

# **12-Week Personal Ascension & Self-Empowerment Workbook**

A Self-Created Holistic Guide to mindfulness, self-awareness, and practical independence.

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# Things that are required for the next 12 weeks:

## Every Day Guide

### 60-90 minutes per day

10-20 of quiet sitting NO Distractions

- Essential for this course and for personal self-care (You will want this)
- 5-min body-scan Awareness

Identify feelings, tightness, or random pings

Follow Daily Thought guides for how to spend this time

The remainder of the time spent in two areas:

**Journaling** - personal thoughts and comments about the day

- Gratitude journaling (3 things/day)
- Daily journaling of thoughts – I can not stress enough how important this will be for your growth and how we will adjust the course activities in the weeks ahead. This course will be strictly for only you and by the end of these 12 weeks you will have a well-documented journey so that you can decide what is necessary to carry with you for the following 12 weeks of self-guided choices.

#### **Ideas for Reflection Prompts:**

1. What went well this week?
2. What challenges did I face and how did I handle them?
3. What can I improve next week?

**Activities for the week**

## **Phase 1: Awareness (Weeks 1–4)**

“The best way to predict the future is to create it.” – Abraham Lincoln

## **Week 1: Self-Awareness & Life Audit**

Goal: Identifying current Strengths, weaknesses, beliefs, and habits

Activity:

- Journal prompt: Who am I today? Who do you want to become?
- Complete a Life Audit: Wheel of Life
- Identify limiting beliefs and self-sabotaging patterns

Challenge:

Go 48 hours being radically honest with yourself about all habits and things you believe about yourself and write them down.

Additional Daily Reflection: Foundations of Spirituality

Study Focus

- What is spirituality?
- Universal definitions: connection, presence, meaning beyond self.
- Explore common threads across traditions (love, compassion, service, inner peace).
- Begin noticing moments of presence and awe in daily life.

Weekly Intention

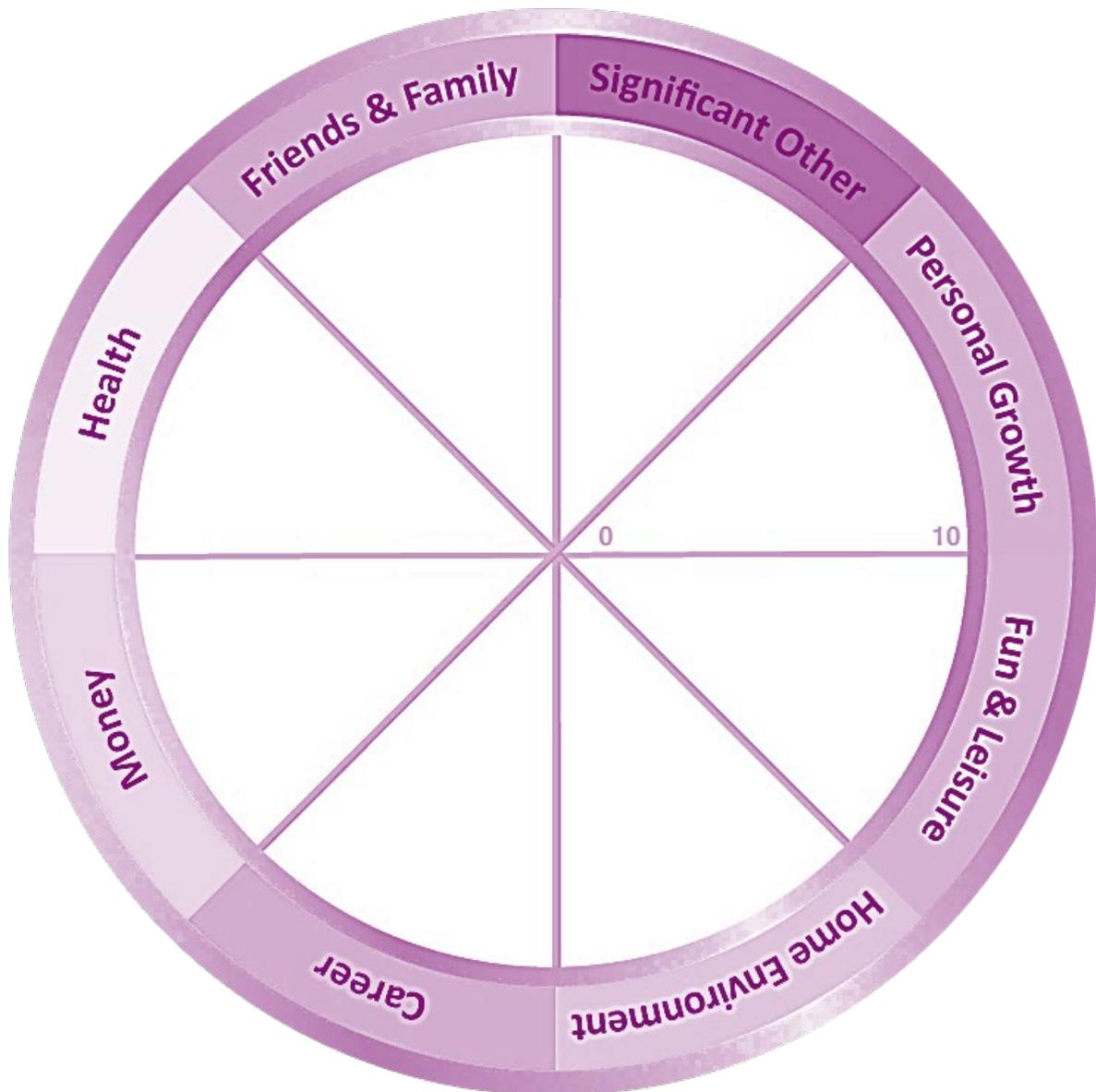
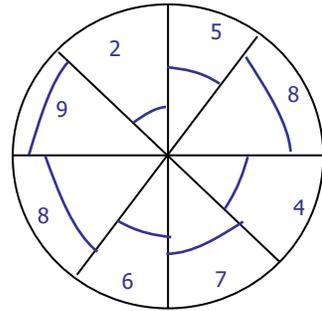
"This week, I open my heart to the possibility of deeper connection and meaning in my life."

