



# *Pre-Work*

## & INTENTION SETTING



## WELCOME TO SLOW DOWN & TUNE IN!

*Over the next 3 months, I will be guiding you on the journey of calming your mind, coming into deeper connection with yourself, and awakening your heart and inner wisdom.*

I am so thrilled you have chosen to step onto this journey with me. In doing so, you have made a deeper commitment to yourself and sent a clear message to the Universe that you are ready to step into more of your power and potential.

I want you to trust that you have been led and guided to this course for a reason. A deeper part of you has called you here, into this conversation and into this community. You are here because you are ready to create some powerful shifts within yourself.

So, are you ready to begin this journey together? Turn over the page and let's get started.

DEEP WITHIN YOU IS A CALM,  
STILL SPACE WHERE LOVE RESIDES.  
WHERE YOUR HEART SPEAKS  
SOFTLY. WHERE YOUR INTUITION  
ARISES. WHERE HAPPINESS,  
WHOLENESS AND PEACE EXIST.

MY INTENTION WITH *SLOW DOWN &  
TUNE IN* IS TO GUIDE YOU BACK  
INTO CONNECTION WITH THIS  
SPACE, SO YOU CAN FIND ALL YOU  
ARE TRULY SEARCHING FOR.



*Connie x*



## IT IS TIME TO LOOK WITHIN.

Through our Slow Down & Tune In journey, I will be supporting you to turn your attention inwards and begin looking within. I will be guiding you to get to know yourself in deeper ways than ever before, and to come into connection with your true self and your inner guidance.

Looking deep within will require you to open your heart to all parts of you. To embrace both the parts of you that you love, and the parts you try to avoid.

To take this journey inwards, the first step is to slow down. Slowing down means no longer getting lost in the external world or avoiding your feelings. Slowing down means coming closer inwards and becoming more intimate with yourself. Slowing down means being willing to face and feel what is within you, and to start to change and transform what is no longer working.

While it may be uncomfortable, it is also the most empowering thing you can do. Because when you clean up your inner world, your whole life starts to shift.

## HOW THE COURSE WILL WORK:

Each week you will receive a powerful and practical video class along with an audio version of the class, and a playbook full of exercises and activities to help you integrate the principles in a deeper way.

Over the next 3 months we will cover:

### **Module One: Slow Down**

Calm your mind, find inner stillness and practise mindfulness principles so you can change your thoughts and live with more inner peace and presence.

### **Module Two: Tune In**

Look within to create inner change by embracing your emotions, connecting with your body and healing your relationship with yourself.

### **Module Three: Be Guided**

Live guided by love through embodying your heart energy, awakening your intuition, embracing surrender, and living with trust and faith in the unknown.





## HOW TO PREPARE FOR THE JOURNEY:

### **PURCHASE A JOURNAL**

If you do not yet own a journal, I recommend purchasing one. Throughout this course, I will be encouraging you to write about and explore your thoughts and feelings. If you do not have much experience with journaling, don't worry. You will learn a lot more about it as we move through this course, and I have plenty of resources to support you.

### **RELEASE PRESSURE & EXPECTATION**

Sometimes when we come into courses like this, we put huge amounts of pressure on ourselves to create epic changes in a very short period of time. What I will be teaching you, are principles you can use and implement for the rest of your life. This course is not designed to 'fix' you or your life in three months, but rather give you powerful tools and practices that you can use time and time again to live in a more empowered, fulfilling and flowing way.

### **BE GENTLE & LOVING WITH YOURSELF**

While I want you to get as much out of this course as possible, it is also not intended to cause stress or overwhelm. My intention is for it to be able to easily integrate into your life, and to give you tools you can revisit over and over. I recommend keeping up with the video classes as they are released and then allocating whatever time you can to the workbooks and practical exercises that accompany them. If at any stage you do fall behind, do not judge or criticise yourself; instead be loving and gentle and do what you can to catch up or work through the material at your own pace if you need to.

### **COMMIT WHOLE-HEARTEDLY**

With all that said, I also want to encourage you to make an inner decision to commit yourself whole-heartedly. At various points on the journey you may feel resistance. When you do, remind yourself of your intention. Come into our Facebook community if you need support and encouragement. Stay committed to your loving inner guidance even if your fear-driven ego tries to derail you. Be willing to face the parts of you that want to avoid diving deeper, and find the courage to keep forging forward.



