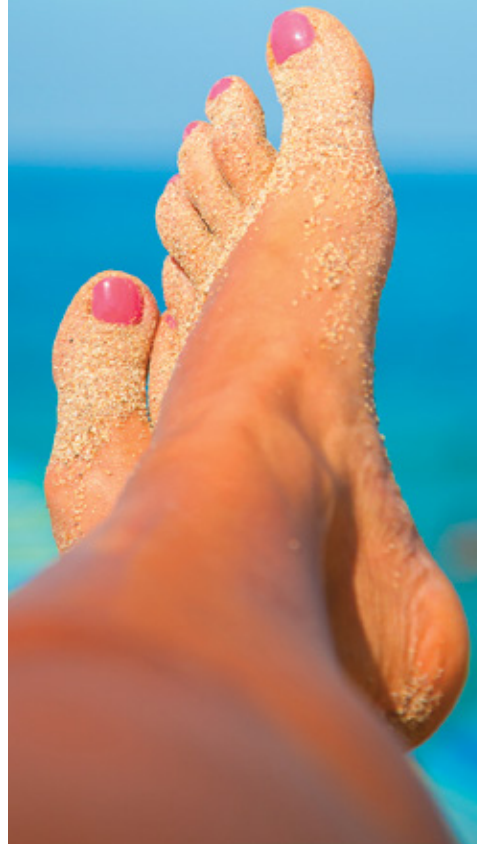
Track your progress by checking each day you've completed of your sabbatical. When you're finished, re-evaluate how you'd like to proceed.

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30!

Join the Facebook Group to mix, mingle, give and get support and to celebrate!

Print out this bookmark/
permission slip, sign
and use to keep your
place in your book
and keep track of the
days and progress.

1. Cut on marks
2. Fold in center
(dashed line.



WEEK ONE: EMBODY POWER

Track your progress with Daily Check-ins

Week One	1	2	3	4	5	6	7
Power Pose & Walk							
Gratitude							

NOTES

At the end of the week, answer this question:
What is different about your life this week compared to last week?

WEEK ONE: Question 1

DAILY	What are you grateful for today?
1	
2	
3	
4	
5	
6	
7	

WEEK ONE: Question 2

DAILY	What has been happening in your life that went well today?
1	
2	
3	
4	
5	
6	
7	

WEEK ONE: Question 3

DAILY	Where did friction show up today?
1	
2	
3	
4	
5	
6	
7	

WEEK ONE: Question 4

DAILY	What was the most powerful part of your day?
1	
2	
3	
4	
5	
6	
7	

WEEK TWO:

Reconnect with Your Inner Wisdom

Track your progress with Daily Check-ins

Week Two	8	9	10	11	12	13	14
Power Pose & Walk							
Gratitude							
Body Check-in							

NOTES

At the end of the week, answer this question:

What is different about your life this week compared to last week?

WEEK TWO: GRATITUDE

DAILY	What are you grateful for today?
8	
9	
10	
11	
12	
13	
14	

WEEK TWO: BODY CHECK-INS

DAY	When did you say, think, agree or do something even though you felt inside that you wanted something else for yourself?	What sensations did you notice in your body when this happened?
8		
9		
10		
11		
12		
13		
14		

DAY	When did you say, think, agree or do something that was good for you, but disappointed someone else?	What sensations did you notice in your body when this happened?
8		
9		
10		
11		
12		
13		
14		

WEEK TWO: BODY CHECK-INS (continued)

DAY	When did you stay in integrity on the outside and the inside, and it felt good?	What sensations did you notice in your body when this happened?
8		
9		
10		
11		
12		
13		
14		

DAY	What are you noticing overall about your body's 'no' sensations?	What are you noticing overall about your body's 'yes' sensations?
8		
9		
10		
11		
12		
13		
14		

WEEK THREE:

Reconnect with Your Intrinsic Worth

Track your progress with Daily Check-ins

Week Two	15	16	17	18	19	20	21
Power Pose & Walk							
Gratitude							
Body Check-in							

Make a note below of the sensations you noticed in your body while you were saying the *Declaration of Worth*.

1. What are you noticing about your body's 'yes' sensations? (Describe the sensation and the location.)
2. What are you noticing about your body's 'no' sensations? (Describe the sensation and the location.)

At the end of your week, answer these questions:

1. What are you grateful for this week?
2. What do you notice about your days this week compared to last?

WEEK THREE: GRATITUDE

DAILY	What are you grateful for today?
15	
16	
17	
18	
19	
20	
21	

WEEK THREE: BODY CHECK-INS

DAY	When did you say, think, agree or do something even though you felt inside that you wanted something else for yourself?	What sensations did you notice in your body when this happened?
15		
16		
17		
18		
19		
20		
21		

DAY	When did you say, think, agree or do something that was good for you, but disappointed someone else?	What sensations did you notice in your body when this happened?
15		
16		
17		
18		
19		
20		
21		

WEEK THREE: BODY CHECK-INS (continued)

DAY	When did you stay in integrity on the outside and the inside, and it felt good?	What sensations did you notice in your body when this happened?
15		
16		
17		
18		
19		
20		
21		

DAY	What are you noticing overall about your body's 'no' sensations?	What are you noticing overall about your body's 'yes' sensations?
15		
16		
17		
18		
19		
20		
21		

WEEK FOUR: Stabilize Your Rhythm

Reflecting back on your life, what things have you noticed that set you up for a fabulous day? They might be things you enjoy, that make you laugh or that just make your day extra special when they happen. List at least seven of them below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

WEEK FOUR: Fabulous Day Actions

At the end of your week, answer these questions:

What did you do each day that energized you and set yourself up for a fabulous day?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

What are you grateful for this week?

