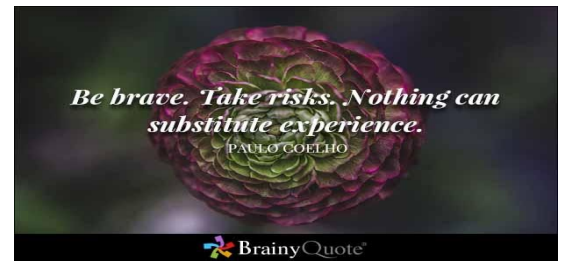




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## BRAVE, BOLD AND BREAKING THROUGH PROCESS WORKSHEET

Breakdowns are scary. The “old structure” has to be dismantled in order to make room for the new structure yet the dismantling it creates a sense of loss. Whether we feel at a crossroads because we created the change or we have been pushed through by a “breakdown” such as health breakdown; burnout, breast cancer or relationship breakdown like a separation or divorce, or financial breakdown like bankruptcy or business failure, there is a “force” that is asking us to let go and go deeper.

Being brave means “meeting life” as it presents itself. It means that we respond to the call of life and surrender to going deeper, healing, recovering, and searching for the meaning the breakdown brings us. The first step to recovery is to be brave and face the fear that gets activated when we lose our “structure”.

### **BE BRAVE**

- 1. Be honest- what is happening in your life/business right now that you would define as a “breakdown”?**

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- 2. How is that impacting you, your life, your business?**

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- 3. Focus on what matters the most and let go of the rest. What are your top 3 priorities right now?**

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- 4. Rest and Rejuvenate by creating a lifestyle that allows you to go**

deeper inside yourself. Whatever works for you; walks in nature, psychotherapy, journaling, meditation, yoga, trusted friends. When our body, mind, life/business breaks down, it creates fear and fear generates stress in the system. That stress makes it impossible to see clearly the "forest from the trees" and until your body/heart/mind is calm, you will not find the answers that you are looking for.

What "calming structures" do you want to put in place in your life?

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*If you are still in the "breakdown" phase you might not be ready to move on to the next phase which is to begin putting the "pieces" together.*

*After every breakdown, the more serious breakdowns can last up to one year, there is a period of reconfiguration. You now know that how you did things before no longer works, yet you don't know what's next.*

*It is perfectly normal to be in that place of "not knowing". I encourage you to let the dust settle.*

*Build support around you, join groups, talk to friends, align yourself with the highest form of knowing inside your heart either through meditation, prayer, church, synagogue, sangha, nature or whatever connects you to the calm "all knowing" place inside yourself.*

*All the answers you seek are already inside of you. You simply have to get quiet, tune in, ask questions to your "inner guide" and let the answers be revealed to you.*

5. How do you connect to your "inner guidance"?

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### **BE BOLD**

*Being bold doesn't always mean being flamboyant. In fact, I know a few people who are bold in a very quiet way. They make a decision one day and*

***begin walking their path one step at the time.***

***The most important part is that YOU know what it is that you want to go for. If "I don't know" is what comes up, then make it your first step to figure out what you want.***

***Begin simply, when you have a moment of awareness or clarity around something that is meaningful to you, write it down. Years back, while dealing with Epstein Barr, my mind was more fuzzy than clear and I noticed that when I walked my dogs daily in the park, I would get calm and clear so I made the decision to create a "clarity journal". After each walk, I would write on my computer the things that I was certain about. For example, I "knew" that physical activity mattered to me so I made a commitment to ensure that I had daily physical activity.***

***I "knew" that there had been too much stress and too little fun in my life, so I made the commitment to create many more "fun or relaxing/peaceful moments".***

**6. What do you already know about the following:**

**a. What matters the most to you in your life right now?**

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**b. If you were left with 3 choices in your life/business, what would be on your "bucket list", what would you find a way to have in your life/work no matter what?**

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**c. How do you keep track of what you "know"?** (again it is important that you create support in your life to hear that deeper

voice of wisdom.)

There is a reason why you “broke down” in the first place.

**Let your inner wisdom tell you where you left off, where did you abandon yourself?**

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**d. The going for what you want by focusing on what you want “game”.**

**Take a piece of paper and divide it in half vertically from top to bottom.**

**At the top of the left column, write “What I don’t want”**

**At the top of the right column, write “What I want”**

**Then begin writing on the left side all the things that your breakdown has taught you about what you don’t want.**

**Then switch over to the right column and write down what you want, even if you don’t know HOW it will happen.**

**For example, I “knew” that I wasn’t doing the “right job” for me.**

**I owned the business yet I felt that the business owned me.**

**On the left column, I would have written, all the things that I did that I didn’t like/enjoy/want.**

**ON the right column, I would have switched and written all the things that I like/enjoy/want more of.**

**What don’t you like/want?**

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**e. What do you like/want?**

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**7. Being bold means taking a stand for what you believe in your heart to be true for you.  
You do not have to convince anyone of that truth. You simply have to ask yourself how true it is for you.**

**These are also called values. Values are words that describe what you stand for.**

**Examples of values are: freedom, integrity, honesty, love, compassion, adventure, clarity, authenticity, creativity, play, etc.**

**8. a. What are your top 5 values?**

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**b. How do you honor them?**

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## **BREAKTHROUGH**

**A breakthrough occur when we realize that the same old way of**

**doing things no longer works, we have become aware of it, we have accepted that change is needed, we get clear on where change needs to happen and we are ready to take action to create a “new reality”.**

**A breakthrough is not forceful. It is not about pushing yourself to change, it is about letting yourself deeply know and acknowledge what you already know and choosing to align yourself with that knowing through your actions.**

- a. Based on what you have identified in the previous questions, what small step(s) can you take to begin moving in the direction of what you want?**

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- b. Who can you enroll in supporting you in making those changes?** (support can be a trusted friend, a support group, a therapist/coach, a community etc.)

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- c. When you decide to go for what you want, just be ready to see that everything inside of you that has resisted change in the past will show up. You may get scared, begin disbelieving that what you want matters, you may begin thinking that it is “foolish” etc.**

**This means that your “inner gremlin(s)/critic/small ego mind is at work.**

**The first step towards freedom is awareness.**

**What do you hear in your mind that seems to “resist” what you know/want?**

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- d. **To help overcome that inner voice of disbelief, it is important for you to know WHY you want what you want. For example if you want to work with children, bring more balance in your life, find a loving partner, ask yourself why?**

**Why does it matter so much for you to have what you want Write it somewhere, build a vision board that you can look at daily, write a story from beginning to end of why it matters to you to have what you want..**

**Why does it matter to you to have what you said you want?**

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**Expect miracles!**

**Once we set ourselves in motion, the “universe” seems to conspire to help us reach our destination. Keep track of the small things that happened every day that prove you that the “universe has your back”.**

