

**Coaching
Evolved**

Embody
Your Future
WORKBOOK

EMBODY YOUR FUTURE

The secret to having everything you desire is being that which you desire now, in this moment. You can bring to life any vision that you become the embodiment of. That's what Transformational Embodiment is all about. Transformational Embodiment is the process of transforming any area of your life through the holistic expression –in the present –of that which you desire.

At the heart of Transformational Embodiment are what we call the Essences of Embodiment. Essences are words we choose to attune to the energy and describe the purest, most essential qualities of a desire, vision, goal, thought, belief, and the list can continue on.... Essence word examples are bravery, abundance, impact, wellness, and joy.

When we talk about being that which you desire, you can consider Essences as the ingredients of that beingness. The Essences make your desired conceptual future more practical.

LET'S DIVE IN SO YOU CAN HAVE AN EXPERIENCE OF THIS.

THE FUTURE VISION

Start by tuning into the vision(s) you have for you life. In the space below, write about a point in time in your future in a multi-sensory way. Describe how it looks, sounds, feels, hears, tastes, smells...

(If you don't connect to visualizations, some questions for your contemplation will be included underneath the Future Vision writing box.)

Coaching *Evolved*

CHOOSE A FUTURE DATE:

1. WHO ARE YOU AT THIS TIME OF YOUR LIFE?

2. WHO ARE THE PEOPLE THAT SURROUND YOU?

3. HOW DO YOU SPEND YOUR TIME?

Coaching *Evolved*

4. WHAT ARE YOU PROUD OF?

5. WHAT POSITIVE CONTRIBUTION ARE YOU MAKING?

6. WHO ARE YOU MAKING THE CONTRIBUTION FOR?

THE GOALS AND DESIRES

FROM YOUR FUTURE VISION, IDENTIFY ONE SPECIFIC DESIRE OR GOAL YOU WANT TO FOCUS ON THAT IS MOST IMPORTANT TO YOU RIGHT NOW.



THE ESSENCES

Next, you'll be choosing words that capture the Essences of your goal or desire. Tune into what you noted from your Future Vision, and the goal or desire most important to you. What are the purest, most essential qualities of that goal or desire?

For example, let's say you really want to build a successful business around your creative passions. The Essences of leadership, organization, and abundance may feel true. Ultimately, Essences are something that must be felt

A list of essences you can use as inspiration is included below, but I invite you to find your own words that you connect deeply with and that feel truest to you. This process can take some time because it's something that must be felt and not just thought about in the mind.

EXAMPLES OF ESSENCES

Abundance	Expansion	Knowing	Radiance
Activism	Femininity	Leadership	Receptivity
Adventure	Fire	Liberation	Self-expression
Alignment	Forward motion	Love	Sensuality
Aliveness	Freedom	Luxury	Service
Artistry	Fulfillment	Magic	Sexuality
Beauty	Generosity	Magnetism	Simplicity
Bravery	Grace	Organization	Strength
Connection	Gratitude	Overflow	Truth
Courage	Hustle	Passion	Visibility
Creativity	Imagination	Playfulness	Wanderlust
Divine Mother	Impact	Possibility	Wealth
Divinity	Innovation	Power	Wellness
Ecstasy	Inspiration	Presence	Wonder
Empowerment	Intimacy	Queen	Worthiness

WRITE DOWN UP TO FIVE ESSENCES THAT FEEL MOST ALIGNED WITH YOUR GOAL OR DESIRE:

--	--	--	--	--

EMBODY THE ESSENCES TO CREATE YOUR FUTURE

Now it's time to start embodying these Essences to create your future right here and now.

Don't just think about being more of the Essences. That's more in the mind than the body. Be the essence, almost as if it's a person. See the difference?

SPEND TIME CONTEMPLATING THE FOLLOWING QUESTIONS FOR EACH ESSENCE TO EXPAND YOUR AWARENESS AROUND HOW TO ALIGN YOUR PRESENT WAY OF BEING WITH YOUR DESIRED, POTENTIAL WAY OF BEING:

Where do you feel and experience this Essence in your body?

What does the quality and texture of this Essence feel like?

How does this Essence move?

How does this Essence interact in relationships?

How does this Essence speak?

What does this Essence hear?

How does this Essence think?

How does this Essence show up to work?

To which places does this Essence love going?

What does this Essence love to do?

What wisdom does this Essence hold?

As an example, if the Essence you're embodying is "possibility," possibility may feel totally unstoppable and expansive in the core of your being. Possibility may walk into a meeting and speak powerfully without holding back its brilliance, hear opportunities in the situations that may bring up fear for other people. Possibility may think everything is happening for you. Possibility may take bigger risks, and aim for bolder goals. Possibility doesn't even know what playing small is.

Record your contemplations, answers, and musings on the above questions for each Essence:

Coaching *Evolved*

ESSENCE 1...

WHERE DO YOU FEEL AND EXPERIENCE THIS ESSENCE IN YOUR BODY?

WHAT DOES THE QUALITY AND TEXTURE OF THIS ESSENCE FEEL LIKE?