What do you notice about your days this week compared to last?

WEEK FOUR

Track your progress with Daily Check-ins

Week Two	22	23	24	25	26	27	28
Power Pose & Walk							
Gratitude							
Body Check-in							
Energy Boost from Your Custom Menu							

WEEK FOUR: GRATITUDE

DAILY	What are you grateful for today?
22	
23	
24	
25	
26	
27	
28	

WEEK FOUR: BODY CHECK-INS

DAY	When did you say, think, agree or do something even though you felt inside that you wanted something else for yourself?	What sensations did you notice in your body when this happened?
22		
23		
24		
25		
26		
27		
28		

DAY	When did you say, think, agree or do something that was good for you, but disappointed someone else?	What sensations did you notice in your body when this happened?
22		
23		
24		
25		
26		
27		
28		

WEEK FOUR: BODY CHECK-INS (continued)

DAY	When did you stay in integrity on the outside and the inside, and it felt good?	What sensations did you notice in your body when this happened?
22		
23		
24		
25		
26		
27		
28		

DAY	What are you noticing overall about your body's 'no' sensations?	What are you noticing overall about your body's 'yes' sensations?
22		
23		
24		
25		
26		
27		
28		

WEEK FIVE:

Listen to Your Preferences

It's up to you to do your part. I'm counting on you. The world is counting on you. We need a pleasure infusion, stat! So right now, before you finish reading this, take a moment to set your timer to go off once each hour... go ahead, I'll wait while you do it.

Each time the timer goes off, ask yourself this question: "What would I prefer?" And then, if it's within your ability to give it to yourself, do so. If not, congratulate yourself for taking the time to stop and notice! The main thing here is to stop for a moment to recognize your preference and begin to accommodate them. Go ahead, give yourself more sweetness in life.

Now, list 20 things that you love

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

That's a great start! Now, let's begin to make sure this is a habit. Anytime that you need to re-energize yourself, you can look to the list above and choose something that can spark your enthusiasm and get you reconnected to the flow of energy available to you.

WEEK FIVE

Track your progress with Daily Check-ins

Week Two	29	30	31	32	33	34	35
Power Pose & Walk							
Gratitude							
Body Check-in							
Preference Practice							

Note your observations each day below and review them at the end of the week...

What did you find out about what you prefer?

Was there a theme? If so, what was it?

What is the first step to integrating even more time like this into your life?

WEEK FIVE: GRATITUDE

DAILY	What are you grateful for today?
29	
30	
31	
32	
33	
34	
35	

WEEK FIVE: BODY CHECK-INS

DAY	When did you say, think, agree or do something even though you felt inside that you wanted something else for yourself?	What sensations did you notice in your body when this happened?
29		
30		
31		
32		
33		
34		
35		

DAY	When did you say, think, agree or do something that was good for you, but disappointed someone else?	What sensations did you notice in your body when this happened?
29		
30		
31		
32		
33		
34		
35		

WEEK FIVE: BODY CHECK-INS (continued)

DAY	When did you stay in integrity on the outside and the inside, and it felt good?	What sensations did you notice in your body when this happened?
29		
30		
31		
32		
33		
34		
35		

DAY	What are you noticing overall about your body's 'no' sensations?	What are you noticing overall about your body's 'yes' sensations?
29		
30		
31		
32		
33		
34		
35		

ENDING YOUR SABBATICAL

Phenomenal job, high five, celebratory hug, huge smile and fist bump!

Now let's reflect back to the beginning to see how far you've come and gather those nuggets of wisdom you found along the way. **Don't skip these questions. Your goldmine of perspective is waiting for you to recognize and claim it.** You're the only one who can do it and if you skip this section it could be lost forever. You're worth the time and attention here!

Take a quick look back at the preparation steps you completed in Chapter 4 and contrast them with where you are now by answering the following questions:

What is different?

What is working well?

What would you like to improve?

What did you learn during your sabbatical?

What are you taking with you beyond the sabbatical?

What did you learn about yourself?

What do you notice about your energy levels?

What do you notice about your connection with your inner knowing?

How have those around you benefited from you prioritizing yourself?

What aspects of this experience will you be carrying forward to be part of your daily practice?

RE-INTEGRATION

Be kind to yourself, show compassion and respect for whatever is showing up during your reintegration. You'll find your way, a way that's true to and honoring of you.

Space to Play

Space to Play