

INNER ANSWERS WORKBOOK

*A Thought Provoking Journal to Guide You On
The Path of Transformational Self Care*



MEGGIE WINCHELL, M.ED.



Welcome!

Transformational Self Care is personal and each person is unique. What makes your heart sing may well be different than what lights mine. And that is beautiful.

The Inner Answers Workbook is designed as a series of journal prompts and processes for you to reflect upon. In doing so, you'll discover what Transformational Self Care looks like for YOU.

I encourage you to actually print out this workbook and write down your answers. Make yourself a cup of tea, light a candle, bring your favorite colored pencils, and step into sacred space with yourself.

Alternatively, you may simply read along and write in your journal, or even type a few notes as you go. Do what feels right and good to you.

However you choose to do it, I invite you to gift yourself this time and space to connect with your inner wisdom in a loving, curious way.

This is where the beauty of Transformational Self Care begins.

DISCLAIMER:

The information provided in this Workbook is for informational purposes only. In no way is the information provided meant to be a substitute for medical or psychological advice. This information does not serve to diagnose, treat, or provide a cure for any condition you may be experiencing. If you require medical or psychological services, it is your responsibility to seek the attention of a licensed doctor or mental health professional.



🌀 Let's start by emptying out. Take a moment to write down all of the loose ends on your to-do list. Think work, house, kids, email, phone calls, bills, yard, family obligations, etc. Get it all out on paper so that your busy mind can feel acknowledged and honored and you are free to go deeper in. Ready? Go:



☞ Now, make a list of **10 things you LOVE doing** that you simply haven't had time for recently. What is truly fun for you?

For example: pottery, painting, horse back riding, singing, dancing, etc.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



☞ Take a moment to **go down memory lane:**

1. What were your childhood hobbies and joys?

2. What extracurricular activities were you excited about in high school?



🌀 Now I invite you to give yourself permission to dream. Be open to any possibility here—**What have you always been curious about trying** and haven't yet had the chance?

For example: *learning an instrument, making stained glass windows, etc.*



🌀 Next, for each of the Core Element categories below, **circle** the options that most **resonate as soul-food** for you. Then **add three more** of your own.

Consider: What brings you such joy that you find yourself transported to a pure state of BEING? Your mind is naturally still and you are in your bliss.

1. Creative Expression:

Painting

Making Jewelry

Pottery

Singing

Making Music

Writing

Knitting

Flower Arranging

Woodworking

Add three of your own:

◆ _____

◆ _____

◆ _____



2. Embodiment:

Note: For this category in particular, there's a potential pothole to simply circle everything that you "like" doing. Be sure to pause and ask yourself, what is truly nourishing of my soul here? What brings me complete joy and feeds me ever so deeply?

Dancing

Kayaking

Gardening

Skiing

Swimming

Lying on the Earth

Yoga

Martial Arts

Horseback Riding

Add three of your own:









3. Connection:

Tea with a Friend

Looking Deep into Someone's Eyes

Walk 'n Talk with a Loved One

Holding a Baby

Writing a Heart-Felt Letter

Snuggling a Kitten

Add three of your own:







4. Nature:

Walking in the Woods

Climbing a Tree

Bare Feet in a Stream

Dancing in the Rain

Balancing Rocks in the Sun

Star Gazing

Add three of your own:









5. Spiritual Nourishment & Ritual:

Women's Circles

Red Tent Temples

Meditation

Mandalas

Chanting

Archetype Work

Sacred Space

Fire Circles

Healing Energy Work

Add three of your own:







You'll notice that sometimes activities overlap categories. Double dipping is encouraged!

For example, a women's circle where you sing and dance around a fire under the stars touches on each of the Core Elements: Creative Expression, Embodiment, Connection, Nature, and Spiritual Nourishment & Ritual.

A word of caution for the overachievers out there—There really is no right / wrong / better-than here. Simply notice what feeds YOU most. Follow that truth.



🌀 Time for some more reflecting. Look through what you have written. Notice what lights up. What activities have the most juice for you? Read though the previous pages and see **what sparks as most exciting** for you at this time.

Write down your top 5. You might be surprised!

1. _____
2. _____
3. _____
4. _____
5. _____

Yes! This is it! This is what Transformational Self Care looks like for you.

This is how you can call in that breath of fresh air and feed your soul when you're in need of essential replenishment and revitalization.

Know that when you care for yourself in this way, you are able to show up more authentically and radiantly in ALL areas of your life.

Next up: How to make it happen!



QR Now it's time to get real in present time. **What is one small action you can take this week to invite some of this joy and soul infusion into your life?**

Keep it simple, exciting, and specific. Where can you **find 30 minutes** for yourself and what glorious Transformational Self Care activity would you like to immerse yourself in?

Date: _____ Time: _____

Activity: _____

Materials: _____

Preparation (scheduling, child care, etc.): _____

On a scale of 1 - 10, how nurturing will this be for you? _____

What is your motivation for creating this time for yourself? _____

How do you imagine you'll feel during and after? _____



🌀 Next, let's **look to the future** and get clear on your vision, your challenges, and your 3 Pillars of Support.

1. Paint the vision of how you'd like to weave more Transformational Self Care into your life in the long term. Be realistic with a little stretch to grow into:

2. What challenges might arise making it difficult to manifest this?



3. Where in your life do you have the 3 Pillars of Support? These are resources you can lean on to support your exploration of Transformational Self Care. Make a list for each Pillar of Support below. (If this is hard for you, see the next page for how to reach out to me.)

| Community | Compassionate Accountability | Mindset Mastery |
|------------------|---|------------------------|
| | | |

3. What words of encouragement do you have for yourself in this moment that you can look back on in times of need?



4. Take a deep breath. Would you like some help? Circle one: Yes or No

If you're called to learn more about **how I can support you on this journey** of personal empowerment, creating a life full of meaning and JOY, and **birthing into your most radiant, authentic self** then I invite you to sign up for a **Complimentary Breakthrough Session** with me:



[Click Here to Sign Up!](#)

Meggie Winchell, M.Ed. is a certified life coach, mindset mentor, ritualist, and women's empowerment facilitator. She is a practitioner of The Work of Byron Katie and Transformational Kinesiology. As an initiated Priestess she received training in sacred feminine leadership and became core staff at the Priestess Path Apprenticeship: A Women's Mystery School. Meggie has taught at the Belly & Womb Conference, Daughters of the Earth, Red Tents, and Sacred Sisters Rising. She was the visionary of The Sacred Self Care Women's Well. Her passion is creating opportunities for transformational growth for women in sacred space. She is the founder and facilitator of [Women's Wisdom Rising: A 6-Month Journey in Transformational Self Care, Ritual, and Personal Empowerment.](#)



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