

# THE ART OF BECOMING



## WORKBOOK

IULIA ISTRATI

**What part of me is longing to awaken right now?**

**Where have I silenced myself out of fear or habit?**

**How would it feel to fully trust my own truth?**

**Which patterns am I repeating, knowingly or unknowingly?**

**What emotion(s) am I resisting?**

**What do I need to acknowledge about myself ?**

**How do I respond when I feel overwhelmed?**

**Mindfulness and Emotional  
Intelligence**

**What tools help me return to presence?**

**Mindfulness and Emotional  
Intelligence**

**What emotion is asking to be seen with compassion?**

**Mindfulness and Emotional  
Intelligence**

**What did I most needed as a child but didn't receive?**

**Can I offer that to myself now?**

**Where do I still seek external validation?**

**Which belief about myself feels outdated or limiting?**

**Whose voice is behind that belief?**

**What belief feels true and empowering?**

**What parts of myself have I rejected or hidden?**

**What am I afraid others would see if I let them in?**

**Can I offer love to those parts that want to be seen?**

**Where am I still performing instead of being real?**

**What truth am I afraid to speak out loud?**

**What does my body feel when I am fully honest?**

**What pain am I still holding on to?**

**What is no longer serving me?**

**What would freedom from this weight feel like?**

**What do I deeply care about, beyond expectations?**

**Vision, Values, and Mission**

**What are my core values?**

**What kind of impact do I want to leave in the world?**

**Vision, Values, and Mission**

**What does aligned action look like today?**

**Where do I feel pulled to move, even if it scares me?**

**What one inspired step can I take now?**

**What does it mean to lead with love?**

**When do I feel most connected to my heart?**

**What would change if I let my heart speak first?**

**Where am I still fragmented or in conflict with myself?**

**What would it feel like to come home within?**

**Can I hold all parts of me in gentleness today?**

**What judgments do I hold toward “opposite” traits in me?**

**Where can I see beyond right/wrong, good/bad?**

**How do I begin to honor both sides of the story?**

**How present am I in my body right now?**

**What helps me embody calm, grace, and trust?**

**Where can I soften the edges of control?**

**What legacy am I creating through how I live today?**

**How do I want to be remembered?**

**What message do I want to pass forward to the world?**