## PRE-WORK



What has brought you to Slow Down & Tune In? Why does slowing down & tuning in feel important to you right now?

What would you most like to gain or learn from this experience?



## PRE-WORK



In what ways have you been rushing, living too fast, putting too much on your plate or feeling under pressure and stress?

In what ways have you been feeling disconnected from yourself? Disconnected from your deepest desires, your feelings, your body and your inner voice?





## PRE-WORK



What is your relationship with yourself like at the moment? Do you treat yourself with love, support and kindness or is there sometimes judgement, criticism and negative self-talk?

What changes would you like to create in how you relate to yourself, love yourself, listen to yourself and support yourself?



## PRE-WORK



What are the core guiding feelings that you want to be feeling each day within yourself? How do you want to feel about yourself and your life?

When/where in your life do you tend to feel these feelings the most? What do you know helps you feel this way?



## PRE-WORK



What are your intentions for what you would like to let go of through this journey? What would you like to release or stop doing?

What are your intentions for what you would like to bring on through this journey? What would you like to begin doing or start practising?

## YOUR BEGINNING PRACTICES:

### 1. MEDITATION

One of the initial practices that I will be encouraging you to create a habit around, is meditation. While I don't want this to feel rigid or forced, it is supportive to create consistency and routine around your meditation practice, as this is how it becomes easier. This is how you will drop deeper. It is also a powerful way to learn how to work through your mind's resistance and practise commitment and devotion. If you are new to meditation, this practice may be one of your core areas of focus through the program. You may want to work on building the habit of making time for it each day, and learning how to sit for longer periods or drop deeper as the course goes on.

### 2. JOURNALING

I have created a bonus 90 page resource for you called *The Turn Inwards Journaling Guide*. This journaling guide will help you begin and/or deepen your journaling practise. It is full of guidelines, tips, prompts and practical step by step processes. You can work through this guidebook if you are wanting to develop a more in-depth personal journaling practice. Or it is also fine to just use your journal as a place to simply jot down notes from the classes, reflect on your learnings and dive deeper into certain concepts or insights.

### 3. A MORNING OR EVENING RITUAL

Creating a morning ritual will give you a supportive foundation for your Slow Down & Tune In work. It creates an opportunity to connect with yourself each day before life begins to pull at you with its demands. A morning practice helps you to be more conscious and intentional about how your day unfolds. I highly recommend making this space for yourself throughout the course. If due to your schedule, a morning routine will be a challenge to implement, you can begin practising this in the afternoon or evening instead.

### 4. YOUR SACRED SPACE

One piece of homework from the pre-work will be to set up your sacred space. This can be a space within your home or bedroom that you create to help you tune inwards, meditate or sit and work through your coursework. Your sacred space can be filled with your favourite things like candles, crystals, books and pillows. It is your place to go to for meditation, relaxation and inner work. It is a place that makes you feel supported, nurtured and aligned.

## 1. MEDITATION

If you have ever felt resistance to meditation, confusion around how to do it, or if you have held the belief that you cannot meditate, I would love to support you to create a shift around this through our Slow Down & Tune In journey.

The fact that so many of us struggle to sit in stillness for 10 minutes or escape the grip of our fast-paced mind for even a few moments, shows just how much we actually need this practice.

We need to train our brain to work differently. We need consciously teach it how to slow down, relax and let go. This is the only way we can truly start to master our mind. Otherwise, it is mastering and ruling us.

Meditation can actually become a really easy practice. When you are beginning, I recommend keeping it really simple and dropping any rules or expectations about how you think it should unfold or feel. Focus more on creating the ritual and habit, rather than on getting it right or perfect.



## GUIDELINES FOR MEDITATION

### RELEASE EXPECTATIONS & THE OUTCOME

Enter into your meditation with an openness and a willingness to experience whatever you are meant to experience that day. Whatever unfolds is perfect and right. See if you can stay present to the process rather than having expectations or judgements on how it should look and feel, or being attached to a certain outcome.

### USE A TIMER & CREATE THE HABIT

When I first started meditating, I set a timer for 5 minutes each day. Using the timer allowed my mind to stop thinking about how long I was meditating for and when I could finish. It helped me create discipline and routine. If you commit to even 5 minutes each day, you will start to form a habit and then you can start to expand to 10, 15 or 20 minutes.

