



WORKBOOK

5 signs you're spiraling in a disempowering loop and how to get unstuck

BY CÉLINE TÖNNEMANN

W E L C O M E

Hi There!

You signed up for this workbook because you somehow feel stuck in your life. I want to acknowledge your courage in exploring what is getting in the way and how you could actually change things.

If you've watched the video (which you really should), now you know that these are the signs of a disempowered loop. They are signs of stories we tell ourselves in our minds, stories that get in the way of change, hope, and joy.

This worksheet will help you become familiar with your loop and where to start to get unstuck. The best way to use this worksheet is to print it and complete it with a pen. There is something deep and magical that happens when we actually handwrite. And as it is an exercise of introspection, it will be more impactful to do it in one sitting, uninterrupted, in a warm and comfortable setting.

And very importantly, I want to express my gratitude for visiting my site and signing up for this worksheet. It shows a level of curiosity and trust that I deeply value. Hopefully, you will find this helpful, and feel welcome to send me any feedback should you feel to do so.

Onwards and upwards!

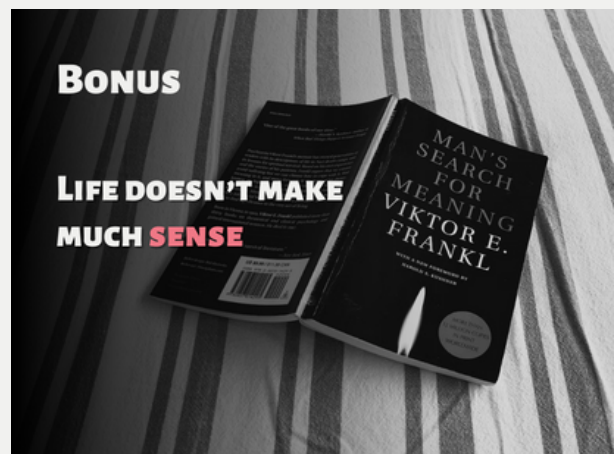
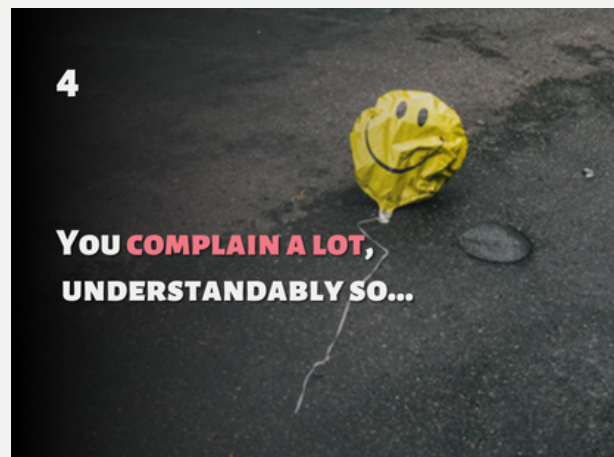
Celine Tönnemann

CELINE IN A NUTSHELL

A past:	A life rich in opportunities to develop resilience, altruism and philosophy
A passion:	Psychology and personal development, first for myself, then the desire to help
A mission:	To accompany the quest for meaning and change, with a lot of loving kindness (and a bit of playfulness too)
A profile:	A Bachelor's degree in psychology, a certification as a life coach, over 20 years of corporate experience, Swiss, having lived in the USA, married, one child, book and podcast lover, ...



THE SIGNS



DISEMPOWERING LOOP



Set up a comfortable and quiet space, with a nice cup of your favorite drink and a candle. Make sure you won't be interrupted.

As you sit down, take a deep breath, close your eyes, and set the intention to be honest with yourself and bravely face whatever will surface as you do this exercise. Take another deep breath, and as you let it go, open your eyes and answer the questions.

01 Which of the sign(s) spoke to you most?

02 Which of the other signs also resonated at least a little bit with you?

03 Which sign did you recognize the least?

AREAS OF LIFE

Rate each area of your life based on how you feel about it in this moment.

- The rankings: 0 very unhappy to 10 very satisfied
- Assign a numerical rating to each pillar. Indicate that numerical rating by drawing a horizontal line across the pillar and indicate the number it represents above it.
- Draw below each line, for a clear overall picture.

The exact definition of each of the pillars is crafted by you. Each of the pillars represents essential parts of life. After all the pillars have been rated, determine an overall life satisfaction rating.

10									
9									
8									
7									
6									
5									
4									
3									
2									
1									
Ranking	Love & Intimate Life	Work & Vocation	Family	Friends & Social life	Money & Finances	Health & Wellbeing	Learning & Growth	Fun & Recreation	Spiritual & Life's meaning

OVERALL LIFE SATISFACTION	
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EXPLORING STUCKNESS

Bring to mind the area(s) of your life where the sign that spoke to you most is showing up. Explore your thoughts and beliefs and start challenging them...
(You can do this again for each of the other signs that resonated with you)

Is this showing up in all parts of your life or a specific one?

As you review your life areas, where is the disempowering loop showing up most?

Back to the beginning...

When did you start feeling this way? What triggered it?

What's your contribution? and how is it serving you?

How have you been getting in your own way and perpetuating the disempowering loop? Let's be honest, we always feed something whether you like it or not. How are these beliefs about yourself, others, the world, have been serving you?

GETTING UNSTUCK

This is the time to explore and build your resources

Where is this NOT showing up?

Is there an area of your life that is not so much affected by this disempowering loop? Why do you think that is?

What would happen if you decided to believe that changing your life was within your control?

What would need to change? What emotions come up?

What is the opportunity for growth?

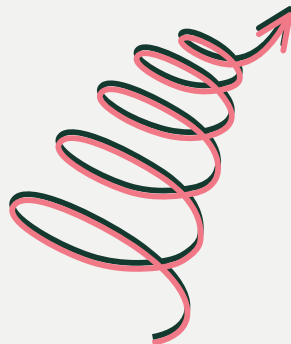
If there were a purpose to this challenge, what might it be?

What first step can you take today?

There's no time like now. Even tiny steps compound in big changes over time. And think about what could help you keep that momentum.



READY TO SPIRAL UP?



To see if we can work together to find a path that works for your unique situation, click on the button below to book a free session.

SCHEDULE A DISCOVERY CALL

