

# *Workbook*

## MAKING MEDITATION WORK FOR YOU



Simple & Powerful Steps to Take Your Practice from Fizzle to Sizzle

# Welcome!

## How to Get the Most From This Masterclass:

1 - Show Up Live (and get a free gift)

If you take the time to put yourself first and show up live, you'll get more from the masterclass experience. Plus, if you're in the class live, you'll get a surprise gift from me!

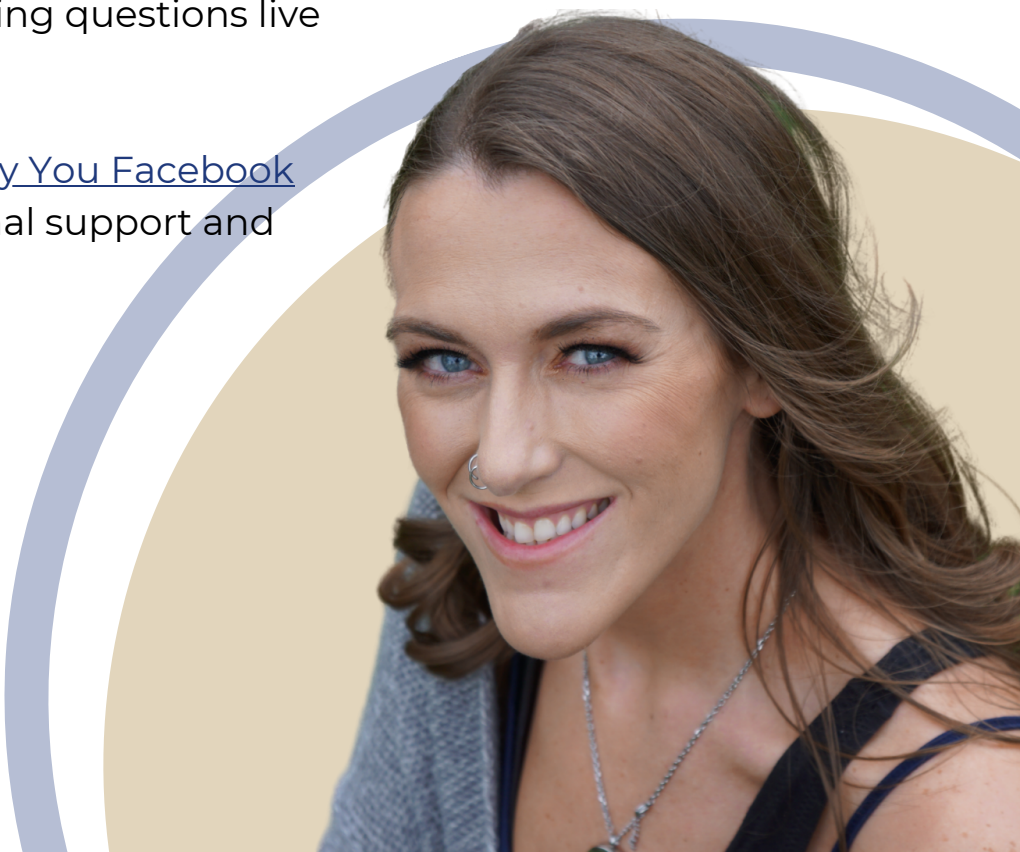
2 - Print Out This Workbook ([click here for an ink-friendly version](#))

Don't worry filling in the blanks or answering the questions, you'll get all of the answers in the masterclass!

3 - Take a few minutes to jot down your questions. I'll be answering questions live during the masterclass.

4 - Join my free [Naturally You Facebook Community](#) for additional support and guidance.

Let's do this!



## This image shows a single page from a notebook or ledger. It features approximately 20 evenly spaced, thin grey horizontal lines running across the width of the page. The background is a solid off-white color. There are no margins, text, or other markings present on the page.



# *Fizzle to Sizzle* ZONE #1

Meditation isn't \_\_\_\_\_ by \_\_\_\_\_ ,  
\_\_\_\_\_, \_\_\_\_\_ , \_\_\_\_\_ ,  
\_\_\_\_\_, \_\_\_\_\_ , \_\_\_\_\_ or \_\_\_\_\_ .

Misconceptions I've had:

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## **Ideas & Insights**

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# *Fizzle to Sizzle* **ZONE #2**

**Take the** \_\_\_\_\_

Allow each \_\_\_\_\_ to be \_\_\_\_\_

\_\_\_\_\_.

Ways I can make my own meditation practice more powerful:

\_\_\_\_\_  
\_\_\_\_\_

## **Ideas & Insights**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# *Fizzle to Sizzle* ZONE #3

Meditation Match Formula:

P \_\_\_\_\_

A \_\_\_\_\_

P \_\_\_\_\_

P \_\_\_\_\_

A \_\_\_\_\_

S \_\_\_\_\_

My Preferences:

1 - \_\_\_\_\_

2 - \_\_\_\_\_

3 - \_\_\_\_\_

4 - \_\_\_\_\_

5 - \_\_\_\_\_

6 - \_\_\_\_\_

## **Ideas & Insights**

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