PODCAST WORKSHEET

EXPANSION

THANK YOU FOR JOINING US!

We're thrilled to have you as part of our community and excited to support you on your path of transformation. This worksheet is designed to complement the theme of **EXPANSION** from our podcast.

Each worksheet is crafted to help you take a sacred pause and reflect, replenish, and recharge. By engaging with these exercises, you'll be able to integrate the wisdom from our podcast into your daily life, creating simple, sustainable, seasonal habits that enhance your health, vitality, and overall wellbeing.

How to Use This Worksheet:

Listen: If you haven't already, start by listening to the corresponding podcast episodes.
Reflect: Use the prompts and exercises to reflect on the theme.
Practice: Implement the practical tools and techniques shared in the podcast.
Connect: Share your experiences and insights with our community on Instagram.

Thank you for being part of the Overhaulin' experience. We're here to guide you every step of the way as you create space for meaningful self-care and align with nature's rhythms.

Warm regards,
Jill & Susannah
Your Overhaulin' Guides & Founders

A MOMENT FOR REFLECTION

In Part 1, we discovered that in Tantra expansion often involves embracing both the light and shadow within us.

What parts of yourself have you been avoiding?
How can you bring them into the light?

We also explored the idea of character strengths, the positive parts of our personality that impact how we think, feel and behave.

What do you think your core character strengths are?
How could you use these to facilitate personal growth and expansion?

WHAT I NEED RIGHT NOW IS.....

Circle the first 3 words you find in the wordsearch and reflect on what they might be telling you about what you need right now.

A	P	S	E	L	F	C	A	R	E	O	N	W	M
I	O	U	E	A	O	E	V	S	L	H	N	E	A
P	J	P	S	O	L	I	T	U	D	E	A	T	C
I	O	P	K	L	R	G	V	X	L	Q	T	E	T
A	Y	O	E	N	Q	U	I	E	T	E	R	B	I
I	O	R	K	T	Y	D	J	S	J	A	Y	O	O
P	W	T	S	D	W	M	Z	I	C	R	E	S	N
I	D	X	K	L	B	G	L	O	V	E	U	A	I
A	P	S	T	I	L	L	N	E	S	S	F	O	E
G	R	O	U	N	D	I	N	G	N	S	H	S	I
S	O	F	T	N	E	S	S	I	O	N	A	G	T
I	F	A	K	B	A	I	V	X	L	V	A	V	Y
W	D	X	C	O	N	F	I	D	E	N	C	E	K
D	I	S	C	I	P	L	I	N	E	Q	A	M	C

FROM ANCIENT WISDOM...

In Part 2, we began with a Tantric meditation. We invite you to favourite the podcast episode so you can listen again. Alternatively you can create your own using the prompts below.

To Begin...

Find a comfortable seated position. Close your eyes or soften your gaze and take a few deep breaths.

Breath Awareness

Start by simply noticing your breath. Feel the air entering and leaving your body. Allow your breath to be natural and just observe without trying to change it.

Body Scan

Slowly move your awareness through your body, starting from the top of your head and moving down to your toes. Notice any areas of tension or discomfort and breathe into them, allowing them to soften and release.

Heart Centred Awareness

Bring your awareness to your heart centre. Imagine a warm, glowing light there. With each inhale, feel this light expanding, filling your chest and radiating outward. With each exhale, feel any tension or negativity being released.

Emabrace All Parts of Yourself

Now, think about different parts of yourself – the divine, loving, compassionate aspects and the messy, imperfect, human aspects. Visualize them as different colours or shapes, all coexisting within you. As you breathe, imagine these parts coming together, weaving into a beautiful tapestry that represents your wholeness.

Affirmation

Silently repeat the affirmation: "I am a perfect and whole expression of the Divine. I embrace all parts of myself with love and compassion."

Integration

Spend a few moments sitting with this feeling of wholeness. Notice how it feels in your body, mind, and spirit. When you're ready, gently bring your awareness back to your breath, and then slowly open your eyes.

...TO MODERN SCIENCE

Strengths stories are stories of us at our best, working from our essential selves, and in tune with our values, our pleasures, and our sources of meaning. Remembering these stories can help to clarify what we really want. Team this with the fact that we're far more likely to take consistent, persistent action in pursuit of our goals when our efforts are grounded in our strengths these stories can really help us build those sustainable habits for increased vitality and wellbeing. .

3 STEP PROCESS

AWARENESS

Take the VIA Character Strengths Profile to identify your signature strengths

EXPLORE

Complete the exercise in this workbook to explore your strengths and strengths stories

APPLY

Think about how you could apply your strengths in pursuit of your lifestyle goals.

STRENGTH STORIES

EXERCISE

1. Choose a strength that feels essential to who you are and think about a time when you used that strength.

2. Try to recall as many concrete details as you can. What you were doing, who you were with, how you felt.

3. On the next page, write about the story as you remember it. If you like, you can add some thoughts about what the story says about you

4. Choose another strength and repeat the process for that one, and then for at least one more.

MY STRENGTHS STORIES

1

STRENGTH:

MY STRENGTHS STORIES

2

STRENGTH:

MY STRENGTHS STORIES

3

STRENGTH:

THANK YOU FOR JOINING US &
MAKING TIME TO REFLECT,
REPLENISH & RECHARGE.

Overhaulin'

Overhaulin.co.uk