# Your Present Wheel of Life

YOUR NAME: \_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_

**EXAMPLE**



## COMPLETE THE WHEEL

**1. Review the 8 Wheel Categories** - think briefly about what a satisfying life might look like for you in each area.

**2. Next, draw a line across each segment that represents your satisfaction score for each area.**

- Imagine the center of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example above)

**IMPORTANT:** Use the FIRST number (score) that pops into your head, not the number you think it *should* be!

## **Week 1: Daily Practices**

- Morning: 5–10 minutes quiet breathing or reading a calming quote.
- Throughout the day: Pause and notice moments of stillness or beauty.
- Evening: Journal one thing that felt spiritually nourishing.

Guided Meditation URL: <https://levitylifellc.com/music-meditation> (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

## **Awakening Inner Light**

Sit comfortably. Close your eyes. Take three deep, cleansing breaths... Inhale calm, exhale tension.

Imagine a warm golden light above your head, gently descending and filling your body with peace. Feel it softening your shoulders, your chest, your heart.

With every breath, this light expands — connecting you to the greater flow of life.

Silently repeat ; I am connected. I am guided. I am supported.

Let thoughts drift by like clouds. Return to your breath, to the light.

Stay here, breathing and receiving, for several moments. When you are ready, bring awareness back to your body, feeling calm and renewed.



**“Your Focus determines your Reality” – Qui-Gon Jinn**

## **Week 2: Vision, Values & Goal Setting**

Goal: Define your Ideal life and the values that guide your decisions

Activity:

- Create a personal vision statement
- Define your top 5 personal values
- Break your vision into 1 year, 6 month and 12-week goals

Challenge:

Create a vision board or mind map. Explore the following examples to assist in creating your own.

Additional Daily Reflection: Self-Discovery & Inner

Awareness

"Knowing yourself is the beginning of all wisdom." – Aristotle

Study Focus

- Understanding the self: ego vs. soul
- Exploring inner awareness and self-reflection
- Observing thoughts and emotions without judgment
- Beginning the journey toward authentic living

Weekly Intention

"This week, I turn inward to discover the truths that guide my soul."

## **Week 2 Daily Practices**

- Morning: 10 minutes journaling to note inner feelings or dreams.
- Throughout the day: Pause and observe thoughts without reacting.
- Evening: Reflect on moments where you felt most authentic today.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

### **Discovering the Inner Self**

Find a quiet space and close your eyes. Breathe deeply and slowly, feeling each inhale and exhale will soften your body.

Imagine sitting beside a calm, reflective lake. As you look into the water, you see your true self

gazing back — beyond roles, beyond fears, beyond doubts.

Ask silently: ‘Who am I beneath all labels?’ Let answers rise gently, without forcing. Simply listen.

