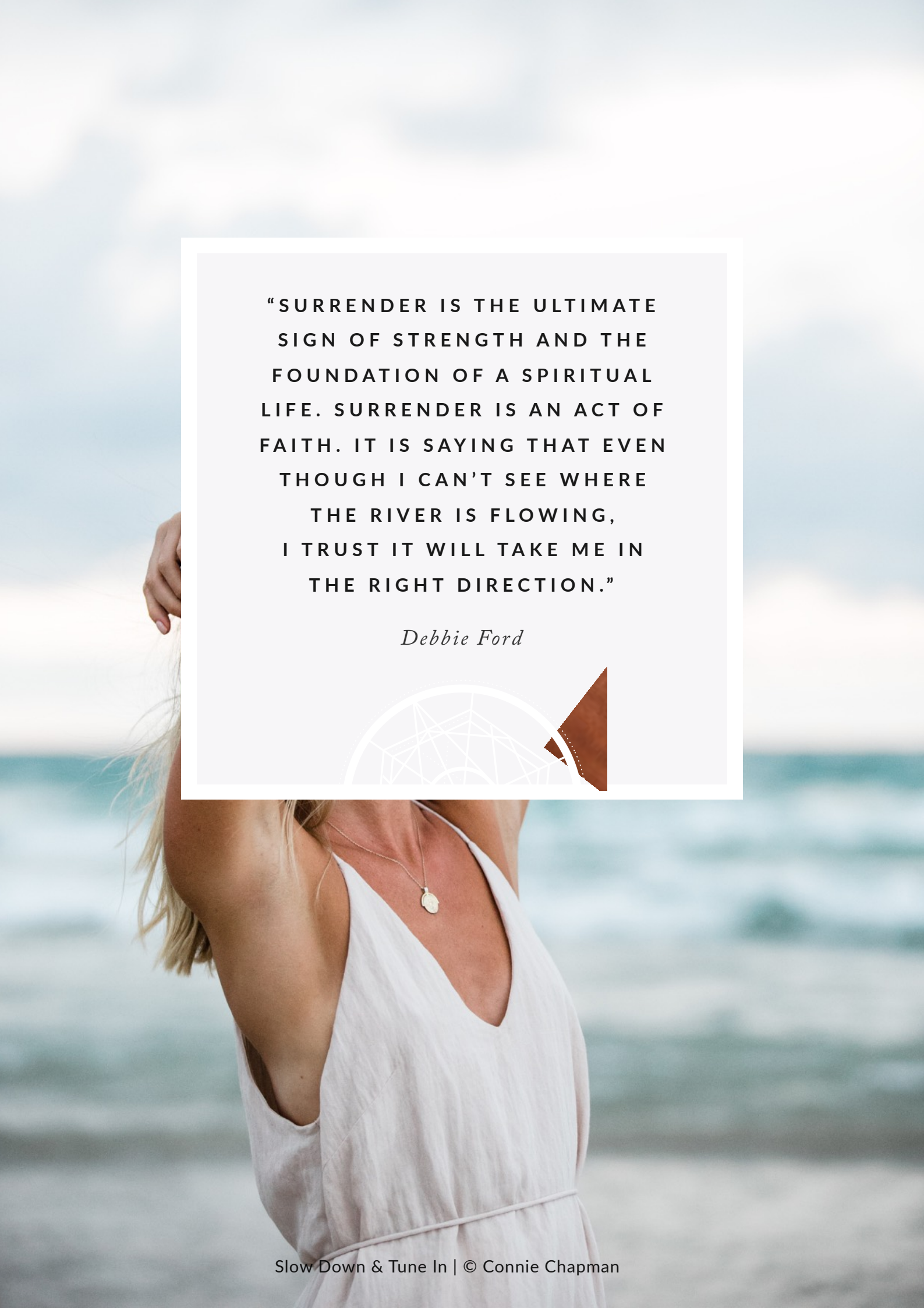


SLOW DOWN & TUNE IN

A woman with long, wavy blonde hair is shown in profile, facing right. She has her eyes closed and a peaceful expression. Her arms are raised, with her hands clasped behind her head. She is wearing a white, sleeveless, draped dress and a thin necklace with a small, round pendant. The background is a blurred beach scene with waves and a cloudy sky.

MODULE EIGHT
RELEASE CONTROL & EMBRACE
SURRENDER

A woman with blonde hair, wearing a white sleeveless dress and a necklace with a small pendant, stands on a beach. The background shows the ocean waves and a cloudy sky. A white rectangular box with a thin border is centered over the image, containing a quote in all caps. Below the quote, the author's name is written in italics. At the bottom of the white box, there is a faint, white geometric line-art design resembling a mandala or a sunburst.

“SURRENDER IS THE ULTIMATE
SIGN OF STRENGTH AND THE
FOUNDATION OF A SPIRITUAL
LIFE. SURRENDER IS AN ACT OF
FAITH. IT IS SAYING THAT EVEN
THOUGH I CAN’T SEE WHERE
THE RIVER IS FLOWING,
I TRUST IT WILL TAKE ME IN
THE RIGHT DIRECTION.”

Debbie Ford

MODULE EIGHT

RELEASE CONTROL & EMBRACE SURRENDER

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

In this module, we will be exploring the power and importance of practising surrender and releasing control, what it actually means to surrender, and a step by step process for surrendering to the Universe and your higher self.

In this class, we will cover:

- + Understanding your patterns of control and why you run them.
- + How to face and work through the fears that are driving your need for control.
- + Why releasing control requires a combination of owning your role as the creator of your life, plus surrendering to the Universe.
- + The power and importance of surrender and why it is necessary for us to practise it.
- + The 3 key ways that surrender will transform your life.
- + What practising surrender actually looks like.
- + A step by step process you can work through to help you practise surrender.
- + Why surrender is a beautiful practice of allowing yourself to be held by the Universe and be guided by your higher self.

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 EIGHT



Do you have any negative feelings, perceptions or judgments about surrender or what it means to surrender?

What experiences throughout your life have caused you to feel this way about surrender?



MODULE EIGHT



What can you see might be the benefits of practising surrender? (Refer to the Video classes for ideas)

How might this help you in your life?

Where do you most often find yourself needing to be in control?

Are there any places in your life at the moment where to be in control is creating problems, stress or anxiety?



MODULE EIGHT

Why do you like to be in control or why do you like to control how things unfold?

What feelings does being in control give you?



MODULE EIGHT

Identify one key place where you would like to practise letting go, surrendering, trusting, and allowing, rather than controlling. Describe what practising that would look like in this situation.

How would practising this feel?

What are you most afraid will happen if you release control?

Take a moment to close your eyes, take a few deep breaths and connect with your inner voice. What guidance does your loving inner voice have for you about this fear? What support, reassurance or wisdom does it offer you?

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

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

SHARE YOUR EXPERIENCES:

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





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