



**a new  
beginning**



@innerdragonwisdom

# A NEW BEGINNING



**DATE:** \_\_\_\_\_

**MY GOAL THIS MONTH:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**WHY?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## navigating life's breaking points

this workbook takes you to turn inward to find peace and learn how to handle the intense emotions that arise during life-altering events, such as grief, fear, and anxiety. It emphasizes the importance of silencing inner critics, and using these challenging moments as opportunities for rediscover yourself and set new vision and goals.

By shifting your mindset and embracing life's breaking points, you can turn them into powerful breakthroughs that lead to a more fulfilling and aligned life, as well as personal growth and transformation.

### change is a natural part of life

- death of a loved one
- divorce
- major illness
- job loss
- moving to a new city/country
- breakups
- burnout

### signs of a breaking point

- emotional:  
stress, grief, anxiety, anger...
- physical:  
headaches, trouble sleeping or feeling restless, digestive problems,
- behavioral:  
shift in priorities, lethargy, isolation



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## EMBRACING CHANGES

reflect on how change, while often daunting, can be a powerful catalyst for growth. learn to welcome it as an opportunity to evolve and become the person you are meant to be.

**guidance:** focus on mindset shifts; reflect on what you can let go in life (old habits / patterns / beliefs / roles); and review what support you can seek

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## REDISCOVER YOURSELF

dive deep into self-reflection to reconnect with who you truly are. this section guides you to uncover passions, strengths, and desires that may have been buried beneath life's challenges.

**guidance:** focus on self-care and self-compassion; stay present; and be flexible. make sure you move your body and also get plenty of rest

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## INNER CRITICS VS INNER DRAGON

explore the contrast between the inner voices that hold you back and the inner strength that propels you forward. practice on how to turn down the volume on self-doubt and ignite your inner wisdom.

**guidance:** remember that saying good-bye to the past means you are facing choices for your new future! you are the creator of your life!

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## A NEW VISION

create a fresh perspective on your future by crafting a new vision that aligns with your true self. this exercise helps you to set a clear, inspiring direction for the next chapter of your life.

**guidance:** set new, realistic but wild goals (no, they are not conflicting). create an inspired action plan. make small daily habit changes, and celebrate small wins!

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