### DON'T TRY TO CONTROL YOUR MIND

Yes, your mind may feel loud and noisy initially. Don't berate yourself for having thoughts, or try to stop them. It only creates resistance and stress. Imagine the thoughts being like clouds, and when you notice you are caught in one, just let it go, and imagine the thought cloud drifting away, and just return your focus to your breath.

### USE YOUR BREATH AS AN ANCHOR

The breath is a beautiful anchor point. I use this a lot when I meditate. A simple starting meditation is to just follow the breath moving in and out of your body. Feel the sensation of air filling up your belly and then leaving your body through your nose.

### USE GUIDED MEDITATIONS & MUSIC

I love having gentle music playing while I meditate as it helps calm me and gives my mind something to focus on. Guided meditations serve the same purpose so it can be useful to start here, rather than trying to sit in silence.

*Refer to your Welcome Resources for the bonus meditation audio:  
[The Slow Down & Tune In Meditation](#)*

## 2. JOURNALING

Journaling will be a key foundation of the Slow Down & Tune In Journey and it will help you explore and integrate everything you are learning

Ultimately, I see journaling as a tool for self-discovery. It provides you with an opportunity to turn inwards and listen to your inner self. It will help you unpack your inner workings and explore your inner world.

Over time through journaling, you will come to understand your mind and emotions. You will see key themes in your thoughts and beliefs systems in a much deeper way. You will uncover triggers, old wounds and patterns.

You will learn about yourself, create space to hear your inner voice, be able to witness your fears, and have a place to work through them.

*Refer to your Welcome Resources for the bonus journaling workbook:  
The Turn Inwards Journaling Guide*





### 3. YOUR MORNING ROUTINE

The intention of a morning routine is to carve out time and space for yourself. Focus less on trying to get a million things done, and focus more on what will make you feel calm, nourished and connected to yourself.

If a morning routine is new for you, you may start with a simple practice and then build up to more over time. It may also take you time to adjust to being a morning person if you are not yet one, so be gentle on yourself.

If you struggle to get up early, I recommend simply starting with that as your point of focus. Set your alarm for the same time each day to create a routine and train your body into getting used to waking up earlier.

When I first started practising a morning routine, it began with sitting on my balcony watching the sunrise and drinking tea. Over the years I added in meditation, and then journaling, and then intentions and visualisation. So it is more than ok to start simple and then build on it over time.



## GUIDELINES FOR YOUR MORNING ROUTINE

### CHOOSE QUALITY OVER QUANTITY

It does not matter how long your morning routine lasts or how much you include. Sometimes, the simplest ones are best. Your morning ritual can last for 10 minutes, 30 minutes or an hour. It is totally up to what feels good to you and suits your life. Your morning routine may simply be the 5-10 minutes you take to sip on some tea and stare out the window. And if that feels good to you, that is more than fine!

### FOCUS ON HOW YOU WANT TO FEEL

In the following pages, as you map out your ideal morning routine, I will be encouraging you to really tune into how you want it to feel. I can't emphasise enough, how important it is to create your morning routine based on how it feels. It is not meant to feel stressful and overwhelming. It is not meant to feel like a chore or a to-do list! If at any stage it does, just keep simplifying it until you feel calm, nourished and supported.

### FOLLOW YOUR INTUITION & YOUR FEELINGS

Tune into yourself each morning and feel into what you need. Notice where your energy levels are at, and factor in things like where you are at in your menstrual cycle, or where the phases of the moon are at. Ask yourself each day what you are feeling and what you are needing. It is more important to be attentive to yourself, rather than to force yourself into a set routine that doesn't feel good to you.

### BE FLEXIBLE & ALLOW IT TO CHANGE

It is totally ok if your morning routine changes day to day, or week to week. Some days your body may want movement, other days it may want stillness. Some days you may want to curl up in bed with your journal, other days you may want to get outside for a walk.

### LET IT BE A JUDGMENT FREE ZONE

Watch out for that critical mind that wants to compare your morning to others and make yours not good enough. Remember there are no rules, no right or wrong and no good or bad. It is just what feels good to you. This is a space for love, nurturing and support, not judgement and criticism.

