



The Come Alive Toolkit –

Companion Guide to

*Come Alive: Find Your Passion, Change Your Life,
Change the World!*

This Toolkit is a sampling of the activities and worksheets from the book.



The Three-Body Check-In (Time required 10-15 minutes)

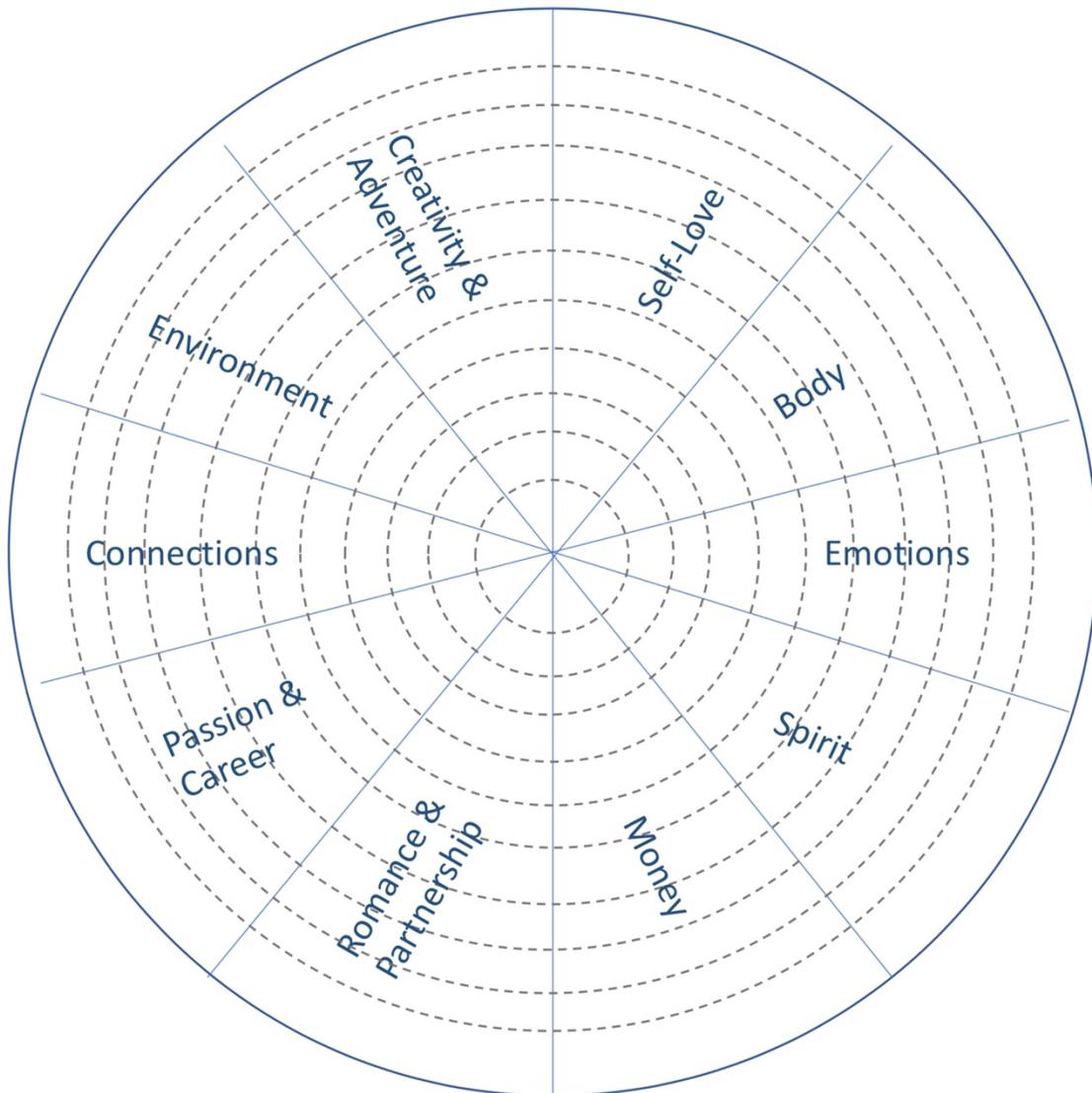
I am a big proponent of meditation. The quality of my life is directly tied to how often I meditate. I have a few different types of meditation I do regularly, but the one I do most regularly is the three-body check-in. As an energy worker, I check-in with my three different “bodies” - that is, the physical body, the emotional body, and the mental body. This check-in really helps calm and clear my body, emotions, and mind for the day. This check-in is a combination meditation and writing exercise and goes something like this:

1. Sit comfortably in a chair with your back straight, feet on the floor, and a pen and paper or journal close by. You may want to use headphones to listen to meditative music.
2. Close your eyes and notice your breath. If it is shallow, try to deepen it. If it is fast, try to slow it down. Do this until you feel your breath start to regulate.
3. Then start the check-in with your physical body. Begin with your feet and do a slow upward scan of your body, noticing anything that is off or needs attention. Write down any sensations or anything of concern. Once done, thank your physical body for serving you today.
4. Move on to your emotions, or the emotional body. Again, notice your breath and regulate it as best you can. With eyes closed, ask yourself how you are feeling emotionally. Are you sad, angry, frustrated, joyful? Write down whatever emotions are present for you. You can write something like, “Today, I am feeling ____.” Once done, thank your emotions for serving and protecting you today.
5. Move on to the mind, or the mental body. Once more notice your breath and regulate it as best you can. Ask yourself, what recurring thoughts or beliefs are popping up today? Write them down. Once done, thank your mind and your beliefs for serving and protecting you today.
6. End with an overall gratitude to all three. Write down at least one thing you are grateful for today.



