



RISE & RENEW COURSE

A JOURNEY BACK TO YOURSELF

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WELCOME TO YOUR RISE & RENEW JOURNEY



Life has a way of changing us. Sometimes suddenly. Sometimes slowly. And often without realizing it, we drift away from the person we once were. Responsibilities pile up. Emotions get pushed aside. We survive instead of thrive.

This workbook was created to help you come home to yourself.

Inside these pages, you will find a space of gentleness, clarity, and rediscovery. A place where you can pause long enough to hear your own voice again. A place where growth is not forced — but invited.

Rise & Renew combines lived wisdom, emotional resilience, and gratitude-centered practices to guide you from self-doubt and emotional overwhelm toward clarity, confidence, groundedness, and renewed purpose.

This workbook is not just for completing exercises. It is a companion for your transformation.

Take your time.

Take your space.

Take your breath.

And most importantly — take care of your heart as you rise.

MODULE 1



AWAKENING — UNDERSTANDING WHERE YOU ARE



This module helps you:

- ✓ **ALWAYS BE LEARNING**
- ✓ **KNOW THAT YOU DON'T KNOW**
- ✓ **ASK FOR HELP IF NECESSARY**
- ✓ **THERE'S ALWAYS A SOLUTION**



MODULE 1

AWAKENING — UNDERSTANDING WHERE YOU ARE

Section 1

REFLECTION — PAUSING LONG ENOUGH TO HEAR YOURSELF



Section 1 | Exercise 1

EMOTIONAL AWARENESS SCAN

Estimated Time: 5 minutes

- ◆ **CLOSE YOUR EYES.**
- ◆ **TAKE THREE SLOW BREATHS.**
- ◆ **BRING YOUR AWARENESS TO EACH PART OF YOUR BODY FROM HEAD TO TOE.**

Record Your Findings:

How would you like your business make others feel?

What emotions do I sense beneath the tension?

What thoughts or worries were present today?



Section 1 | Exercise 2

“WHERE AM I RIGHT NOW?”

Journal Prompt | Write freely for 5–7 minutes

What emotions are alive in me today?

What feels hopeful?

What feels heavy?

What do I need most at this moment?

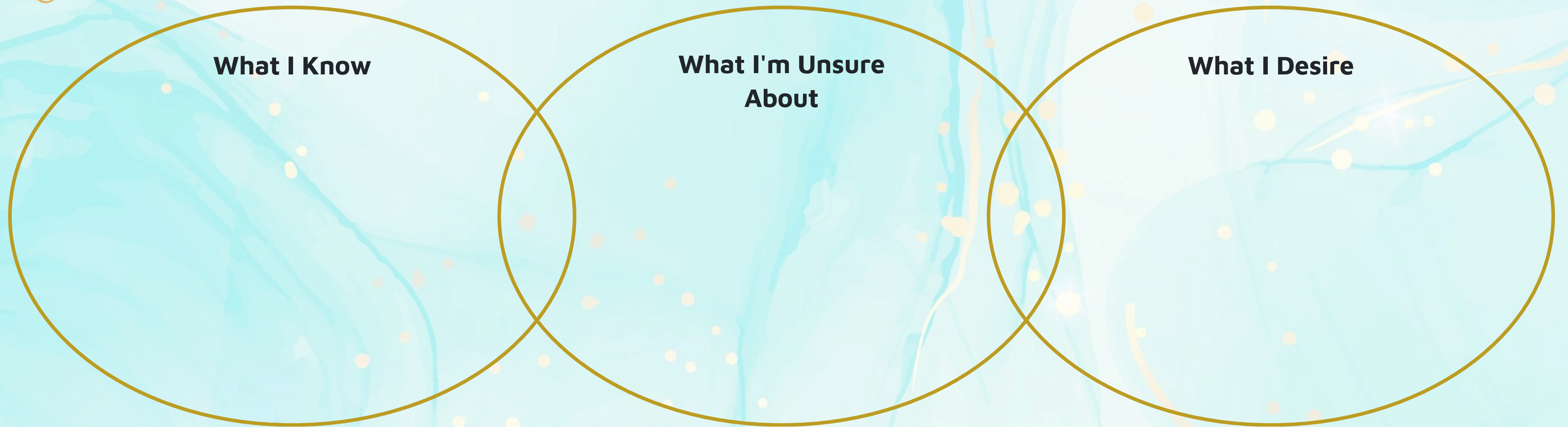
Your Reflection:



Section 1 | Exercise 3

THE CLARITY CIRCLES

Fill each circle with phrases, not full sentences.