## YOUR MORNING ROUTINE MAY INCLUDE:

- \* *A Walk, Run Or Gym Session*
- \* *Watching The Sunrise*
- \* *Guided Meditation*
- \* *Reading A Few Pages Of An Inspiring Book*
- \* *Yoga & Stretching*
- \* *Tea, Coffee or Warm Lemon Water*
- \* *Dancing Or Intuitive Movement*
- \* *Time In Nature - Eg: A Swim Or Feet In the Grass*
- \* *Writing In Your Journal*
- \* *Listening to Podcasts Or Inspiring Audio Books*
- \* *A Self-Loving Body Massage*
- \* *Making A Nourishing Breakfast*
- \* *Completing Your Slow Down & Tune In Work*
- \* *Anything Else That Feels Good To You*



## PRE-WORK



Do you currently have a morning routine? Which parts of it are working well and which parts are not?

What is your intention for implementing a nourishing morning ritual? What do you want to gain from this time?



## PRE-WORK



How do you want your morning routine to feel? How do you want to be feeling during it and how do you want to feel after it?

What would you love to include in your morning routine? Describe it below and include timings as well if it feels supportive for you.

## AN EXAMPLE MORNING ROUTINE:

*My morning routine constantly shifts and changes, but below is an example of one version of my routine. I also shared another version of my morning routine on my Awaken Radio Podcast:*

*Episode 83: My Morning Alignment Ritual*

### WAKE UP (roughly 5.30-6am)

I have my alarm set to one of my favourite songs *Datta*, by Solon Music. You can find this track in my Slow Down & Tune In Playlist. I recommend setting your alarm to a song that makes you happy or which feels soothing.

### WASH MY FACE + USE ESSENTIAL OIL

I splash my face with water and dab some of my favourite essential oil under my nose and on my third eye.

### PROBIOTIC + WARM WATER LEMON/GINGER

I have my probiotic powder in water, and I slice some fresh ginger into a cup with a squeeze of lemon and I add boiling water.

### COMFORTING DRINK

I then make myself a warming, comforting drink to accompany me through my morning practice. This may be a cup of tea, a hot cacao with coconut milk, or on some mornings I may make a coffee.

### MORNING MOVEMENT/STRETCHING/YOGA/DANCE

I roll out my yoga mat and I spend anywhere from 10-30 minutes stretching into my body, doing some yoga flow and/or dancing.

### MEDITATION

Once I feel that I have dropped deeper into my body and I feel calm and connected, I will sit in a simple meditation for 10 minutes just breathing into my body and listening.

### JOURNALING

If any ideas, thoughts, insights or guidance flow in through my meditation, I keep my journal open in front of me to be able to jot them down. I may then do further writing if I am feeling the flow moving through me.



## 4. CREATING A SACRED SPACE

It is supportive to create a space you can go to each day to slow down and tune in. It can be a corner of your bedroom or a space in another room of your home, that is your space to go to for meditation, journaling and relaxation.

You may choose to make the creation of this space a little project to work on through the duration of this course. You do not need to have this set up within the first week. Take your time to feel into what you want this space to be like and what you want it to include. Add to it gradually.

There is no right or wrong in how to set this up. All you need is a space that feels calming, grounding and soothing and then you can bring into it some tools that make you feel comforted and at ease.

It can also be a place where you connect with your dreams and desires, so you may want a vision board there with inspiring images and words, or you may want to keep it very simple so it is just a nice calm space for you to visit.





## YOUR SACRED SPACE MAY INCLUDE:

- \* *Plain Or Scented Candles*
- \* *A Dried White Sage Stick For Energy Clearing*
- \* *Oracle or Tarot Cards*
- \* *Incense or Essential Oils and a Diffuser*
- \* *Your Favourite Inspiring Books*
- \* *Cushions, Sheepskin Rug or Blanket*
- \* *Your Journal*
- \* *Fresh or Dried Flowers Or Plants*
- \* *Crystals Or Gemstones*
- \* *Vision Board & Images Of What You Want To Manifest*
- \* *Spiritual Or Religious Symbols & Icons*
- \* *Inspiring Quotes Or Affirmations*
- \* *Anything Else That Feels Good To You*



## PRE-WORK



What would you love to include in your sacred space?

*Shopping List*

+

+

+

+

+

+

+

+

*CONGRATULATIONS!*  
**YOU HAVE COMPLETED  
YOUR PRE-WORK.**

**MODULE ONE COMMENCES ON:**

Monday 17th September 2018

**SHARE YOUR JOURNEY:**

#slowdowntunein