The Self-Care Wheel Activity (Time required 10 minutes)

Mark on the wheel below where you are or how satisfied you are with the following areas.



Keep this handy as you will do it again at the end of the process.



Archetype Quiz (Time required 10-15 minutes)

Review the groupings of statements below and put a check by each one that is true for you. Then add up how many checks you have for each archetype. The ones with the most checks will be your dominant archetypes. Most people have 2-3 dominant archetypes. Some of these statements may sound odd, but they help determine your archetype. Just go with it! Please be completely honest.

Archetype 1

- For most of my life, I have been thin and have had a hard time gaining weight.
- I love spending time alone.
- I have a problem with anxiety or worry.
- I am fiercely independent and prefer working alone.
- I am easily distracted and have a hard time focusing on one thing for long.
- I am uncomfortable or a bit awkward in social situations.
- I love animals and often prefer being with them more than people.
- I love spending time in nature and would rather be there than with people.
- I am gifted artistically (music, singing, painting, drawing, dancing performing, etc.).
- I am intellectual and nerdy (like math, science, sci-fi, gadgets, high-tech).
- I am a creative, innovative, and visionary thinker but have a hard time seeing things through to fruition.
- I do not make the kind of money I should (don't charge enough for services, work in a job that is beneath my skill set, do not get paid for my real talents, etc.).
- I am in my head a lot and sometimes have a hard time connecting with others.
- Being in a relationship is not that important to me.
- I am very uncomfortable being the center of attention.

Total for Archetype 1: _____



Archetype 2

- I do not like being alone.
- I have almost always been in a long-term relationship (rarely without a partner).
- My upper body is smaller than my lower body (shoulders narrower than hips).
- It is important for me to be heard and “talk things out” with my partner, boss or coworker.
- I have a gift with words, both writing and speaking.
- I am very generous and love buying gifts for others.
- I love to share information and would make a great teacher.
- People have told me that I am very charming.
- I prefer collaboration and working with others rather than working alone.
- Sometimes I feel like my needs are never going to be met.
- I never feel like I have enough (money, love, etc.).
- I need validation from others (boss, coworker, partner).
- I like when attention is on me.
- I don’t really know what I want and don’t have many interests or hobbies outside work or home.
- I have (or have had) issues with addictions (cigarettes, alcohol, food, shopping or sex).

Total for Archetype 2: _____



Archetype 3

- I have or have had weight problems in my life (thirty or more pounds overweight).
- I have tendency to over-give, both at home and at work.
- I am hardworking and responsible.
- I have a tendency to rescue others.
- I am compassionate and empathetic and have a gift for helping others.
- I am afraid to show the “real me” to others, as they may not like me, be scared, etc.
- I can easily adapt to any situation at work or at home.
- Sometimes I feel like I am either not enough or too much.
- I am highly intuitive and can easily take on other people’s energy or emotions.
- I do not speak up for myself like I should and have hard time saying “no” and setting boundaries with others (partners, family, boss, etc.).
- I hold in my anger and am afraid to let it out.
- I sometimes resent others who seem to have it “so easy” and ask myself, “When is it going to be *my* turn?”
- I feel like it is more important to please others than fulfill my own needs.
- I am very sensitive and am crushed by criticism.
- I do not like attention on myself and have a hard time being seen and “putting myself out there.”

Total for Archetype 3: _____



Archetype 4

- I am a good leader.
- My upper body is larger than my lower body (chest/shoulders wider than hips).
- I am very confident in my abilities.
- I am visionary and entrepreneurial.
- I am a “take charge” kind of person.
- I do not like being wrong and will go to lengths to prove “I am right.”
- I like to lead every project I am on and have a hard time letting someone else lead.
- I am brave, spontaneous, and willing to take risks.
- I inspire others to go for what they want.
- I am comfortable on a stage, speaking in front of crowds.
- I am very generous to those who are loyal to me.
- I make things happen.
- I like to be the “smartest person in the room.”
- I like giving orders and being in control of situations.
- I hate to admit this, but when someone crosses me, I want to retaliate in some way.

Total for Archetype 4: _____



Archetype 5

I have never had a weight problem, my body is well-proportioned and I have almost always been lean and fit.

Appearances are very important to me. I always try to look as perfect as I can.

I aim for perfection in everything that I do.

I have very healthy boundaries and do not have a problem saying “no” to others.

