



2019

YEAR OF BECOMING

*who you where meant to be
in the first place*

WORKBOOK

January 6 - 14, 2019

www.estherarends.com

WELCOME TO

2019

becoming

THE TRUE YOU



My heartfelt wish for you

That this adventure may bring you closer to yourself, your body, your truth, your heartfelt desires and purpose. That you may trust yourself completely and that you may feel supported, guided, blessed, protected and loved on your journey of creating a life in alignment with the True You!

/// HOW DOES IT WORK?

Everyday you will receive an email in your inbox. This email contains a video and a worksheet. In the video I will share information about the theme of the day, and provide you with a tool (something to apply in your day to day life), to provide you with an experience of the theme and support the embodiment.

The worksheets contain:



A Writing Assignment: Take 15 minutes to sit down, complete the sentence on the worksheet and just follow what comes up for you. Empty your mind and let what want to come through from your heart flow out of your hand onto paper.



A Reflection and Insight Page. At the end of the day take a moment to reflect on your day and on the theme of the day. What came up? What did you experience today? Did you receive any insights? Make some notes so you can look back at it later and track your journey. **Please share your insights with us in the [Facebook Group](#) or on the website so we can learn from your experience!**



Gratitude Practice. Before you close your eyes ask yourself: 'What am I grateful for today?' And give thanks..... sweet dreams:~)!

I would recommend to do all the exercises with the important note to only do it if it *resonates* with you, it *feels* good and is in alignment with you:~)!

/// Please share YOU!

I would really like to encourage you to share you! Share your experiences, challenges, insights, questions etc. so we can learn from each other and support each other along the way!

Enjoy the Journey!

Much love, Esther



DAY 1

EXISTENCE

“

*Dream as if you'll live forever.
Live as if you'll die tomorrow.*

”



"Existence itself does not feel horrible: it feels like an ecstasy, rather, which we have only to be still to experience."

- John Updike-