Reflection: **What patterns do you notice across the circles?**

MODULE 2



RELEASING WHAT NO LONGER SERVES YOU

*Releasing is not forgetting.
Releasing is freeing space.
It is choosing not to carry what weighs
you down.*

This module helps you:

- ✓ **RECLAIM ENERGY**
- ✓ **RELEASE EMOTIONAL WEIGHT**
- ✓ **CREATE SPACE FOR NEW GROWTH**
- ✓ **IDENTIFY BURDENS, BELIEFS, AND PATTERNS**



Section 1

UNDERSTANDING RELEASE

Release becomes possible when awareness meets willingness.

Ask yourself

What patterns repeat themselves?

What takes more from me than it gives?

What beliefs have become heavy to carry?



Section 2 | Exercise 1

THE RELEASE LIST

Write down everything in your life that no longer serves your wellbeing.



Categories to Consider

Place a ★ next to the top two you want to release first.

FEARS

HABITS

BEHAVIORS

EXPECTATIONS

THOUGHTS

RELATIONSHIPS

EMOTIONAL BURDENS

Your Release List:



Section 2 | Exercise 2

BELIEF REFRAMING WORKSHEET

Choose one belief you want to release.

Old Belief:

Evidence This Belief Is Not True:

New Belief I Choose to Practice:



Section 2 | Exercise 3

EMOTIONAL RELEASE VISUALIZATION

- ◆ **CLOSE YOUR EYES.**
- ◆ **IMAGINE STANDING BESIDE A CALM RIVER OR OCEAN.**
- ◆ **VISUALIZE HOLDING A STONE THAT REPRESENTS WHAT YOU'RE RELEASING.**
- ◆ **PICTURE YOURSELF LETTING IT GO.**

What did the stone represent?

What emotion arose as you released it?



Section 3: Integration

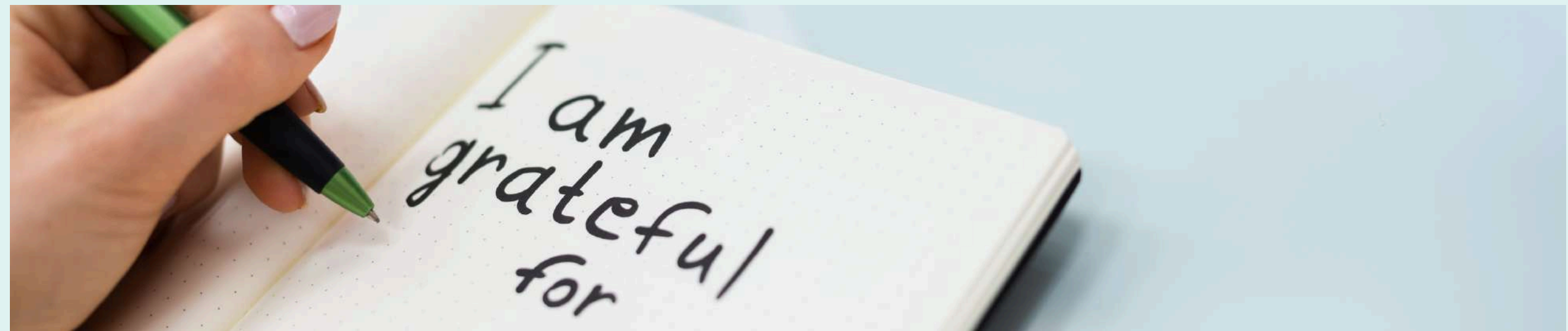
RELEASING IS AN ACT OF SELF-RESPECT.

Integration Prompt:

What do I feel lighter about today?

MODULE 3

GRATITUDE AS A TOOL FOR GROWTH



Gratitude doesn't ignore pain—it helps you remain rooted in what still sustains you.

Gratitude is an anchor, a stabilizer, and a reshapener of the mind.

This module helps you:

- ✓ **REWIRE YOUR MINDSET**
- ✓ **CULTIVATE GROUNDEDNESS**
- ✓ **STRENGTHEN RESILIENCE**
- ✓ **BUILD EMOTIONAL STABILITY**



Section 1

UNDERSTANDING GRATITUDE

Gratitude shifts attention.