I am fair and balanced and try to operate from integrity at all times.

I have a fear of losing control, so I keep my emotions in check at all times.

I have a hard time being spontaneous and do not like to change plans.

My house is always neat and put together.

I am highly competitive.

I have never missed a deadline.

I am a high achiever and take pride in my accomplishments.

I am ambitious and driven and make a good, fair leader.

I am afraid of my feelings sometimes, so I just push them down.

People have told me that I can seem cold and unfeeling.

I have a hard time being vulnerable.

Total for Archetype 5: _____



The Results

The 5 archetypes are listed below. Write down your totals for each one:

1. The Dreamer _____
2. The Charmer _____
3. The Endurer _____
4. The Commander _____
5. The Achiever _____

So which archetype had the most checks? Are you a combination of two or more types? Anything over 10 checks is a dominant archetype, but the one that has the most checks will be your dominant for sure. I am a combination of three myself (1, 3, and 5 - dreamer, endurer, and commander). Are you curious about what this means? It is all explained in Chapter 5.



Identifying Your Biggest Challenges (Time required 15-20 minutes)

Let's go back to chapter 5 and identify your top five challenges in the three main areas (emotions/tendencies, behaviors, and beliefs). Look through your archetypes and see if you can identify challenges that are *really* bothering you right now and that you would like to tackle (change, heal, deal with). These can be challenges listed in the previous chapter or from your own self-knowledge. After you have identified them, document them here - use the left side as an example.

1. Top 5 Negative Emotions/Tendencies

- Anxiety/worry
- Anger and frustration
- Fear of being seen/noticed
- Have a hard time asking for help
- Not being able to finish things

2. Top 5 Defensive Behaviors

- Scattered and unfocused
- Procrastination
- Not saying "no" when I want to
- Taking on too much work
- Not speaking my real truth (to my boss, partner)

3. Top Five Negative Thoughts/Beliefs

- I can do it myself. I don't need help.
- Being truly seen can be dangerous.
- I'll take care of it - whatever you want.
- It is not safe to show my anger. I will just keep it inside.
- I don't even know how to show my emotions.

1. Top 5 Negative Emotions/Tendencies

- _____
- _____
- _____
- _____
- _____

2. Top 5 Defensive Behaviors

- _____
- _____
- _____
- _____
- _____

3. Top 5 Negative Thoughts/Beliefs

- _____
- _____
- _____
- _____
- _____



Supervillain Worksheet

Name: _____

Sex: Male | Female | Neutral

SV Physical Traits:

Physical Representation: (drawing, photo)

SV Negative Traits:

SV Special Powers/Defenses:

“Weapons Of Choice”/Sabotaging Beliefs:

Additional Notes:



Superhero Worksheet

Name: _____

Sex: Male | Female | Neutral

SH Physical Traits:

Physical Representation: (drawing, photo)

SH Positive Traits:

SH Special Powers/Gifts/Talents:

“Weapons Of Choice”/Defense Strategies:

Additional Notes:



Activity - The Super Talk (Time required 20-30 minutes for 2 people, with a partner, in person)

Taking turns with a partner, have your superhero and supervillain ready to have a conversation. Now let's do an activity with both your supervillain and superhero. It is important to do this activity with another person (as a witness).

Once ready, each of you will take turns and act out the following:

1. Superhero will ask supervillain the following questions. The supervillain will respond with whatever immediately comes up. Don't think too hard, just say what comes to mind first.
 - What do you want?
 - Why?
 - Why do you do [name a defense, pattern or belief]?
 - What will make you feel safe?
 - What will make you feel satisfied?
 - How can I help?
2. Then flip it and have the supervillain ask the superhero the same questions.
3. Discuss the experience with your partner.
4. Then take turns and repeat.

Now you can have a conversation between the two of them whenever you want and *know* that they are both there to support you in living the life you came to live! This is an incredible exercise to do on a regular basis, whenever you are stuck in any situation. It is most beneficial with a partner to witness, but you can do this alone.

Adjust both your supervillain and superhero worksheets as necessary to always be up-to-date with where you are. And remember that tacking and healing your challenges is a process and takes time but having all of these tools and practices to choose from really helps give you a jumpstart. Many of us still need to go see professionals such as psychotherapists, mind-body practitioners, and body workers to continue our journey to wholeness and aliveness.



Thank You!

Thanks for using the Come Alive Toolkit. I hope you have found it to be beneficial in helping you go through the Come Alive process. If you have any questions about the activities or suggestions, feel free to send them my way.

Are you interested in exploring deeper? I invite you to investigate if the Come Alive program is for you. How to know if you are a candidate for the Come Alive program:

- You know you were born to live your passion
- You are ready to face and tackle your biggest fears and challenges head on
- You are ready to accept your true gifts and talents and actually use them
- You want to connect to your desires
- You want to make a difference in the world
- You want to live the life you came to live

Free Strategy Session

If you are interested in exploring deeper or are curious about our program, schedule a free strategy session here: bit.ly/JHSession.

I look forward to chatting with you!