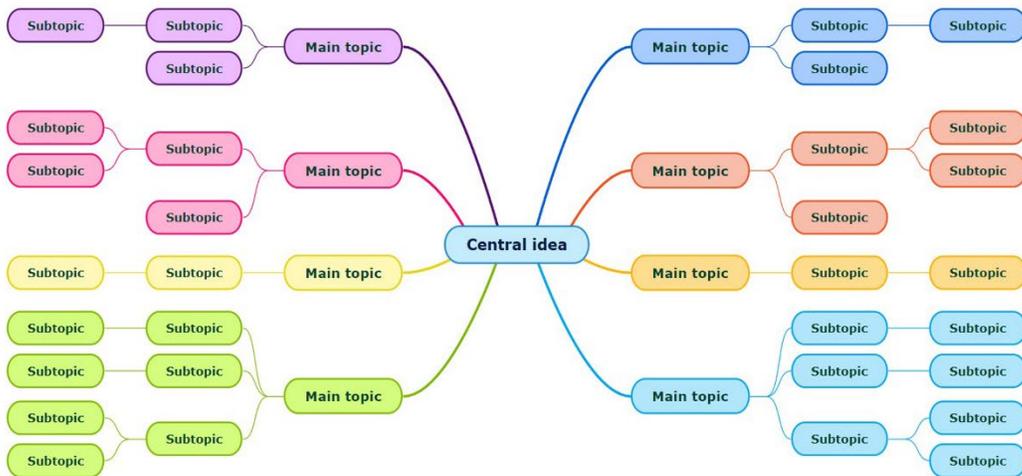
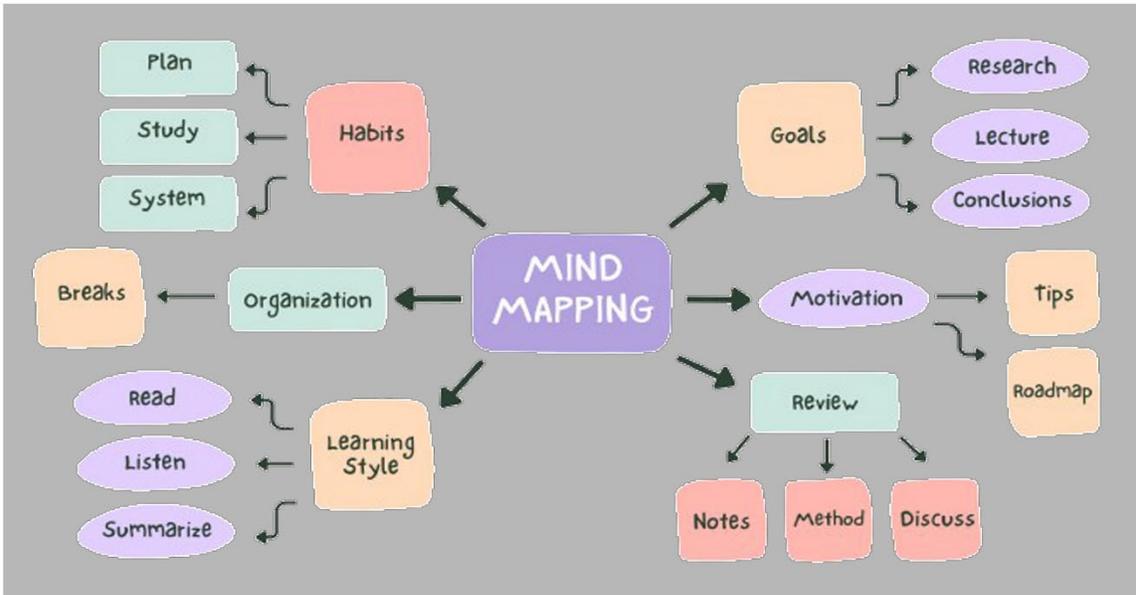
Silently repeat: I see my true self. I honor my true self.

Rest here, breathing and observing, until ready to return to the present moment.



## Journal Prompts

- Who am I beneath my roles and labels?
- What truths about myself am I beginning to notice?
- How does self-awareness influence my daily choices?





“Do something today that your future self will thank you for.” – Sean Patrick Flanery

## **Week 3: Time Mastery & Productivity Systems**

Goal: Learn to manage your time like it's your most valuable asset

Activity:

-Analyze How you are currently spending your time

Spend one or two days writing down hour by hour what is happening

-Learn time blocking, the Eisenhower matrix, and habit stacking

-Design a daily and a weekly routine use the following example for how to decide how you create your personal daily routine

Challenge:

Follow a structured routine for 7 days

Additional Daily Reflection: Presence & Mindfulness

"The present moment is filled with joy and happiness. If you are attentive, you will see it." – Thich Nhat Hanh

Study Focus

- Understanding mindfulness and presence in daily life
- Observing the breath as a gateway to now
- Cultivating awareness in routine activities
- Reducing stress through conscious attention

Weekly Intention

"This week, I anchor myself in the present moment and embrace its peace."

### **Week 3 Daily Practices**

- Morning: Begin the day with 5 minutes of mindful breathing.
- Throughout the day: Use daily cues (phone rings, meal times) to pause and breathe.
- Evening: Reflect on moments when you were fully present today.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

### **Breathing into Presence**

Sit in a comfortable position. Close your eyes and place your hands gently on your lap.

Notice your breath — natural, effortless. With each inhale, silently say: ‘I am here.’ With each

exhale, say: ‘I am now.’

Allow thoughts to come and go like passing clouds. Return to your breath each time the mind

wanders.

Feel gratitude for this moment — a gift of life unfolding now.