HOW DOES THIS ESSENCE MOVE?

HOW DOES THIS ESSENCE INTERACT IN RELATIONSHIPS?

HOW DOES THIS ESSENCE SPEAK?

Coaching *Evolved*

WHAT DOES THIS ESSENCE HEAR?

HOW DOES THIS ESSENCE THINK?

HOW DOES THIS ESSENCE SHOW UP TO WORK?

TO WHICH PLACES DOES THIS ESSENCE LOVE GOING?

WHAT DOES THIS ESSENCE LOVE TO DO?

WHAT WISDOM DOES THIS ESSENCE HOLD?

Coaching *Evolved*

ESSENCE 2...

WHERE DO YOU FEEL AND EXPERIENCE THIS ESSENCE IN YOUR BODY?

WHAT DOES THE QUALITY AND TEXTURE OF THIS ESSENCE FEEL LIKE?

HOW DOES THIS ESSENCE MOVE?

HOW DOES THIS ESSENCE INTERACT IN RELATIONSHIPS?

HOW DOES THIS ESSENCE SPEAK?

Coaching *Evolved*

WHAT DOES THIS ESSENCE HEAR?

HOW DOES THIS ESSENCE THINK?

HOW DOES THIS ESSENCE SHOW UP TO WORK?

TO WHICH PLACES DOES THIS ESSENCE LOVE GOING?

WHAT DOES THIS ESSENCE LOVE TO DO?

WHAT WISDOM DOES THIS ESSENCE HOLD?

Coaching *Evolved*

ESSENCE 3...

WHERE DO YOU FEEL AND EXPERIENCE THIS ESSENCE IN YOUR BODY?

WHAT DOES THE QUALITY AND TEXTURE OF THIS ESSENCE FEEL LIKE?

HOW DOES THIS ESSENCE MOVE?

HOW DOES THIS ESSENCE INTERACT IN RELATIONSHIPS?

HOW DOES THIS ESSENCE SPEAK?

Coaching *Evolved*

WHAT DOES THIS ESSENCE HEAR?

HOW DOES THIS ESSENCE THINK?

HOW DOES THIS ESSENCE SHOW UP TO WORK?

TO WHICH PLACES DOES THIS ESSENCE LOVE GOING?

WHAT DOES THIS ESSENCE LOVE TO DO?

WHAT WISDOM DOES THIS ESSENCE HOLD?

Coaching *Evolved*

ESSENCE 4...

WHERE DO YOU FEEL AND EXPERIENCE THIS ESSENCE IN YOUR BODY?

WHAT DOES THE QUALITY AND TEXTURE OF THIS ESSENCE FEEL LIKE?

HOW DOES THIS ESSENCE MOVE?

HOW DOES THIS ESSENCE INTERACT IN RELATIONSHIPS?

HOW DOES THIS ESSENCE SPEAK?

Coaching *Evolved*

WHAT DOES THIS ESSENCE HEAR?

HOW DOES THIS ESSENCE THINK?

HOW DOES THIS ESSENCE SHOW UP TO WORK?

TO WHICH PLACES DOES THIS ESSENCE LOVE GOING?

WHAT DOES THIS ESSENCE LOVE TO DO?

WHAT WISDOM DOES THIS ESSENCE HOLD?

Coaching *Evolved*

ESSENCE 5...

WHERE DO YOU FEEL AND EXPERIENCE THIS ESSENCE IN YOUR BODY?

WHAT DOES THE QUALITY AND TEXTURE OF THIS ESSENCE FEEL LIKE?

HOW DOES THIS ESSENCE MOVE?

HOW DOES THIS ESSENCE INTERACT IN RELATIONSHIPS?

HOW DOES THIS ESSENCE SPEAK?

Coaching *Evolved*

WHAT DOES THIS ESSENCE HEAR?

HOW DOES THIS ESSENCE THINK?

HOW DOES THIS ESSENCE SHOW UP TO WORK?

TO WHICH PLACES DOES THIS ESSENCE LOVE GOING?

WHAT DOES THIS ESSENCE LOVE TO DO?

WHAT WISDOM DOES THIS ESSENCE HOLD?

Coaching *Evolved*

Beautiful work. Right now, you likely have an expanded awareness of how aligned –or misaligned – your way of being was with who you desire to be and what you desire to create in your life. You have also attuned to the Essences of your envisioned future, and started embodying that future right here and now.

WHAT NEW INSIGHTS OR AWARENESSES ARE ALIVE IN YOU AFTER GOING THROUGH THIS PRACTICE? WHAT'S POSSIBLE NOW BECAUSE OF THOSE INSIGHTS OR AWARENESSES?

MAKE THREE ALIGNED COMMITMENTS TO YOURSELF TO FOLLOW THROUGH ON OVER THE NEXT 30 DAYS:

COMMITMENT 1	COMMITMENT 2	COMMITMENT 3

You can use the Wheel of Embodiment to track your embodiment of the Essences you explored here. Come back to this workbook whenever you want to make your desired conceptual future more practical and practiced, and to align your present way of being with it. Remember, you can bring to life any vision that you become the embodiment of.