The background of the entire page is a soft-focus photograph of a mountain range. The mountains are layered, with the closest ones in shades of green and blue, and the distant ones fading into a pale blue sky. At the very bottom, there is a dark silhouette of a forest line.

Lauri Ingram
www.lauriingram.com

What are you seeking the rest of your life?

A workbook to begin your unfolding
to your true, authentic self

WORKBOOK



A printable
workbook you
can use today!

by Lauri Ingram

lauriingram.com



A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

Our lives can be a mysterious series of events, perhaps unassociated. Many of us hit a point in life where we begin to search for more meaning, more joy and question what to do with the rest of our lives.

We are by nature, seekers. Each in our own way. Once we embark on this journey of life, we find different ways and practices to live fully, embracing our passions.

We can put a lot of pressure on ourselves to find a calling, or a "thing". Perhaps we should consider that there is no one "calling" we each are born into, but rather opportunities to live fully into our authenticity at each phase of life.

I created this workbook to help you take the next, perhaps first, step to uncovering what you are seeking right now.

May it open you to the infinite possibilities the universe provides us.

May you be guided to take the next step on your journey.

I am honored to companion you through that exploration.

Lauri Ingram
www.lauriingram.com
Your Journey of Life

SECTION *workbook* ONE

BECOMING PRESENT

A simple practice to gain clarity

Our true nature, our divine self, is always available to us to access. But we are very busy! Our minds constantly processing, full of thoughts about what we may have done in the past, what we may be anticipating in the future. We are not usually in the present moment! Just open to everything available to us at any point in time is to be in the moment, to be mindful of the present moment.

I invite you to try this simple practice to come into the present moment, to change the relationship with your thought and to allow some space for getting in touch with the messages from your spirit.

Find a space you can sit quietly for a few minutes. Light a candle, or perhaps play some soft music. Sitting outside in nature is also a wonderful way to connect with the energy of the earth, and all the spaciousness of nature.

Connect with your breath, bringing your awareness to the sensation of breathing. Without trying to change it, just follow your breath with curiosity.

From this place of stillness and spaciousness, kindly ask yourself what you seek right in this moment, at this time in your life. Allow whatever may come to you to be what you need to hear. Whether words, or phrases, or images or a song....just receive the messages you hear or perceive.

Take a few moments to answer the questions in the next section.

SECTION *workbook* TWO



WORKSHEET

WHAT DO YOU SEEK?

QUESTION #1: what emerged for you? In words, in images or feelings.

QUESTION #2: What does your heart, your soul yearn for?

QUESTION #3: If nothing stood in your way, what would your perfect day be like?

SECTION *workbook* THREE

BE - DO - HAVE

Fulfilling your goals

Once you have received some insight from your soul, how do take the next step?
Your goals may be along the lines of:

- Create more space in my day by starting a meditation and mindfulness practice
- Go back to school, or learn a new skill
- Follow messages you are receiving! Perhaps to pick up a creative hobby
- To dive deeper into healing what is holding you back

There are no right or wrong goals, just trusting that whatever you received in this brief exercise is what you needed in this moment. Consider these may be the next steps on your journey, steps that will bring you closer to your authentic self.

Translating these messages into action, can often be done through a model called Be - Do- Have. Think of it in these terms:

- To have peace, I will take a meditation class and be committed to practicing each day.
- To heal a broken heart, I will work with a counselor and do the deep work of self awareness, forgiveness and moving forward.
- To thrive each day, rather than survive, I will begin practices to get to know myself, and I will take one small step each day to get closer to my authentic nature.

Try it on the next page! If you have multiple goals, just copy the page multiple times (one page per goal).



WORKSHEET

BE - DO - HAVE

QUESTION #1: What do you want to have?

QUESTION #2: To get this, what do you have to do?

QUESTION #3: To do this, what do you have to be?

SECTION *workbook* FOUR

ANCHOR THE ENERGY OF CHANGE

Everything is energy

One of the best pieces of advice I received from a mentor years ago, was to begin to act "as if" my goals had been attained.

Feeling into the energy of how it would feel to have achieved that goal of being able to manage stress, be resilient through change, to tune into how it feels in the body is an important step to achieving what your soul desires.

Imagine it this way....how do you know you enjoy an activity? how does it feel in your body?

Using all your senses to imagine how it would feel to achieve your goals helps anchor in the energy. Through imagining the colors, the scents, the feelings...even what you are wearing, or where you are located, all help signal to the universe what you seek you are welcoming.

Of course, there is no guarantee the universe will deliver, as I believe there are reasons for everything and we can be redirected at times by a greater power.

Finding the diamond in the roughest parts of our lives can be challenging, but setting a north star helps us identify the next step to take.

Ultimately our purpose is in our journey. It may not look exactly like we envisioned, but being open to the emotions and feelings can help us

On the next page, envision how it would feel, look and be to achieve what you seek.



WORKSHEET

ACT AS-IF

INSTRUCTIONS: Imagine you have achieved your goal...how would you feel, what would change in your life? Use all your senses!

AN *for you* OFFER

WHAT IS THE NEXT STEP?



I trust this workbook has inspired you! Perhaps you had a few aha moments, perhaps it brought up some things you had not expected.