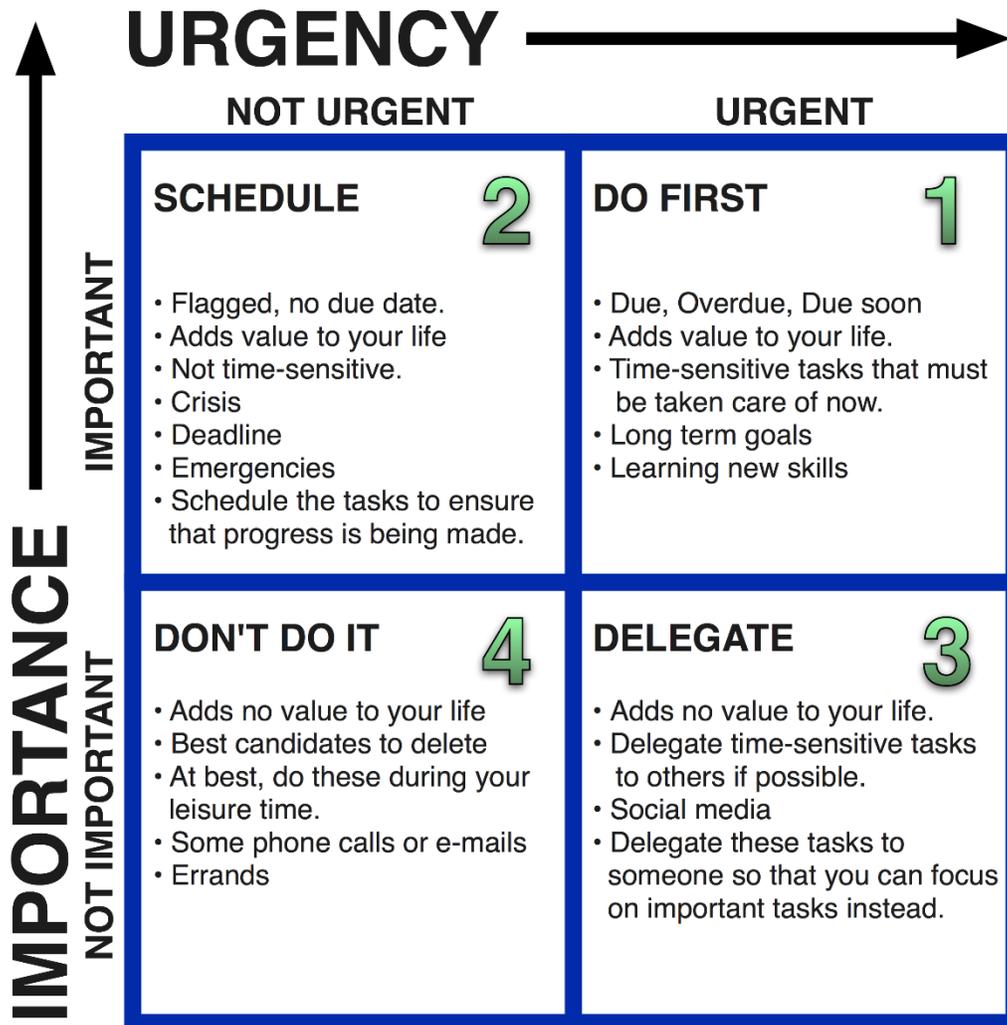
Rest here, breathing deeply, present and at peace.

Scan here to listen to guided meditation

Reflection Prompts

- When during my day do I feel most present?
- What distractions pull me away from the present moment?
- How does mindfulness shift my emotions and thoughts?





“The mind is everything. What you think you become.” – Buddha

## **Week 4: Mental toughness & Resilience**

Goal: Strengthen your mindset to handle stress and setbacks

Activity:

-Learn the 3R's: Reframe, Refocus, Respond (research or google)

This is about overcoming fear-based thoughts

-Develop a grounding practice (cold showers, mindfulness, Yoga)

-Study Stoicism or CBT basics

Challenge:

Do one thing that scares you every day this week

Additional Daily Reflection: Meditation Practices (Mantra, Breath, Loving-Kindness)

"Meditation is not evading life but encountering it more fully." –

Unknown

Study Focus

- Exploring different meditation methods: mantra, breath awareness, loving-kindness
- Discovering which style resonates with you
- Building consistency in meditation practice
- Understanding benefits of varied approaches

Weekly Intention

"This week, I explore and deepen my meditation practice with openness and curiosity."

## **Week 4 Daily Practices**

- Morning: Choose one meditation style (mantra, breath, or loving-kindness) and practice for 10 minutes.
- Throughout the day: Pause briefly to observe your breath during transitions.
- Evening: Reflect on which meditation felt most natural and effective.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

## **Mantra of Peace**

Sit comfortably. Close your eyes and relax your shoulders. Begin to breathe naturally.

Choose a simple mantra such as ‘Peace’ or ‘I am calm.’ With each inhale, silently repeat the

first part of your mantra (I am’). With each exhale, repeat the second part (calm’).

Allow the mantra to flow with your breath, steady and gentle. When the mind wanders, simply

return to the mantra.

Feel calm expanding in your heart with each repetition, connecting you to inner stillness.



## **Phase 2: Growth (Weeks 5–8)**

**“Do what you can, with what you have, where you are.” – Theodore Roosevelt**

## **Week 5: Emotional Intelligence & Boundaries**

Goal: Improve emotional regulation and build healthier relationships

Activity:

- Learn about personal triggers and emotional mapping
- Practice naming emotions instead of reacting
- Define and enforce personal boundaries

Challenge:

Have one difficult but necessary conversation

Additional Daily Reflection: Gratitude & Abundance

"Gratitude turns what we have into enough." – Aesop

Study Focus

- Understanding gratitude as a spiritual practice
- Recognizing abundance in daily life
- Shifting perspective from lack to appreciation
- Cultivating joy through gratitude rituals

Weekly Intention

"This week, I open my heart to gratitude and celebrate the abundance around me."