*It doesn't erase hardship, but it helps you
rise through it.*



Section 2 | Exercise 1

THE “THREE MOMENTS” GRATITUDE PRACTICE

One thing I'm grateful for today:

One person I'm grateful for:

One small moment of beauty or goodness I noticed:

Repeat daily throughout this course.



Section 2 | Exercise 2

GRATITUDE MAPPING

Draw a circle in the center of the page and write "Support in My Life".
Create branches outward listing 15–20 things (big or small) that support your life.



Then reflect:

What surprised you as you wrote your map?



Section 2 | Exercise 3

“IF NOT FOR GRATITUDE...” REFLECTION

Complete the sentences.

If not for gratitude, I would...

This helps you see how gratitude has already held your life together during difficult times.



Section 3: Integration

HOW DOES GRATITUDE SHIFT THE WAY YOU SEE YOUR PRESENT LIFE?



MODULE 4

IDENTITY & SELF-WORTH RECONNECTION

Life's hardships can dim parts of us. Overwhelm, caregiving, loss, expectations, and responsibilities can cause us to forget who we once were—or who we still are.

This module helps you:

- ✓ RECLAIM YOUR SELF-WORTH
- ✓ RECONNECT WITH YOUR INNER SELF
- ✓ REBUILD INNER CONFIDENCE
- ✓ REDISCOVER FORGOTTEN STRENGTHS

You're
worth more
than
you know.



Section 1

REMEMBERING WHO YOU ARE



*Identity is not lost.
It becomes buried.
Under roles.
Under expectations.
Under survival mode.*

This section invites you to retrieve the forgotten parts of yourself.



Section 2 | Exercise 1

THE IDENTITY LAYERS WORKSHEET

Reflection Question:

What surprised you the most as you wrote?

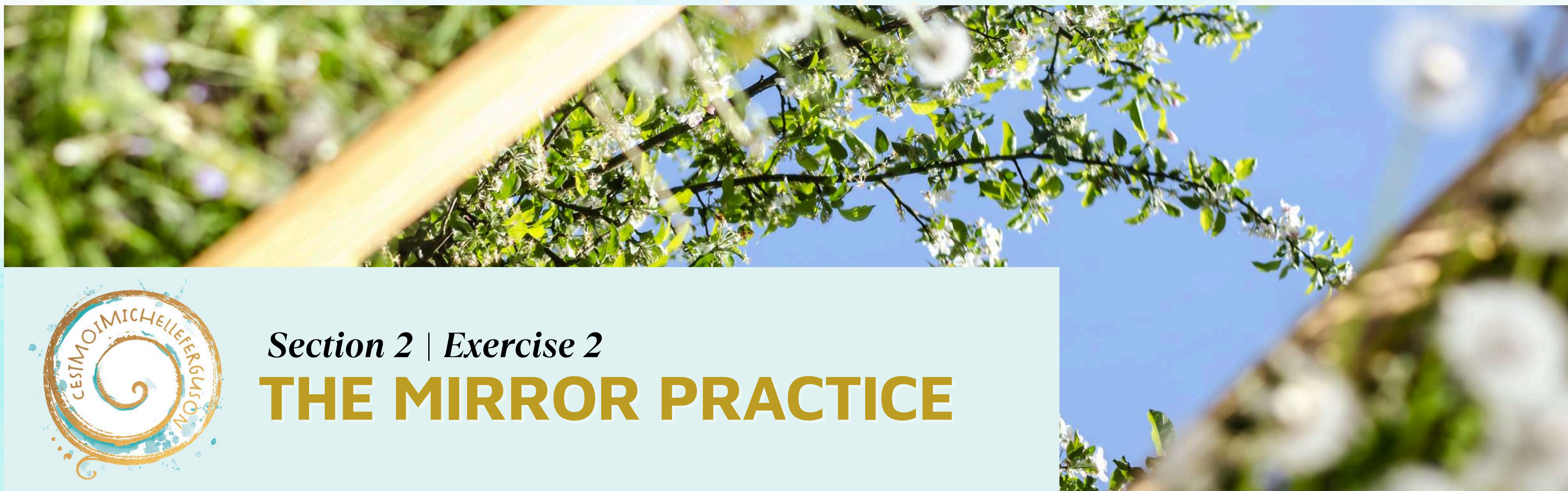
Fill in each section slowly and honestly.

