

How to Feel More ALIVE

ACTION BOOK



3 Core Elements

Empowered, Confident, Action

WITH KATIE BRAUER

A note from Katie

Hey Truth Seeker,

I have created this handbook as a supplemental resource to my ***How to Feel more ALIVE Audio Training***. Take the time to listen to the audio and fill in this workbook I recommend that you revisit this workbook regularly. This simple, yet powerful 3 step process will support you in cultivating a deeper connection with yourself, your purpose and how you want to spend your time. Enjoy, and know that I am here to support your growth and evolution.

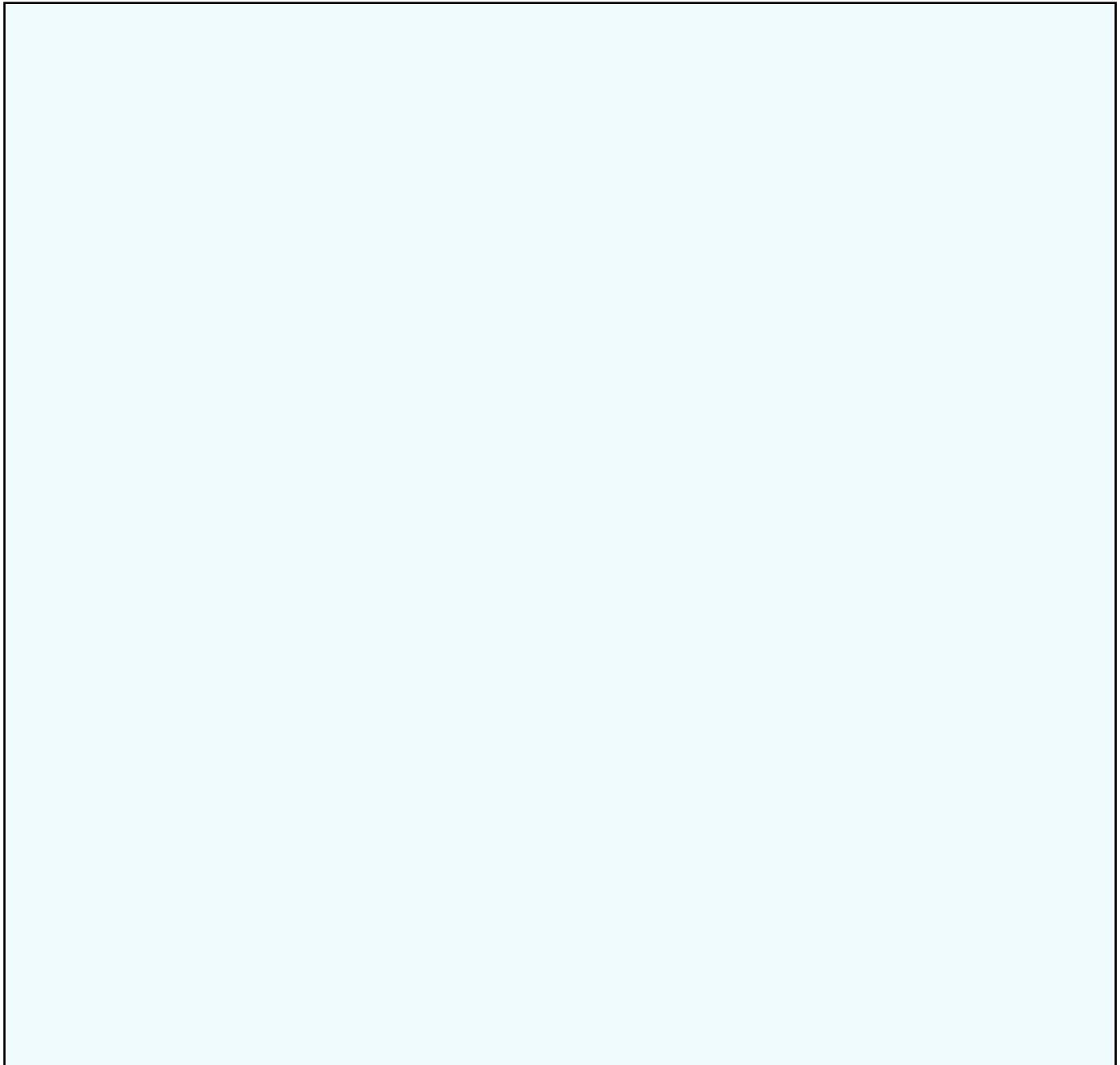
Cheers to the gifts that only you possess and the gift of life itself,

Katie xox

LIFE IS A GIFT

The fact that we are in human form is a quantum rarity. Life is a gift, live the blessing.
Start in Gratitude.

Take a moment to write down a list of ten things in your life that you are grateful for and why you are grateful for them. *Eg: people, places, objects etc*
If you want to take it one step further, express your gratitude to the people in your life by sharing your why.



THE POWER OF CHOICE

Now that you have clarity and know what you want, it is important to recognize that you are in the drivers seat of your life and each choice you make, either takes you closer to or further away from what you want to create and contribute. Consider this is dip in the pool, there literally hundreds of choices you are going to encounter on a daily basis. This is simply a starting point to bring some awareness to the choices you are currently making in your life and if they are actually serving you or not and give you a little kick in the butt to take responsibility and make choices that empower you!

Takes me closer to what I desire:

Takes me further away from what I desire:

Things I Do:

Things I Do:

People I spend time with:

People I spend time with:

Foods I eat:

Foods I eat:

DO MORE OF THESE

DO LESS OF THESE

CONNECTION & INSPIRATION

“People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances with our own innermost being and reality, so that we actually feel the rapture of being alive.”

- Joseph Campbell