

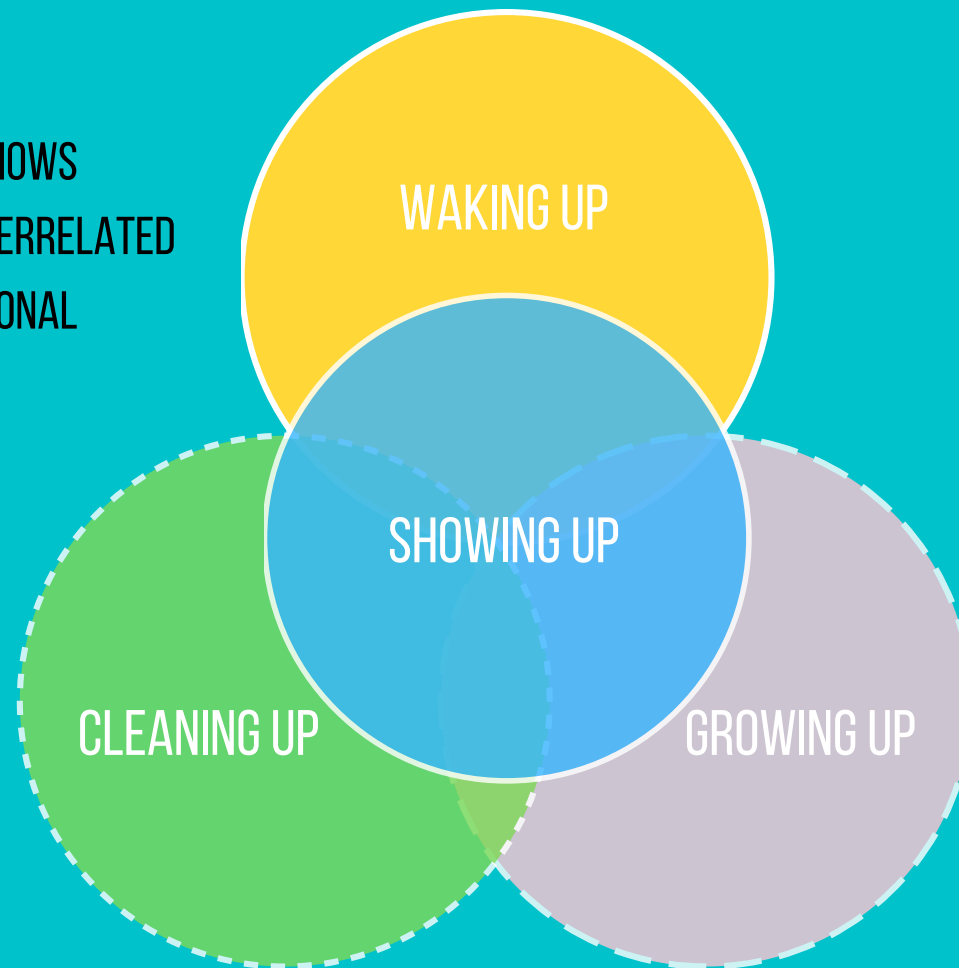
# Total Transformation Workbook



GET READY TO UNCOVER WHAT IS HOLDING YOU BACK FROM THE WELL-  
BEING, GROWTH, AND FULFILLMENT YOU DESIRE.

# Your 4-Part Total Transformation Framework

THIS VENN DIAGRAM SHOWS  
THE 4 ESSENTIAL & INTERRELATED  
PROCESSES OF INTENTIONAL  
SELF-DEVELOPMENT



## START HERE:

What big life challenge or frustration are you currently experiencing?

Please use this main challenge as the basis for the other questions in this journal.