Roles I Play

Qualities I Value in Myself

Parts of Me I've Forgotten

Parts of Me I Want to Reclaim



Section 2 | Exercise 2
THE MIRROR PRACTICE

Stand or sit in front of a mirror.
Look into your own eyes for 60 seconds.
Then say out loud:
“I AM WORTHY. I AM ENOUGH. I AM BECOMING.”
Pause and notice how your body responds.

Reflection Question:
How did this practice make you feel?



Section 2 | Exercise 3

CONFIDENCE TIMELINE

Draw a timeline across the page. Mark moments when you overcame a challenge:

Times you were brave

Times you surprised yourself

Times you endured more than you thought possible

Times you rose, even while hurting

Reflection: **What does this timeline reveal about your strength?**



Section 3: Integration

WHAT PART OF YOURSELF ARE YOU READY TO RECLAIM TODAY?

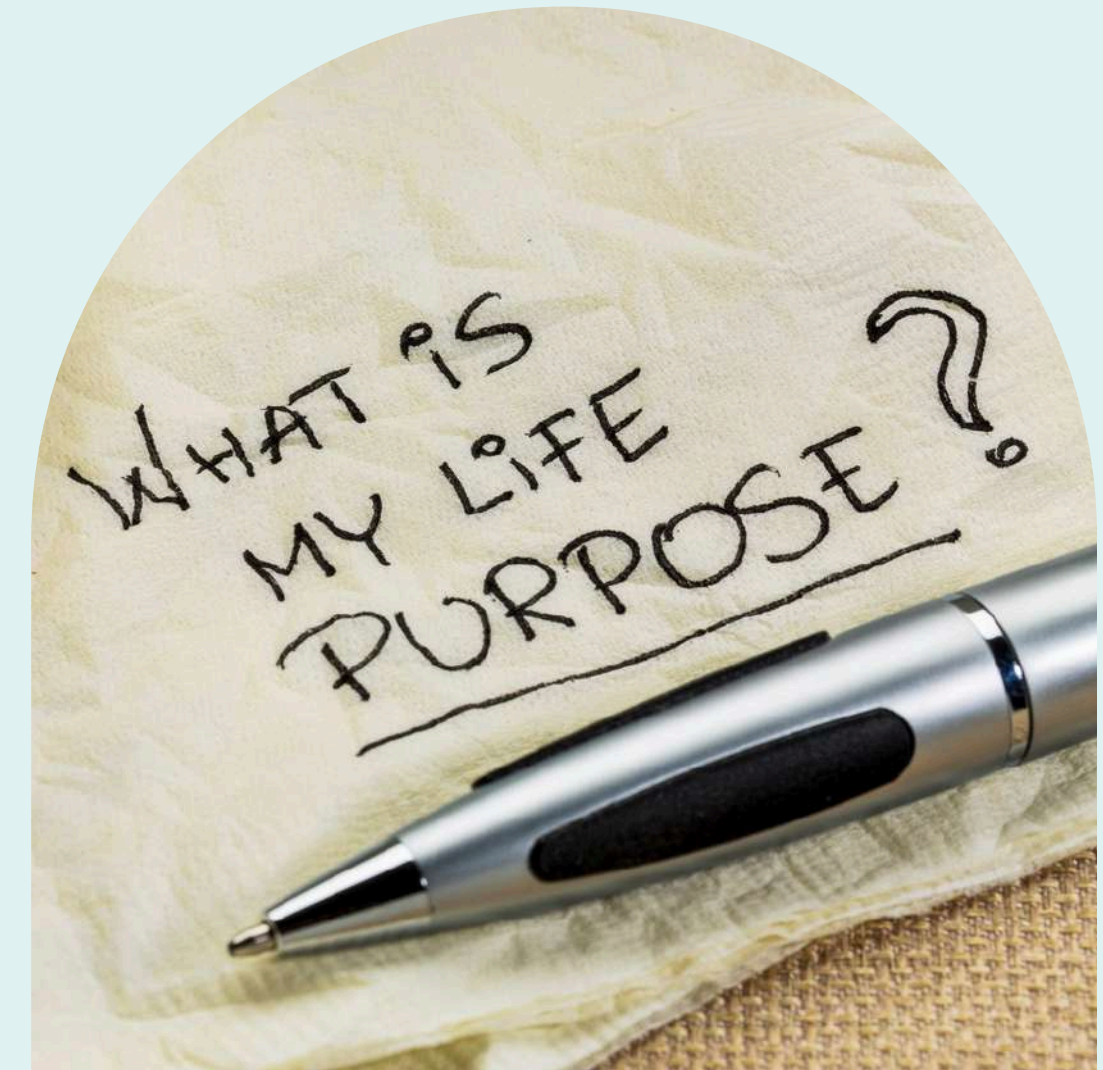


MODULE 5

PURPOSE & VISION CREATION

This module helps you:

