

# Feel Good Foundations Workbook

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## Part 1: Measuring the feel-good foundations

I love to measure, I love to know where I'm at with these foundations.

### How to measure your feel-good foundations:

Take 5 deep breaths into your heart.

Now *ask your heart* how is your self-care on a scale of 1-10 where 1 is 'I'm not caring for myself at all' and 10 is 'I take excellent care of myself'? Your self-care number:

\_\_\_\_\_

Take another deep breath into your heart, and *ask your heart* how much are you enjoying life on a scale of 1-10 where 1 is 'I'm not' and 10 is 'I love my life'? Your joy number: \_\_\_\_\_

Take another deep breath into your heart, and *ask your heart* how energised are you feeling on a scale of 1-10 where 1 is 'I could lie face down on the floor and stay there' and 10 is 'I'm like Tigger – full of energy'? Your energy number: \_\_\_\_\_

Take a last deep breath into your heart, and *ask your heart* how is your self-love on a scale of 1-10 where 1 is 'I don't love myself at all' and 10 is 'I love, cherish, adore and treasure myself'? Your self-love number: \_\_\_\_\_

### Things to remember:

*Don't judge the number*

This is just a gauge to see where you're at.

It's like looking at the fuel gauge in your car.

There is no point inflating the number, because you'll run out of fuel.

Same with your feel-good foundation numbers.

They are what they are.

It is no reflection on you or how good or bad you are as a human.

If it helps, most people's scores are pretty low to start with.

(That's why I wrote the book!)

Generally speaking, most people's self-care is not great, their level of joy is lower than they'd like, their energy is generally in their boots, and as for self-love...forget about it.

So don't judge your numbers.

*Let your heart answer.*

Your brain will jump in and try to tell you what the number should be.

Ignore it.

Breathe back into your heart, and ask your heart again.

Your thoughts can get kind of shouty and loud.

That's OK...just let them yell, then breathe deeply and listen to your heart.

*Be Patient*

If you've not done this exercise before, it may take time to get an answer.

Clients usually give it about 4 seconds before saying they don't know.

If no answer comes immediately, be patient.

Keep breathing, and let the answer come to you rather than trying to think about it or chase it.

*Trust yourself*

Sometimes we're not sure if it's our heart we're hearing.

Trust yourself to know.

And don't forget this is just a number.

It's just to give you an idea where you're at and what you need to work on.

You don't have to get it perfectly, exactly right.

A rough idea will do.

Trust yourself to know the number too...even if your thoughts think it should be more or less.

(This happens a lot, even to me, and I've been measuring my feel-good foundations since around 2008!)

### **Now you've got your numbers...**

Work to improve them.

I ask clients to work on getting them all up to a 7 to start with.

7's are a good enough level to make life a lot easier.

I do recommend you work on one at a time though – let it be nice and easy.

You could pick the lowest and work on that one.

Or the highest and get that up to a decent level.

Or the one you most want to work on.

What do you think of your numbers? Are they higher, lower or about the same as you expected?

## **Part 2: Workbook**

### **Thinking about all 4 foundations**

Which is the one that feels easiest to you, and why?

Which is the one that feels hardest to you, and why?

Which is the foundation you feel you need the most right now? Is that the one you're focusing on most? If not, why not?

What's the highest number (measurement) you can imagine getting to?

Self-care: \_\_\_\_\_ Joy: \_\_\_\_\_ Energy: \_\_\_\_\_ Self-love: \_\_\_\_\_

If it's not a 10, what is in the way of getting that high?

When you think of getting these feel-good foundations up to a 10/10, what are the thoughts that come up?

## **Self-care**

When you think about self-care, what are your go-to self-care activities? Do you have a list of things that help you feel cared for?

How often do you do them? If you have a list, how often do you look at the list?

What gets in the way of your self-care?

What is the biggest obstacle to getting your self-care to a 10/10 (or if that's just out of the realm of your imagination, the highest number you think you can get to)?

Self-care includes physical, mental, emotional, spiritual, and energetic self-care - are any of these aspects missing some self-care?

If your self-care isn't 10/10, what is one thing you can do to improve your self-care?  
(A daily habit, work on your resistance to self-care, making/taking time)

## **Joy**

When you think about joy, what are your go-to joyful activities? Do you have a list of things that help you feel joyful?

How often do you do them? If you have a list, how often do you look at the list?

What gets in the way of you enjoying life?

What is the biggest obstacle to getting your joy to a 10/10 (or if that's just out of the realm of your imagination, the highest number you think you can get to)?

If your joy isn't 10/10, what is one thing you can do to add more joy to your day? (A daily habit, work on your resistance to joy, making/taking time for joyful stuff)

## **Energy**

When you think about energy, what are your go-to energisers? Do you have a list of things that help you feel more energised?

How often do you do them? If you have a list, how often do you look at the list?

What gets in the way of you having lots of energy?

What is the biggest obstacle to getting your energy to a 10/10 (or if that's just out of the realm of your imagination, the highest number you think you can get to)?

If your energy isn't 10/10, what is one thing you can do to improve your energy? (A daily habit, releasing things that drain your energy, making/taking time to rest, recharge and re-energise)

## **Self-love**

What does self-love mean to you? What does it entail?

What are the first thoughts that spring to mind when you think about self-love?

What gets in the way of you loving yourself?

What is the single biggest obstacle to getting your self-love to a 10/10 (or if that's just out of the realm of your imagination, the highest number you think you can get to)?

If your self-love isn't 10/10, what is one thing you can do to improve your self-love? (A daily habit, work on your resistance to self-love, making/taking time)

## **Next steps**

What is the most fun thing you can think of to improve your self-care, joy, energy, or self-love (choose one or all 4)?

What is the easiest thing you can think of to improve your self-care, joy, energy, or self-love (choose one or all 4)?

What is the one thing that's most likely to get in the way of you keeping your feel-good foundations high?

What can you do to mitigate the impact of that?

Take a moment to imagine what life would be like if your feel-good foundations of self-care, joy, energy, and self-love were as good as you can imagine them being...what would that be like (note down your first impressions, whether they're good, joyful, high vibe or not-so-good, worried, stressful)?

What one thing will you commit to doing for the next week/month to improve one or all of your feel-good foundations?

Do you have any other thoughts you'd like to note about these feel-good foundations?