PODCAST WORKSHEET

BELONGING

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 **BELONGING** 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

At the end of Part I we invited you to reflect on the following questions:

- Where in your life do you feel a deep sense of belonging?
- Are there areas where you feel disconnected or out of place?
- How do you currently show up for yourself?
- What would it feel like to let go of trying to fit in and instead embrace being fully you?
- How might practicing self-compassion and mindfulness help you cultivate a deeper sense of belonging?

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

YOUR GUIDE TO EMBRACING BELONGING

"I AM ENOUGH" MEDITATION

Find a comfortable seat, close your eyes, and take a deep breath in. In for 4 through your nose & out for 4 through your mouth.

Exhale, releasing any tension, any story that says you need to be different than you are.

Breathe in deeply again, feeling the breath move through you, knowing that this moment is enough.

As you inhale, silently say: I belong.

As you exhale, silently say: I am enough.

As you repeat these words, let them settle into your heart. Let them become a knowing deep within your bones.

Imagine yourself held by the earth, supported by something greater than your self–whether you call it goddess, universe, love. Feel the sacred connection within, beneath and above you.

You are a thread in the great tapestry of life. Without you, the pattern would not be complete.

Take a few more breaths, soaking in this truth. And when you're ready, gently open your eyes.

YOUR GUIDE TO EMBRACING BELONGING

MORE PRACTICES FOR DEEPENING BELONGING

Journaling – Reflect on your experiences, beliefs, and emotions by journaling about your sense of belonging. Write freely about where you feel connected to yourself, any barriers or beliefs that might block your sense of inner belonging, and how you can create more space for self-acceptance.

Touch and Self-Care – Practices like self-massage, hugging yourself, or simply giving yourself time to rest and nourish your body are powerful ways to build self-connection. Physical touch helps release oxytocin, fostering feelings of safety and nurturing.

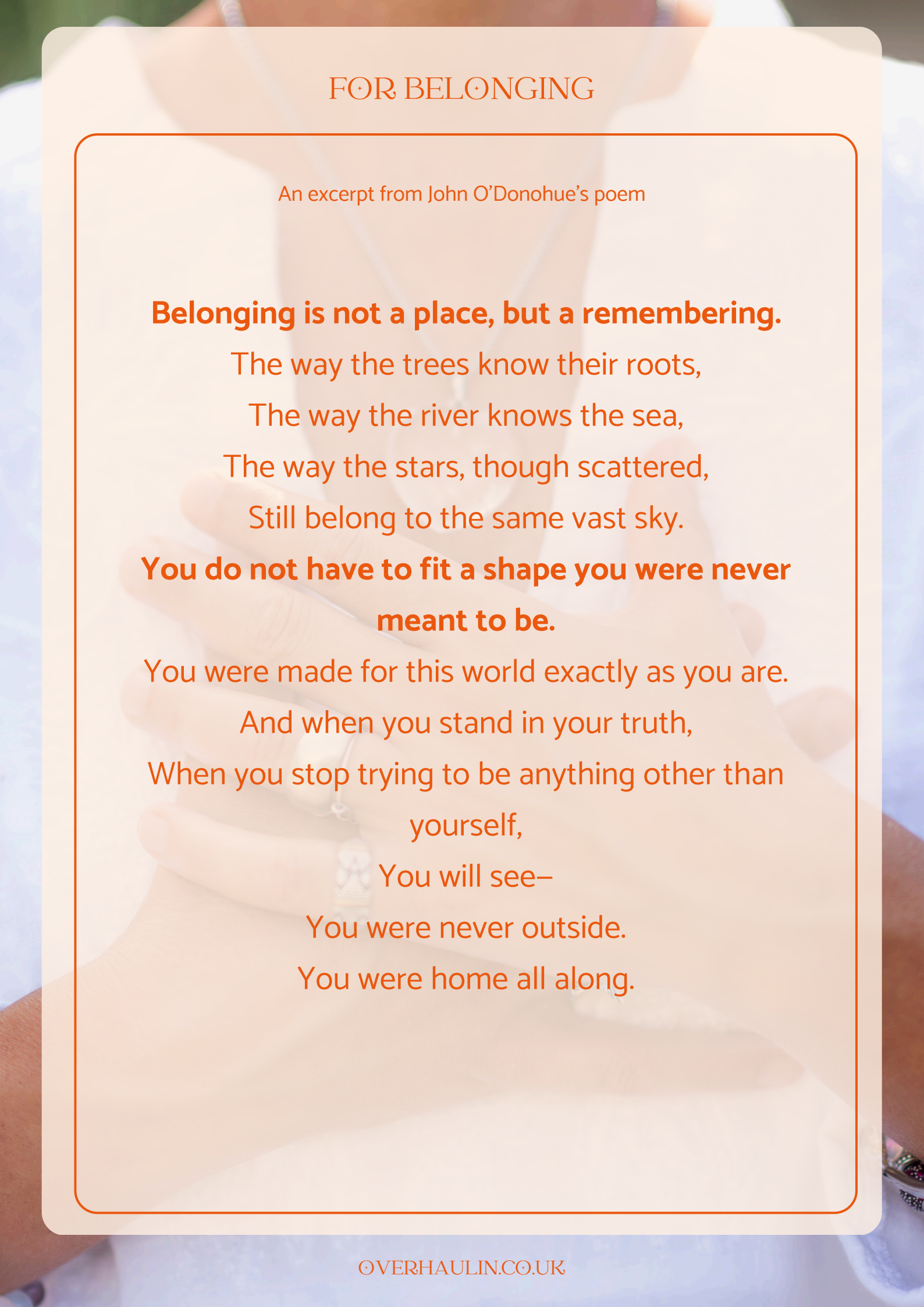
Mindful Breathing – Breathing exercises, especially deep belly breathing or techniques like alternate nostril breathing (Nadi Shodhana), help ground you and calm the mind, making space for self-connection and clarity.

DOSHA-SPECIFIC TIPS FOR BELONGING

Vata Dosha - Grounding Practices:
As Vata types often feel isolated or unpredictable, practices like self-massage (Abhyanga) with warm oil or gentle yoga can help bring a sense of stability and calm. These grounding activities support Vata in feeling more anchored and at home with themselves.

Pitta Dosha - Rest and Relaxation:
Pitta types, who may identify their worth with external achievements, need time for rest and reflection. Focus on practices that cool and calm the body and mind, like cooling breathwork or engaging in calming hobbies. This helps Pitta reconnect to their inner self and trust in their intrinsic value beyond accomplishments.

Kapha Dosha - Movement and Energy:
Kapha types can feel stagnant or sluggish, so it's important to incorporate dynamic movement into your routine. Activities like walking, dancing, or practicing active yoga postures help clear stagnation and invite fresh energy into the body and mind, fostering a greater sense of connection to the present moment.



FOR BELONGING

An excerpt from John O'Donohue's poem

Belonging is not a place, but a remembering.
The way the trees know their roots,
The way the river knows the sea,
The way the stars, though scattered,
Still belong to the same vast sky.
You do not have to fit a shape you were never meant to be.
You were made for this world exactly as you are.
And when you stand in your truth,
When you stop trying to be anything other than yourself,
You will see–
You were never outside.
You were home all along.

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

Overhaulin'

Overhaulin.co.uk