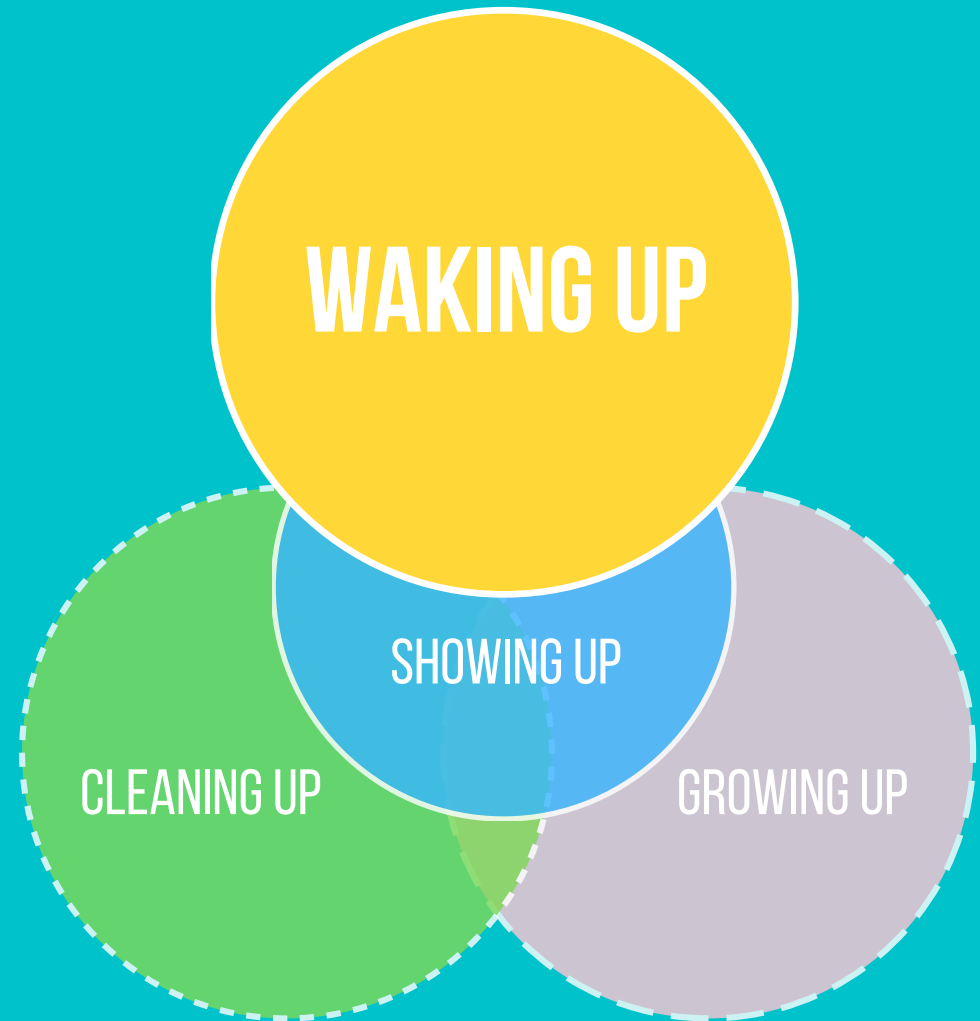
# Waking Up

Waking up is a process of becoming more aware of the beliefs, values, and patterns that you act out every day.

This means making the unconscious conscious and understanding how you make meaning of the world.

- Naming all the ways in which you (mis)treat yourself and others.
- Seeing all the ways in which you hide, defend, or overcompensate.
- Clarifying all the hidden beliefs you hold from your culture and upbringing.

Making these explicit and visible is the important first step in reclaiming your power and redefining your relationship with your body and life on your own terms.



# Waking Up - Reflection Questions

Waking up can be uncomfortable because you start to see what might have been lurking in the dark. But without waking up, you will continue to act out old habits and repeat the same unhelpful patterns.

1. How do you make sense of the reasons you got to where you are in life?

2. What is the hardest thing about the challenge you're dealing with?

3. Do you believe you can resolve and grow beyond your current challenge? Why?

4. Do you trust yourself in this process? If yes, how? If not, why?

5. If your body & heart had a separate voice from your head, what would they say?

# Cleaning Up

Cleaning Up is about making amends with the past so you don't have to carry around emotional baggage and wounds that weigh you down.