**Week 5 Daily Practices**

- Morning: Write three things you're grateful for before starting the day.
- Throughout the day: Verbally express thanks to others for small acts of kindness.
- Evening: Reflect on one abundant aspect of your life you noticed today.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

### **Heart of Gratitude**

Find a comfortable seat and place your hands over your heart. Close your eyes and breathe slowly.

Think of three things, people, or moments you are deeply grateful for. Visualize each one clearly — see it, feel it, and silently say 'thank you.'

Let this feeling of appreciation expand in your chest, radiating warmth throughout your body.

Repeat silently: I am grateful. I am abundant.

Rest in this feeling of fullness and peace for several moments, then gently return to the present.



# Emotions Mapping

## **BIG EMOTION**

When I feel stressed  
I tend to [eat snacks  
and then regret it  
later]

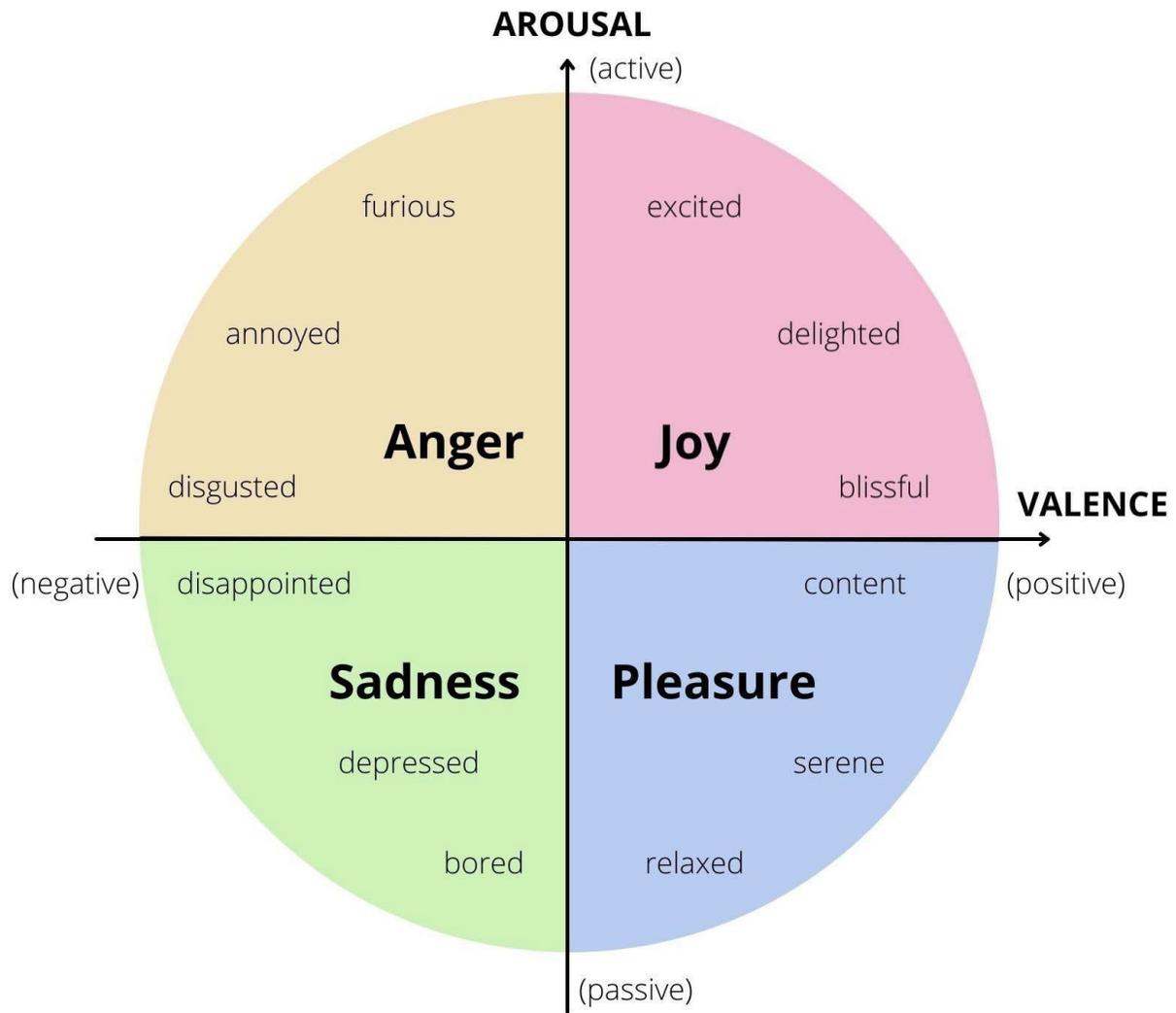
## **RESPONSE**

Stress: I'd like to  
respond by [shaking  
off the stress and  
not eating snacks]

## **NEED**

Stress: I need [to  
drink water and  
notice the urge to  
emotionally eat]

[embodytherapyco.com](http://embodytherapyco.com)



“Small daily improvements are the key to staggering long-term results.”

