

LET NO ONE ELSE HOLD THE PEN TO THE STORY OF
YOUR LIFE.



Boundaries

YOUR DAILY CHECK IN JOURNAL

TAKE A FEW MOMENTS EVERY
DAY TO CHECK OFF THAT YOU'VE
PRACTICED THE HEALING
EXERCISE, AND WRITE ABOUT
HOW YOU ARE FEELING ON THIS
EMOTIONAL JOURNEY.

THESE ARE FOR YOUR EYES ONLY

Raven Scott

@RAVENSCOTTSHOW

ABOUT THE
WORKBOOK



I'M SO EXCITED TO HAVE YOU HERE AND I CAN'T WAIT TO HELP
OH YOU'RE TRANSFORMING YOUR LIFE.

THE AIM OF THIS WORKBOOK IS TO HELP YOU DRAW
POWERFUL BOUNDARIES, HOLD THEM, AND THEN RADICALLY
SELF LOVE TO HEAL AND MOVE ON FROM THE GUILT AND
SHAME OF THE NARCISSIST.

THROUGH A SERIES OF SELF DEVELOPMENT ACTIVITIES YOU
WILL DIVE DEEPER IN UNDERSTANDING NOT ONLY YOURSELF,
BUT HOW YOU REQUIRE OTHERS TO TREAT YOU. I WILL ALSO
PROVIDE YOU WITH THE RIGHT TOOLS YOU NEED TO MAINTAIN
YOUR NEW AND IMPROVED WELLNESS & SPIRITUAL
DISCIPLINES.

SO LET'S JUST JUMP STRAIGHT IN AND GET A START ON YOUR
JOURNEY!

Raven xoxo



WORKSHOPS



GETTING STARTED WITH HOW TO LEAVE THE NARCISSIST

THIS IS OUR STEP BY STEP WORKSHOP. TO SHOW YOU WHAT IT LOOKS LIKE AND HOW TO LEAVE THE NARCISSIST- ROMANTICALLY & FAMILY. PHYSICALLY & MENTALLY. THIS POWERFUL HEALING WORKSHOP IS ONLY

ORIG. \$97



SOUL ALIGNMENT AND DNA ACTIVATION

IN THIS MASTERCLASS YOU WILL TRANSFORM YOUR EGO AND ALCHEMIZE AND ACTIVATE YOUR SOUL CONNECTION. TO LIVE ALIGNED AND PURPOSEFULLY WITH PASSION AND MAGIC.

STARTING FROM \$223



MEDITATION AND MINDFULNESS

THIS IS OUR POSITIVE AND MINDFULNESS EMPOWERMENT APP. COMING SOON!!!

STARTING FROM \$11.97 A MONTH



FINDING A YOUR SOUL'S BLUEPRINT

LEARN WHO YOU ARE UNIQUELY THROUGH YOUR HUMAN DESIGN CHART AND ENERGY STRATEGIES TO LIVE IN FLOW AND BE WHO YOU UNIQUELY ARE MEANT TO BE OUTSIDE THE CONDITIONING OF SOCIETY - INCLUDES A READING AND Q&A COACHING CALL.

STARTING FROM \$99



TIMELINE



WEEK 1

SOAK UP ALL THE INFORMATION
JOURNAL ABOUT IT
AND LET IT SOAK IN

WEEK 2

START SETTING BOUNDARY INTENTIONS
PRACTICE THE GUIDED EXERCISES
LET THE LOVE SOAK IN

WEEK 3

START IMPLIMENTING ACTION WHEN A
BOUNDARY IS CROSSED
PRACTICE THE GUIDED EXERCISES
LET THE LOVE SOAK IN

WEEK 4

KEEP IMPLEMENTING BOUNDARIES AND ACTION
PRACTIC SELF LOVE THROUGH UNYIELDING SELF
BOUNDARIES
LET THE LOVE SOAK IN

WEEK 5

PRACTICE THE GUIDED EXERCISES
LET THE LOVE SOAK IN



CHECKLIST

MAKE YOUR WAY THROUGH EACH SECTION, AND TICK THE CHECKBOX FOR EACH STATEMENT ONCE THE TASK HAS BEEN COMPLETED.

SECTION ONE

- LISTEN TO AAP SAHAA-EE HOAA MANTRA DAILY
- SPEAK AFFIRMATION IN THE MIRROR
- IDENTIFY YOUR NEEDS
- IDENTIFY BOUNDARIES FOR OTHERS
- IDENTIFY BOUNDARIES FOR SELF

SECTION THREE

- PRACTICE NOT TAKING ON THEIR GUILT AND SHAME AS YOUR RESPONSIBILITY, BUT NOT CARING AND MOVING ON
- DO NOT TRY AND MEND THE ARGUMENT BY REACHING OUT.
- RESIST THE URGE TO APOLOGIZE.
- RESIST THE URGE TO FEEL GUILTY.
- STAND IN YOUR TRUTH AND POWER.

SECTION TWO

- INNER WARRIOR GUIDED MEDITATION
- FULL MOON RELEASE RITUAL
- DISCOVER YOUR HUMAN DESIGN INNER AUTHORITY STYLE
- BLOCK THEM OR TAKE A PHYSICAL DISTANCE "BREAK" OR "PERMANENT LEAVE" IF YOU HAVE TO.
- PRACTICE EMPATH AURUA SHIELD GUIDED MEDITATION

SECTION FOUR

- FIND YOUR INNER CHILD.
- FIND YOUR JOY. AKA HOBBY
- PLAY AGAIN. AKA DANCE PARTY!
- FOCUS ON HEALING THROUGH INNER CHILD MEDITATION, SELF DISCOVERY, AND HEALING MANTRAS.
- SELF CARE FOR EACH ZODIAC [FIND TIPS HERE](#)



ANALYSIS

A SWOT ANALYSIS IS A SIMPLE TECHNIQUE TO IDENTIFY YOUR STRENGTHS, WEAKNESSES, OPPORTUNITIES AND THREATS. FILL OUT THE BOXES BELOW TO FIND OUT YOURS IN RELATION TO BOUNDARIES!

STRENGTHS

S

WEAKNESSES

W

OPPORTUNITIES

O

THREATS

T



WEEKLY GOALS

TRACKER

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
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TUE			<input type="checkbox"/>
WED			<input type="checkbox"/>
THU			<input type="checkbox"/>
FRI			<input type="checkbox"/>
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TRACKER

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
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TUE			<input type="checkbox"/>
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WEEK OF: _____

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MON			<input type="checkbox"/>
TUE			<input type="checkbox"/>
WED			<input type="checkbox"/>
THU			<input type="checkbox"/>
FRI			<input type="checkbox"/>
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Listen to Aap Sahaa-ee Hoaa Mantra Daily

Day 1-20



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Full Moon Journal Release Day of or after Full

Moon



Journal, burn and shower 48 hour window of Full moon



Discipline Emotional Practices

- Practice not taking on their guilt and shame as your responsibility, but not caring and moving on.

- Do not try and mend the argument by reaching out.

- Resist the urge to apologize.

- Resist the urge to feel guilty.

- Stand in your truth and power.

- And block them or take a physical distance "break" or "permanent leave" if you have to.

-



Deepen your self love through self care

- Find your inner child.
- Find your joy.
- Play again.
- Start hobbies that light you up.

- Focus on healing through inner child meditation, self discovery, and healing mantras.

Self Care for each Zodiac





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R E M E M B E R

Keep Your Unique
Light Shining



@ravenscottshow



EMPATH
ARCISSIST
RAVEN SCOTT

