

A HIGHER SELF YOGA
WORKBOOK

Total Life Inventory

Apply the wisdom from your Higher Self to all
aspects of your life with this total life audit.



Introduction

Your Higher Self is the wise being within you. Staying connected to this incredible inner guide allows you to access the clearest vision of your potential and gives you clear steps on how to bring that representation of yourself into your daily life. This guidance is not specific to your loftiest personal goals but in fact, can and should be applied to the challenges and opportunities of everyday life.

In the following workbook, we review the most general areas of life so we can build a vision of your life that allows for meaningful growth in all aspects of your world.



How To Communicate With Your Higher Self



Staying in relationship to your Higher Self is a simple but profound practice.

We begin by touching into our heart center, and “turning on” our connection to our intuitive wisdom.

Notice what this feels like to you.

Do you have an image of your Higher Self? A sensation or instinctual knowing?

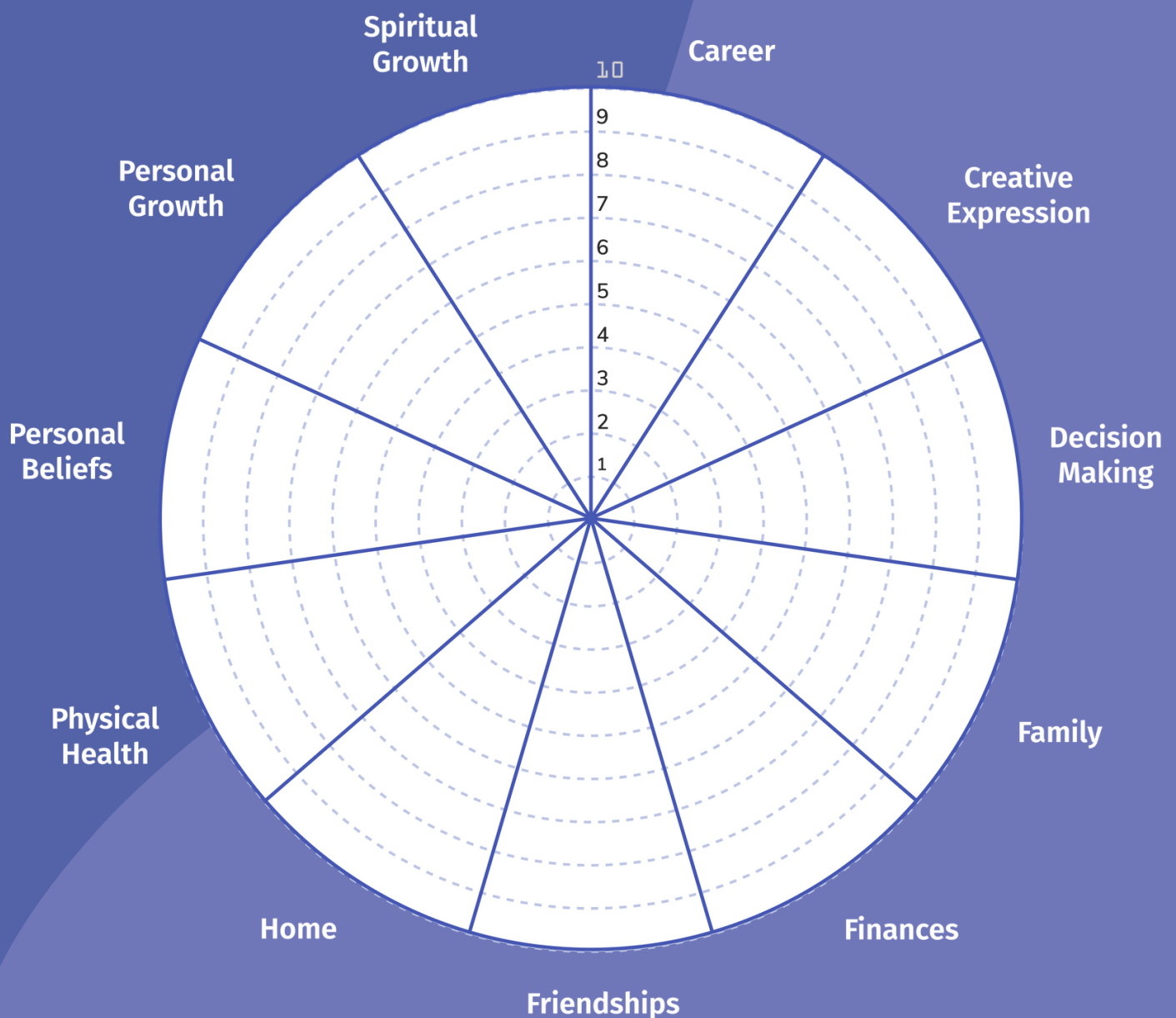
When you feel this connection is in place, start a dialogue.

