


SLOW DOWN & TUNE IN

MODULE FIVE  
CULTIVATE A DEEP CONNECTION  
WITH YOURSELF

A woman with long brown hair is sitting on a sandy beach, wearing a white tank top and a light-colored skirt. She is looking down, and her hands are resting on her knees. The background is a soft-focus view of the beach with some green plants. A white rectangular box with a thin border is centered over the image, containing a quote in black, all-caps text. Below the quote, the name 'Rumi' is written in a cursive font. At the bottom of the white box, there is a faint, white geometric pattern resembling a mandala or a stylized sun.

**“YOUR TASK IS NOT TO SEEK FOR  
LOVE, BUT MERELY TO SEEK AND  
FIND ALL OF THE BARRIERS  
WITHIN YOURSELF THAT YOU  
HAVE BUILT AGAINST IT.”**

*Rumi*



# MODULE FIVE

## CULTIVATE A DEEP CONNECTION WITH YOURSELF

Welcome to your next module in Slow Down & Tune In.

In this module we will be exploring the power and importance of your connection with yourself, how to heal and release patterns of disconnection and avoidance, and powerful tools and practices to help you return to yourself, love yourself and fill up from within.

### **In this class, we will cover:**

- + Why your connection with yourself is the foundation of everything.
- + Journaling activities to explore what self-connection means to you, and where you are needing more of it.
- + How to work through patterns of disconnecting, avoidance, distraction, procrastination and numbing out.
- + How to uncover what you truly want and need from yourself.
- + Dropping into your heart energy to explore what makes you happy, what lights you up and what you truly desire.
- + Self-care and self-love rituals that will bring you back home, to you.
- + The importance of defining your self-care pillars.
- + Tools to draw your awareness back into yourself when you get caught in external seeking and comparison.
- + The practise of self-devotion.
- + How to fill yourself up from within and become the source of the love you seek.

### **Tips for working through this workbook:**

- + I suggest watching the video classes before you dive into the workbook.
- + The questions in this workbook are designed to take you deeper into the course content and help you apply it to your life and personal situation.
- + You can complete this workbook by 1) Typing directly into the PDF document or 2) Printing out your workbook and completing by hand or 3) Writing the questions in your journal and answering them in there.
- + Do not feel obligated to answer all of the questions or complete the workbooks in full. It is more than fine to leave questions that do not resonate.

 **MODULE FIVE** 

Listen to Video One and list below any of the patterns you relate to or notice in yourself which indicate you have become disconnected from yourself:

What causes you to become disconnected from yourself? (refer to Video One for examples)

How do you feel when you experience this disconnection from yourself?



MODULE FIVE



What helps you return to yourself, get in touch with your feelings, your body, your wants and your needs and feel connected to yourself again?  
List as many things as you can think of.

List some words to describe how you feel when you are connected to yourself:



MODULE FIVE



How do you show up differently in your life when you feel connected to yourself and filled up from within?

What would you no longer need or be seeking for externally if you felt connected, full, happy and whole within yourself?

 **MODULE FIVE** 

Identify one area where you are disconnecting from yourself the most (e.g. where you most avoid your feelings, prioritise others, distract yourself, go into thinking rather than feeling, not make time for self-care, ignore your own wants and needs, overcommit, stay super busy, compare, seek external love and approval, etc).

What would you like to be practising or doing differently in this area?



What does self-love mean to you?

How would you love to start showing more love, kindness and care to yourself?

MODULE FIVE

Choose your 3-5 self-care pillars and list them below.

How will you practise integrating these into your upcoming week?

Which practices from today's module would you like to integrate or focus on this week?

+

+

+

+

+


+

+

+

+

+



**WELL DONE! YOU HAVE  
COMPLETED MODULE FIVE.**

**SHARE YOUR EXPERIENCES:**

Come on over to our  
[Facebook community](#) and  
share about your insights,  
realisations, learnings or  
practices from this week.







This workbook and its contents are protected under  
Copyright © Connie Chapman 2019 All Rights Reserved  
and must not be replicated, copied or redistributed  
without permission from the owner Connie Chapman.