I work with my clients to find joy and authenticity in their lives, rooted in spirituality . However spirit shows up for you in your life, I meet you there as we slow down, listen and connect with the infinite wisdom that is within each of us.

As a member of the Essential Experience, I offer a special discount to working with me. Whether you would like to explore what arose for you in this workbook, or perhaps engage in a process of reviewing your life journey, I bring experience, training and a deep intuitive sense to my work.

I invite you to schedule a complementary 30 minute call, to discuss what you are seeking and see how my services may align!

Thank you, and all my blessings for your journey to be one of ease and grace.

~ Lauri



LAURI INGRAM

CERTIFIED SPIRITUAL COUNSELOR

Lauri Ingram combines over 40 years of corporate experience with deep passion for spiritual well-being. Lauri is an ordained interfaith/interspiritual minister as well as a certified interspiritual counselor. She is extensively trained in healing modalities including Reiki, Crystal Dreaming and is a certified Cosmic Smashbok guide.. Grounded in mindful practices, Lauri guides her clients to discover their true, authentic selves. Lauri offers both 1:1 work, as well as small and large group presentation and workshops, offering practical and real-world ways to connect with your true nature, and allow your life path to unfold.

“Allow your spirit, your essence to speak to you, Listen, and discover the wonder that is you”

WANT TO LEARN MORE?

learn more about Lauri at www.lauriingram.com.
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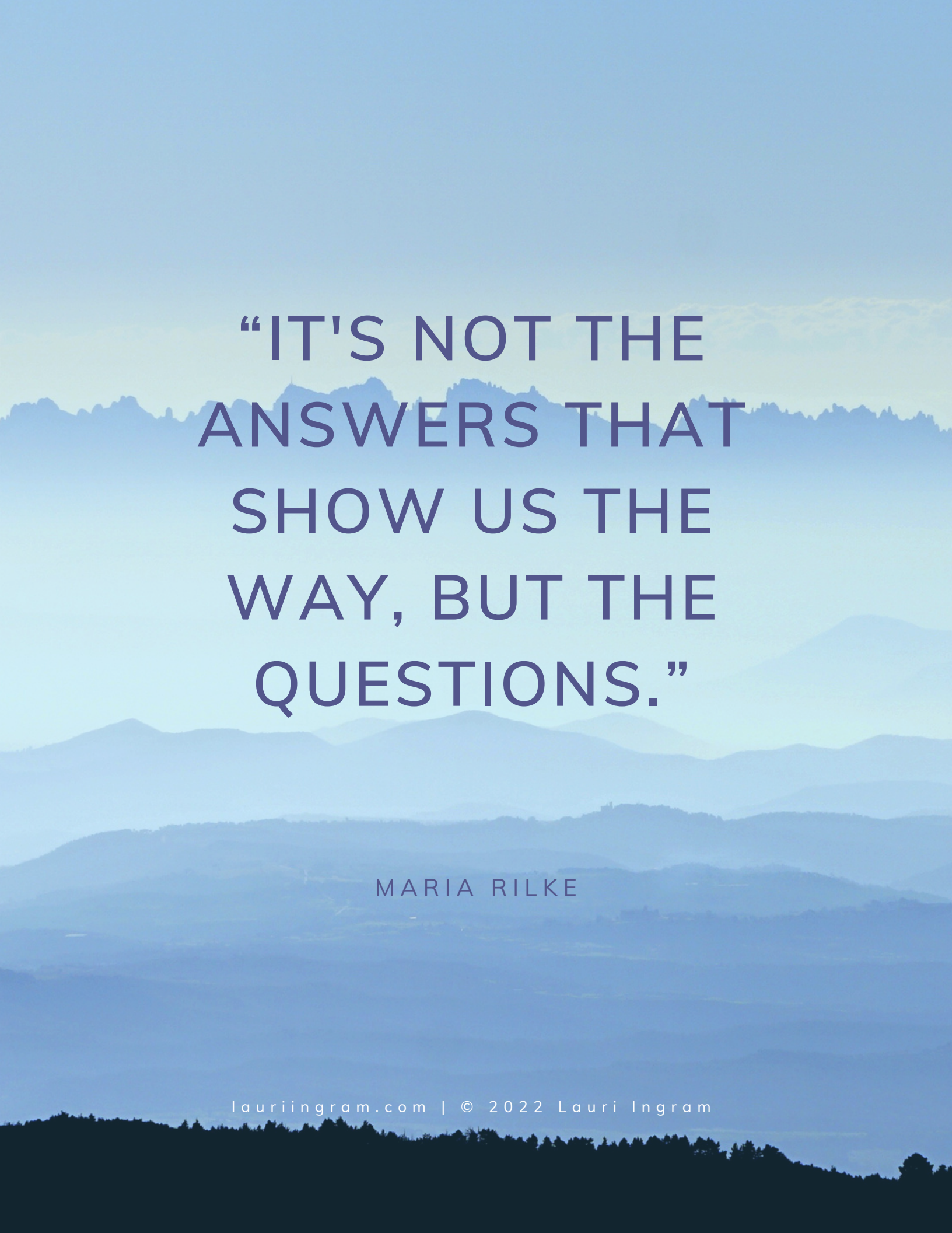
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“IT'S NOT THE
ANSWERS THAT
SHOW US THE
WAY, BUT THE
QUESTIONS.”

MARIA RILKE