You can simply ask a question and intune the answer.

Although you can ask your Higher Self just about anything, we’ve created categories to help you better evaluate which areas of your life need more care and insight.

Wellness Wheel

First, take a minute to reflect on each category. How fulfilled do you feel in each? Next, using the wheel, rate each category on a scale from 1 to 10 (1 being the least satisfied and 10 being the most satisfied) by shading in each ringlet from the inside toward the outside of the wheel. This will help you to visualize which categories in your life need more care.



Career

Your career is more than just a way to make a living—it's an expression of your personal values and talents. This is why we often use the term 'vocation' to refer to something that goes beyond a simple way to make a paycheck, but instead, fulfills your life's purpose while utilizing your talents to act on your deepest values. Consulting your Higher Self can bring clarity about your true vocation and whether your current career path aligns with your core values.



Your Motivation

What values do I want my occupation/vocation to reflect?

Creative Expression

Engaging with your Higher Self can provide insights into your creative endeavors, revealing whether they are sources of joy or if they carry more complicated emotions. It can help you understand whether your creativity is an outlet for avoidance or self-exploration.

Time to Reflect

Do I currently have a healthy relationship with the ways in which I practice creativity?

Decision Making

Your Higher Self can help in refining your decision-making process, offering a more reflective and insightful approach. By examining your past decisions and understanding your current decision-making process, you can make future choices more consciously.

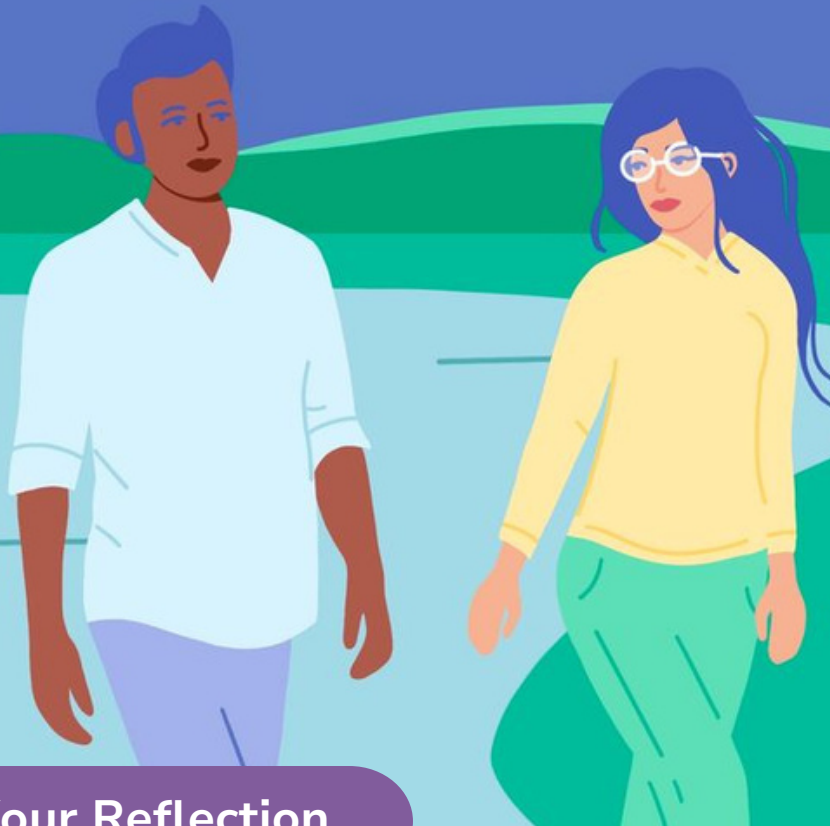
1. What big decisions have I made recently, and how did they turn out?

2. How long does it take me to come to a decision, and what is my decision-making process?

3. Do I approach decisions in my personal life differently than I approach them in my professional life?

Friendships

Friendships enrich our lives and offer support during challenging times. Your Higher Self can guide you in evaluating the quality of your friendships and your behavior toward friends.



Your Reflection

Do I value my friendships and treat those close to me with kindness and compassion?

Friendships

Dive deeper into your reflection with the following questions:

1. What specific things have I done to show my friends I value them?

2. Do my friendships bring me joy, or do I engage out of obligation?

3. Do my friendships inspire me to maintain my values and grow in always working to become a better person, or are there some relationships that bring out the negative qualities in me that I am trying to improve?

Personal Beliefs

Your Higher Self can illuminate and transform deeply held beliefs that may unconsciously guide your life. It can reveal latent biases or assumptions related to race, religion, gender, sexual orientation, and class.