– Robin Sharma

## **Week 6: Physical Discipline & Health Basics**

Goal: Build physical energy and resilience

Activity:

- Begin or Refine a fitness routine (Body weight or gym-based)
- Clean up your diet (reduce sugar, processed foods, alcohol)
- Improve Sleep

Challenge:

Follow a clean eating plan for 5 days

Additional Daily Reflection: Compassion & Service

"Compassion is the radicalism of our time." – Dalai Lama

Study Focus

- Understanding compassion as a spiritual force
- Exploring self-compassion and compassion for others
- Serving others as a pathway to spiritual growth
- Transforming empathy into loving action

Weekly Intention

"This week, I embody compassion and extend kindness to myself and others."

## **Week 6 Daily Practices**

- Morning: Begin with a loving-kindness phrase: ‘May I be happy, may I be peaceful, may I be free.’
- Throughout the day: Offer small acts of kindness to others without expectation.
- Evening: Reflect on moments you gave or received compassion today.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

## **Compassion for Self and Others**

Sit comfortably and close your eyes. Take a deep breath in and out. Bring to mind someone you care about deeply.

Silently repeat: ‘May you be happy. May you be peaceful. May you be free from suffering.’

Now extend these same phrases toward yourself: ‘May I be happy. May I be peaceful. May I be free from suffering.’

Visualize compassion as a soft light radiating from your heart, touching yourself and others with warmth and kindness.

Rest in this feeling, expanding compassion outward to all beings.



“What you get by achieving your goals is not as important as what you become by achieving your goals.” – Zig Ziglar

## **Week 7: Financial Foundations & Budgeting**

Goal: Take control of your Finances and spending habits

Activity:

- Track all income and expenses for 7 days
- Create a basic budget and savings plan
- Learn about emergency funds and compound interest

Challenge:

Go on a no-spend weekend or week

Additional Daily Reflection: Forgiveness & Letting Go

"Forgiveness is not an occasional act; it is a constant attitude." –

Martin Luther King Jr.

Study Focus

- Exploring forgiveness as a spiritual liberation
- Understanding the burden of resentment and anger
- Practicing self-forgiveness and forgiving others
- Learning to release the past to create space for healing

Weekly Intention

"This week, I release the weight of resentment and open my heart to forgiveness."

## **Week 7 Daily Practices**

- Morning: Reflect on one person (including yourself) you're ready to forgive and send them silent blessings.
- Throughout the day: Notice moments of irritation and practice letting go in real time.
- Evening: Journal about what forgiveness feels like in your body and mind.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

### **Releasing and Forgiving**

Close your eyes and take slow, deep breaths. Visualize holding a heavy stone — symbolizing

anger or resentment.

Feel the weight in your hands, then imagine gently placing the stone down beside you.

Notice

the relief in your body.

Silently say: 'I choose to forgive. I choose to let go.'

Visualize lightness filling your heart as you release this burden, inviting peace and freedom into your being.

Rest here for several moments, breathing freely, renewed by forgiveness.



“The Difference Between Ordinary and Extraordinary is that Little Extra”

-Jimmy Johnson

## **Week 8: Income Skills & Earning Potential**

Goal: Build or enhance skills that increase your income potential

Activity:

- Identify high-value skills (writing, accounting, coding, etc)
- Research freelance /side hustle opportunities
- Create a simple plan to monetize a skill

Challenge:

Apply to 3 opportunities

Additional Daily Reflection: Connecting with the Divine

"When you connect to the silence within you, that is when you can make sense of the disturbance going on around you." – Stephen

Richards

Study Focus

- Exploring the concept of the Divine across spiritual traditions
- Finding personal ways to connect with higher guidance
- Deepening relationship through prayer, meditation, or sacred ritual
- Experiencing awe and reverence in daily life

Weekly Intention

"This week, I open myself to experience the Divine presence in and around me."

### **Week 8 Daily Practices**

- Morning: Begin the day with a short prayer or silent acknowledgment of the Divine.
- Throughout the day: Pause to notice beauty, awe, and moments of grace in ordinary experiences.
- Evening: Journal about any sense of connection or guidance felt during the day.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

### **Union with the Divine**

Close your eyes and take a few deep, grounding breaths. Visualize a gentle light above your head — warm, loving, radiant.

As you breathe in, imagine this light entering your heart, filling you with peace and love. As you exhale, imagine offering gratitude back to the source of this light.

Silently affirm: 'I am connected. I am loved. I am guided.'

Allow yourself to rest in this sacred union, feeling held and supported beyond words.

When ready, gently return to the present moment, carrying this peace with you.



## **Phase 3: Integration (Weeks 9–12)**

**“I Never Dreamed About Success, I Worked For It.” – Estee Lauder**

## **Week 9: Self-education & Lifelong Learning**

Goal: Cultivate Independent Thinking and learning habits

Activity:

- set a learning goal (read a book, finish a course, etc.)
- Design your personal learning system (books, podcasts, online courses, classroom)
- Build a second brain (notions, Zettelkasten- a way of note taking)

Challenge:

Teach someone else what you have learned this week

Additional Daily Reflection: Sacred Texts & Wisdom

"In the pages of sacred writings, wisdom waits for a listening heart." –

Unknown

Study Focus

- Exploring sacred texts from diverse spiritual traditions
- Identifying universal truths within scriptures and teachings
- Learning to apply ancient wisdom to modern life
- Reflecting on passages that speak personally to your journey

Weekly Intention

"This week, I seek timeless wisdom and listen for its guidance in my life."