- ✓ CLARIFY YOUR NEXT CHAPTER
- ✓ RECONNECT WITH WHAT MATTERS
- ✓ DESIGN A VISION ROOTED IN MEANING
- ✓ MOVE FORWARD WITH DIRECTION AND INTENTION



*Purpose isn't something we "find."
It is something we create—
intentionally and with clarity.*



Section 1

UNDERSTANDING PURPOSE

Purpose is shaped by:

- **VALUES**
- **IDENTITY**
- **GRATITUDE**
- **EXPERIENCES**
- **INNER ALIGNMENT**



*You don't need a
perfect roadmap.
You only need
the next right
step.*



Section 2 | Exercise 1

WHAT TRULY MATTERS LIST

Write down 5–7 things that matter most to you in this season of life.

My “What Matters Most” List

-
-
-
-
-
-
-

Reflection:

Which item surprises you or stands out as a priority?



Section 2 | Exercise 2.1

FUTURE SELF LETTER

Write a letter from your future self—6 months or 1 year from today.

Start with *“Dear (Your Name), I’m so proud of you because...”*

WHO YOU HAVE BECOME

WHAT YOU HAVE ACHIEVED

WHAT YOU HAVE HEALED



Section 2 | Exercise 2.2

FUTURE SELF LETTER

Write a letter from your future self—6 months or 1 year from today.

Start with *“Dear (Your Name), I’m so proud of you because...”*

WHAT YOU HAVE LET GO

WHAT YOU ARE GRATEFUL FOR



Section 2 | Exercise 3

VISION BOARD

You may complete this digitally (Canva), or with paper, magazine clippings, or printed images.

Include:

- **Words that inspire you**
- **Colors you feel drawn to**
- **Images of your desired future**
- **Symbols that represent growth**

Reflection Question:

What theme emerges from your vision board?



MODULE 6

RESILIENCE & SUSTAINABLE GROWTH

Growth is not a one-time experience—it is a lifelong journey.

Resilience allows you to sustain your inner transformation long after this course ends.

This module helps you:

- ✓ **MAINTAIN INNER CLARITY**
- ✓ **DEVELOP GROUNDING PRACTICES**
- ✓ **CONTINUE GROWING WITH GENTLENESS**
- ✓ **BUILD LONG-TERM EMOTIONAL STRENGTH**



Section 1

UNDERSTANDING RESILIENCE

Resilience does not mean being strong all the time.

*It means returning to yourself
—again and again.*

Resilience is built through:

- ◆ **REST**
- ◆ **GRATITUDE**
- ◆ **SELF-TRUST**
- ◆ **AWARENESS**
- ◆ **BOUNDARIES**
- ◆ **SMALL DAILY PRACTICES**



Section 2 | Exercise 1

GROUNDING TOOLKIT

Create your personal grounding toolkit by listing practices that help you feel safe, centered, and calm.



Example:

- *Music*
- *Saying “No”*
- *Short Walks*
- *Affirmations*
- *Mindful Pauses*
- *Breathing Exercises*
- *Gratitude Journaling*

My Grounding Toolkit:



Section 2 | Exercise 2

RESILIENCE REFLECTION

Reflect

When Life Becomes Hard, What Helps Me Steady Myself?

Who or What Supports Me During Difficult Moments?



Section 2 | Exercise 3

SUSTAINABLE GROWTH MAP

Create a simple plan with 3 small habits you can maintain weekly.

Example:

- **5 Minutes of Journaling**
- **Saying No More Confidently**
- **Saying Yes More Intentionally**
- **A Gratitude Moment Every Evening**

My 3 Sustainable Habits:

Reflection Question:

How will these habits support your growth?



Section 3: Integration

HOW DO I WANT TO SUPPORT MYSELF IN THE NEXT CHAPTER OF MY LIFE?



**Thank you for your time and thoughtful
responses to this course.**

Michelle Ferguson