Cleaning Up does not mean forgetting about things that have happened to you. On the contrary, it is about tying up loose ends and letting go of emotional reactivity so your past can serve as source of strength and tradition that grounds you.

Cleaning Up is also about moving beyond being a victim, so you're no longer carrying resentment, fear, or denial that rob you of your power to author your own story.

Cleaning Up takes forgiveness, self-compassion, and courage to face old, unprocessed stuff. But the payoffs of creating closure and healing are immense.



# Cleaning Up - Reflection Questions

Cleaning your body of toxins, your heart of trauma, and mind of limiting beliefs will give you the confidence and ability to keep moving forward in your life.

1. In what ways do guilt, blame, or shame color the challenge you're facing?

2. What memories stand out for you when you think about this challenge?

3. When you look at other people, what sort of judgments or envy do you have?

4. Are there any relationships, past or present, that impact/influence your issues ?

5. What part of your past do you miss or long after? What parts do you avoid/ignore?

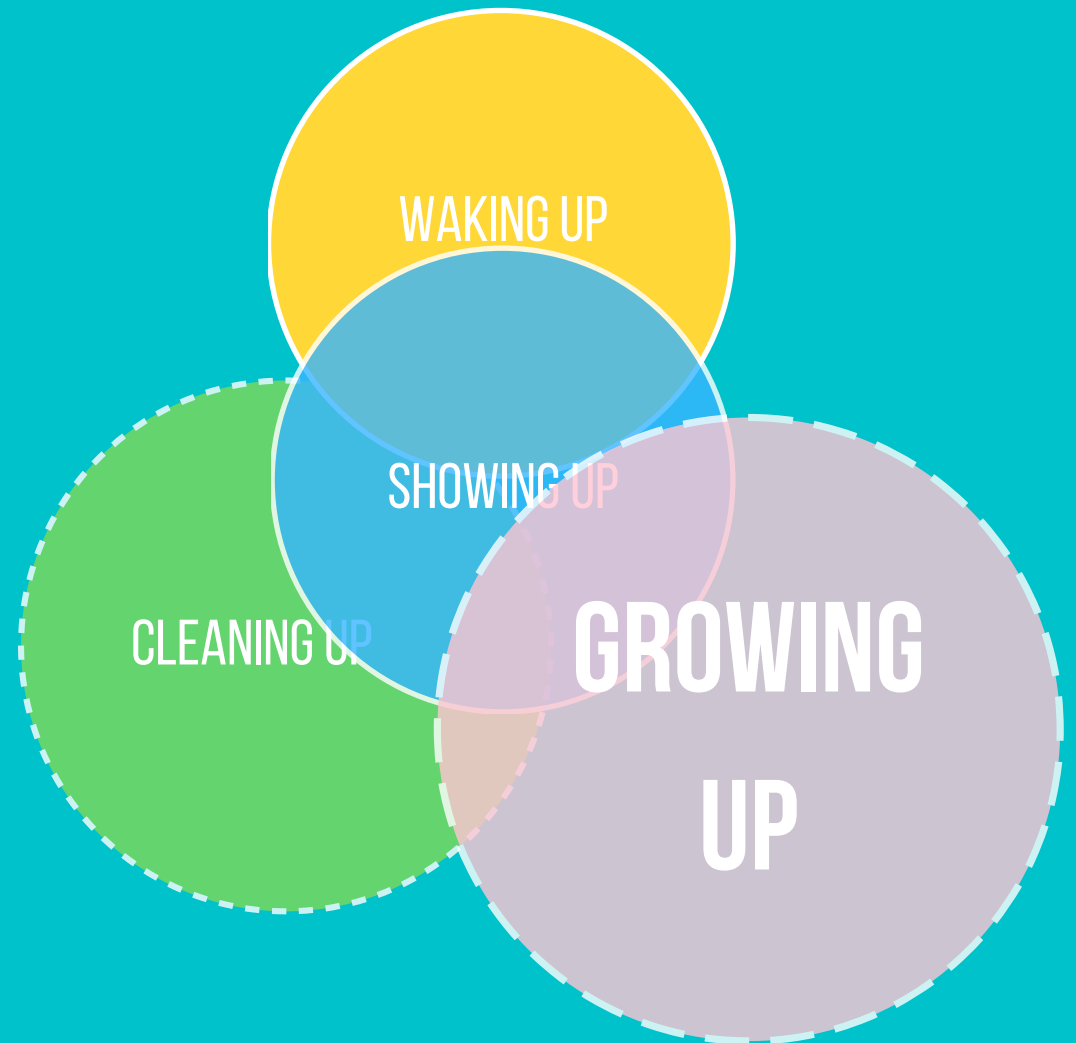
# Growing Up

Growing Up doesn't end when you become an adult. Your relationship to your body, emotions, mind, culture, and others can (and needs to) continually evolve as you do.

Growing up moves you from egocentric and selfish ways of thinking to more conscious, complex and cooperative ways of behaving in the world.

This process requires transcending your previous state of mind without tossing it out entirely. You need to find whatever truth existed in your old way of living and encompass it with broader and more inclusive perspectives.

If you want greater freedom, meaning, and depth in life and your relationships, you need to grow up and lean into the person you have the potential to become.



# Growing Up - Reflection Questions

Growing up requires envisioning future possibilities that go beyond black-and-white, either-or-thinking. Start by adopting a "both, and..." mindset that embraces the contradictions and complexities of being human.

1. In what ways is your challenge colored by all-or-nothing, either-or perspectives?

2. If you were able to grow beyond your challenge, what would that do for you?

3. What might you have to give up to become the person you want to be?

