



Workbook 1 — Lesson 1

1) Quick baseline

Description	Rate 0 – no issue 10 -extreme
Fear of death (annihilation)	
Fear of dying process (pain/loss of control)	
Sense of meaning/purpose	
Felt authenticity (aligned actions vs performing)	
Sleep quality last 7 days:	

Top 3 death anxiety triggers (moments, images, thoughts):

- Body cues I notice when triggered:

- ___ (e.g., chest tightness, jaw clench, shallow breath)

2) Safety & Sovereignty Contract (10 minutes)

Description
Early signs I'm approaching overwhelm
My pause plan (what I'll do first)
People/resources I'll contact if needed
Boundaries I'm honoring during this course
- I may pause or skip practices
I won't engage when sleep deprived or in crisis

3) Authenticity Compass (10 minutes)

My five core values (brainstorm, then circle top 3)

“Complete-enough life” (completed when ... study, house, kids, friends? What is important to you?)

- I feel complete when I..... (eg., get the job, reach 100 lunges, get 10000 followers!)

What I would regret not doing/expressing (eg., Climbing Mount Everest, learning to swim, telling a parent “ I Love you”, I forgive you)

The kind of presence I want to offer loved ones

Intention triad (complete each sentence with a word/phrase):

I release: __ (e.g., pretending, overwork, avoidance)

I receive: __ (e.g., gentleness, help, belonging)

I remember: __ (e.g., love, courage, what matters most)

One tiny practice for “one precious day” this week: (e.g., 5-minute morning breath + gratitude)

4) Spiritual consent & stance (2 minutes)

Today, I will take what resonates and leave the rest.

If belief is hard, I allow an “not yet , soon” approach when helpful.

I give myself permission to change my mind, its ok, notice.

5) Reflection (optional)

A letter to myself: “Why this course now?”

We are attracted, sometimes it may not seem logical, but if we simply breathe, approach life with an open mind, we are pleasantly surprised. Today as all days, it’s the first day or your journey.