## **Week 9 Daily Practices**

- Morning: Read a short passage from a sacred text of your choice and reflect quietly.
- Throughout the day: Carry a meaningful phrase or verse with you and recall it during moments of stress.
- Evening: Journal about how the teaching applied to your day or inspired you.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

## **Listening to Sacred Wisdom**

Sit comfortably and close your eyes. Take slow, calming breaths and bring to mind a sacred text or teaching that inspires you.

Visualize the words glowing with light, gently entering your mind and heart.

Allow yourself to feel the truth of these words without overthinking — simply receive them.

Silently affirm: ‘I am open to wisdom. I am guided by truth.’

Rest here, feeling nourished by sacred wisdom, before returning to the present moment.



“IF You Can Dream It, You Can Do It” – Walt Disney

## **Week 10: Practical Independence & Life Skills**

Goal: Build real-world self-sufficiency skills

Activity:

- Learn basic cooking, repairs, and Home management
- Review digital security, first aid, and basic survival skills
- Create a personal “independence checklist”

Challenge:

Spend one day managing everything on your own (no Help)

Additional Daily Reflection: Nature & Spirituality

"Look deep into nature, and then you will understand everything better." – Albert Einstein

Study Focus

- Seeing nature as a reflection of the divine
- Practicing mindfulness outdoors
- Understanding cycles of life through seasons and elements
- Cultivating reverence for the Earth and all living beings

Weekly Intention

"This week, I reconnect with nature and experience the sacred in every living thing."

## Daily Practices

- Morning: Step outside and observe the sky, trees, or sounds of nature, even briefly.
- Throughout the day: Pause to notice nature's presence (a plant, breeze, or sunlight).
- Evening: Journal about how nature influenced your emotions and thoughts today.

## Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

### **Grounding in Nature**

Sit or stand in a natural setting or visualize one in your mind. Take deep breaths, imagining roots extending from your feet into the Earth.

Feel the support of the ground beneath you — steady, unchanging, nurturing.

As you inhale, imagine drawing in energy from the Earth; as you exhale, release tension back

into the ground.

Silently affirm: 'I am one with nature. I am grounded and whole.'

Rest in this sense of unity and peace with the natural world.



“Don’t Be Afraid To Give Up The Good To Go For The Great.”

-John D. Rockefeller

## **Week 11: Relationship Building & Social Capital**

Goal: Cultivate Supportive, Empowering Relationships

Activity:

- Identify your current circle (supportive vs Draining)
- Learn how to network intentionally
- Practice listening and communicating with Presence

Challenge:

Reach out to 5 people with no agenda – just connection

Additional Daily Reflection: Spiritual Challenges & Growth

"The wound is the place where the Light enters you." – Rumi

Study Focus

- Understanding challenges as opportunities for spiritual growth
- Learning patience and resilience in the face of trials
- Trusting the process of transformation
- Integrating lessons from hardships into daily practice

Weekly Intention

"This week, I embrace challenges as teachers and trust the growth they bring."

## **Week 11 Daily Practices**

- Morning: Begin the day with a grounding affirmation: ‘I am growing through what I am going through.’
- Throughout the day: Pause and breathe when facing difficulties, seeing them as lessons.
- Evening: Journal about one insight or strength gained from a current or past challenge.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

## **Transforming Challenges into Growth**

Sit in a quiet space and close your eyes. Take several deep breaths, feeling your body relax.

Bring to mind a challenge you are currently facing. Visualize it as a dark cloud before you.

Now imagine a soft light surrounding the cloud, slowly dissolving it, revealing wisdom and strength hidden within.

Silently affirm: ‘I am learning. I am growing. I am becoming stronger.’

Rest in this awareness, knowing every challenge carries seeds of growth.



“When We Strive To Become Better Than we are, Everything around Us  
Becomes Better Too.” – Paulo Coelo

## **Week 12: Integration & Lifestyle Design**

Goal: Solidify habits and build your new self-sufficient lifestyle

Activity:

- Reflect on progress using journal entries and another Wheel of life
- Build a 6-month personal development roadmap
- Design a personal, “Operating Manual – Routines, Principles, Goals”

Challenge:

Commit to one new self-sufficiency goal and announce it.

Additional Daily Reflection: : Integration & Lifelong Practice

"Spirituality is not about being fixed; it is about being whole." –

Unknown

Study Focus

- Reviewing and integrating insights from the past 12 weeks
- Creating a sustainable personal spiritual practice
- Celebrating growth and transformation
- Committing to a lifelong journey of spiritual exploration

Weekly Intention

"This week, I honor my growth and commit to living my spirituality every day."

## **Week 12 Daily Practices**

- Morning: Reflect on one insight or habit you want to continue long-term.
- Throughout the day: Practice gratitude for your journey and growth.
- Evening: Set intentions for how you will carry this practice forward beyond the 12 weeks.

Guided Meditation Script (8–10 min)

When Convenient. Attempt to make it the exact same time every day.