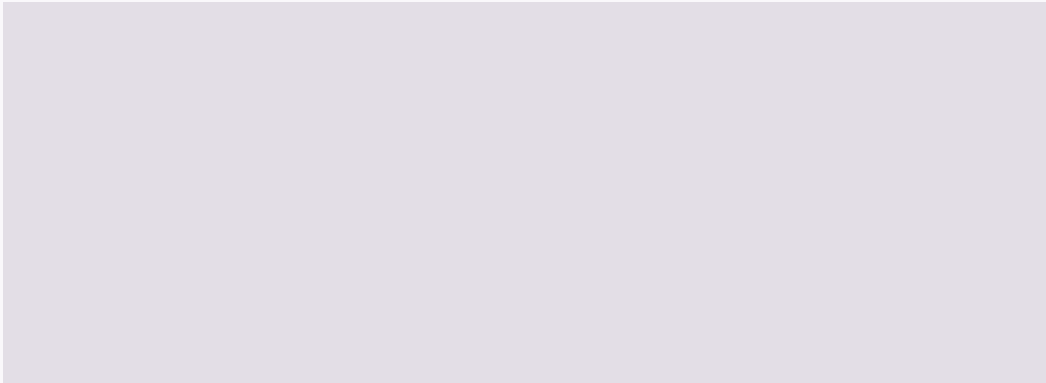
Diving Deep

When I examine the ways in which beliefs and ideologies relate with the world, are there areas that give me pause? If so, do I have the courage to examine these notions and the determination to transform them?

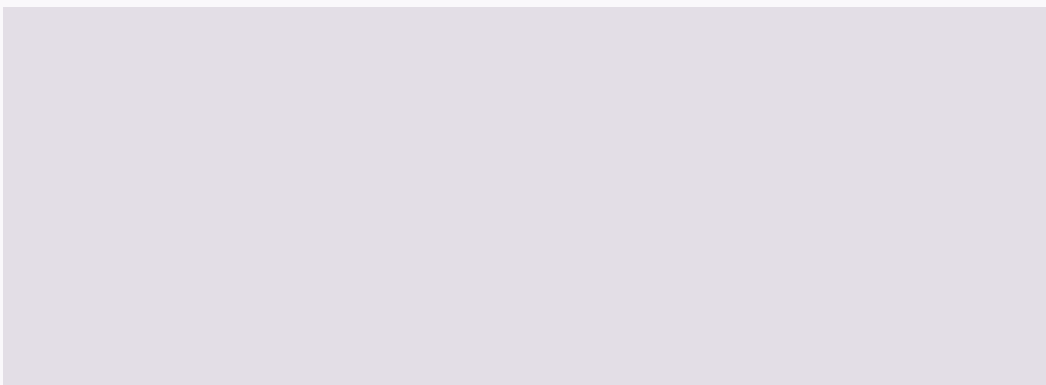
Personal Beliefs

By asking these probing questions, you can uncover your personal beliefs and start reshaping them into more enlightened views.

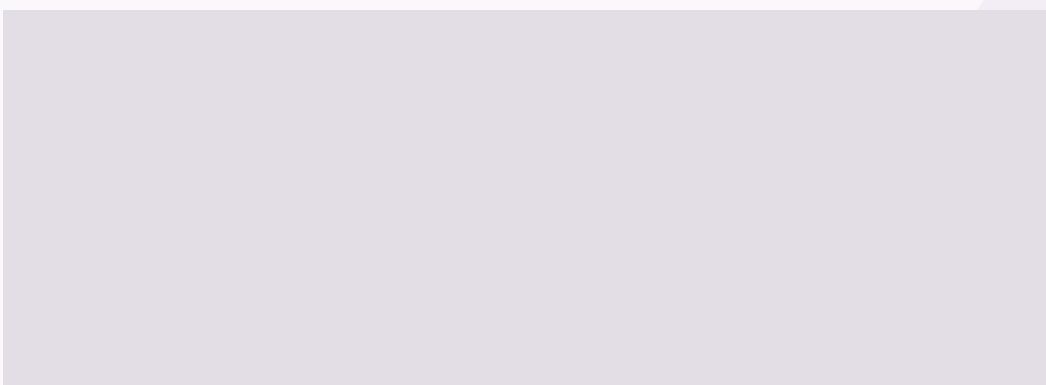
1. Do I harbor biases related to race, religion, gender, sexual orientation, or class?



2. What inherited beliefs have I retained that may still be causing friction in my own life and the life of those around me?



3. What would it take to move beyond these beliefs?



Your Best Self is Just Ahead!

Congratulations on taking the time to reflect on these categories bringing you closer to your Higher Self for the new year ahead.

For additional resources, visit HigherSelfYoga.org where free meditations, classes, and helpful articles are waiting for you!

For one-on-one support, consider the Higher Self Yoga Coaching Program. The first consultation is free of charge!