4. When & how do you feel powerful? How can you apply this to your challenge?

5. Who in your life helps you grow up and become a better version of yourself? How?



# Showing Up

Every minute of every day,  
you are Showing Up.

The question is how?

Are you showing up as the best version of  
yourself or as the self that is stuck  
reenacting the same old problems?

This is where the rubber meets the road. It  
is the culmination of all of the mindsets,  
motivations, and methods at your disposal.

Sitting at the intersection of waking up,  
cleaning up, and growing up, you can build  
healthy habits and begin to embody the  
traits and potential you know you're  
capable of.

By engaging in daily showing up practices,  
you connect the dots of who you want to be  
in the world to create something greater.



# Showing Up - Reflection Questions

Bring the strengths of your past, the courage of the present, and the wise perspective of tomorrow to embody the qualities of mind and behaviors of body that nurture the best version of yourself.

1. How do you want to be showing up in your life? Where are you missing the mark?

2. Who are you showing up for? Why does it matter to them?

3. What boundaries do you need to protect to help you show up fully?

4. What daily routines do you need to establish to support you in showing up fully?

5. What skills, resources, or techniques do you need to show up the ways you want?

# The Journey Has Just Begun...

Congratulations for taking the time to do the real inner-work of personal transformation!

But don't stop here.

There's so much more good stuff to come. You just need the structure, accountability, and guidance to keep going.

**Progress is yours...**

If you commit to your future self and invest in becoming bigger and better than you were yesterday.

Let's create your action plan for success. Right now!

What are you waiting for?

# Take The Leap. Get In Touch

Schedule a free consultation call to discuss how we can solve your biggest challenges and keep you on track to wake up, clean up, grow up, and show up at your best every single day.

**CURIOSITY IS FREE. BOOK A CONSULT.**

Still hesitant?

All good. Shoot me an email and let me know what's up with you.

**[JeffSiegelWellness@gmail.com](mailto:JeffSiegelWellness@gmail.com)**

Free Healthy Habit Resources  
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