## **Wholeness and Commitment**

Sit comfortably and take slow, deep breaths. Visualize a path stretching behind you — your 12-week journey — filled with milestones and lessons.

Now see the path ahead, open and full of light, representing your lifelong spiritual practice.

Silently affirm: ‘I honor my journey. I walk forward with openness and devotion.’

Allow a sense of wholeness and gratitude to fill your being as you rest in stillness.

When ready, gently return to the present moment with renewed purpose.

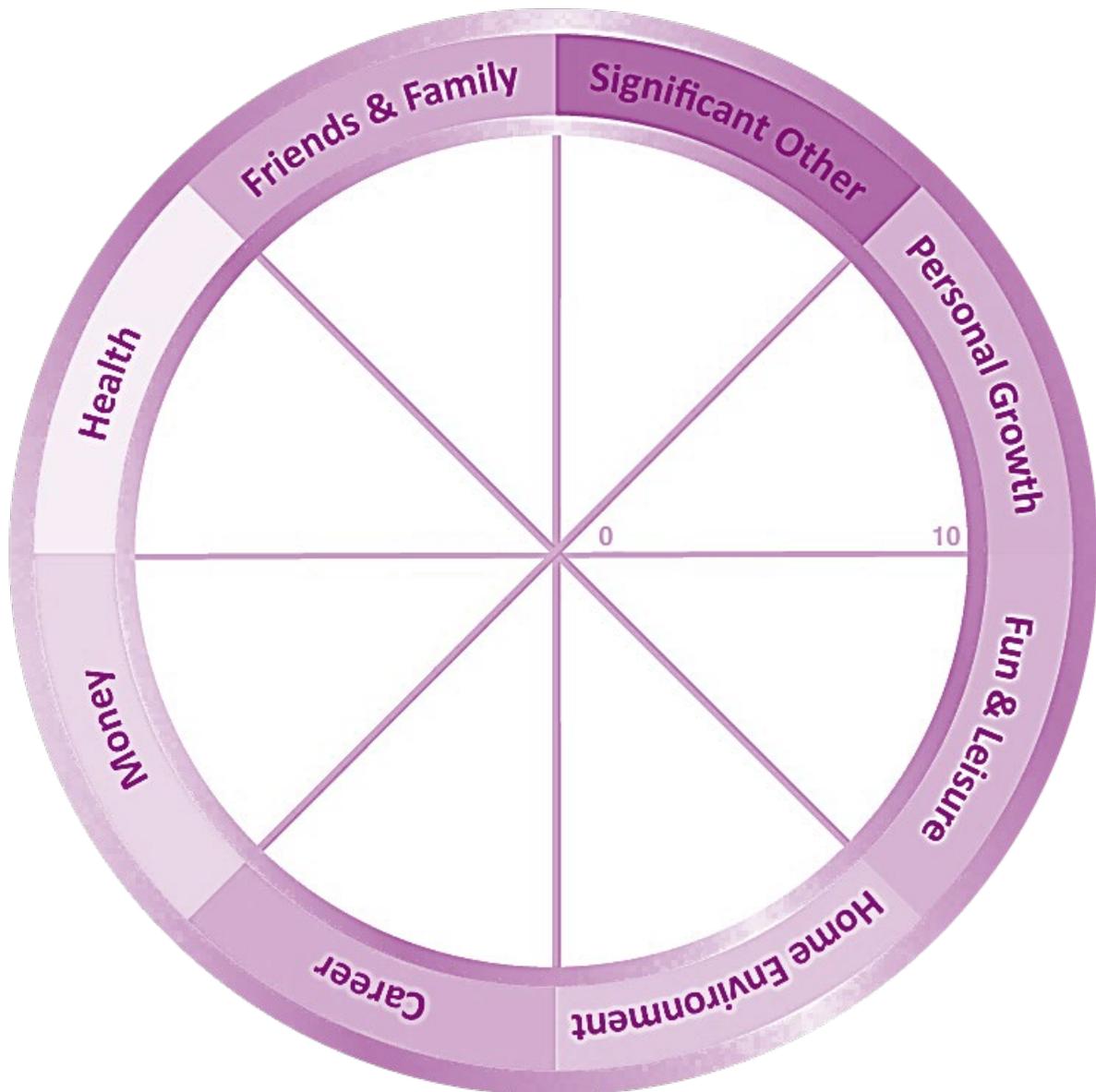
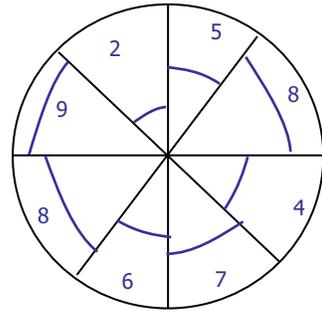


# Your Present Wheel of Life

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## COMPLETE THE WHEEL

**1. Review the 8 Wheel Categories** - think briefly about what a satisfying life might look like for you in each area.

**2. Next, draw a line across each segment that represents your satisfaction score for each area.**

- Imagine the center of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
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**IMPORTANT:** Use the **FIRST** number (score) that pops into your head, not the number you think it *should* be!