

Begin Your Journey Of Self Discovery

Understanding the language your body is speaking to you is the best way to discover what is holding you back and keeping you from moving forward. Embark on this amazing journey and discover how you can experience life with a richer deeper presence, creating more joy and happiness. Let's Go!

by Relax and Expand



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RSVP Everyday

Begin the most important journey of your life: getting in relationship with you! By working with bodily sensations, you will begin to deepen your relationship with yourself and notice what your body is communicating to you. You begin to step into your true authenticity. This means you are able to choose your life rather than be driven by seemingly uncontrollable actions. All your relationships will manifest that integrity, shifting and changing to reflect the clarity that radiates from your wholeness. Personal relationships, friendships, your work and how you move in the world will all align when you RSVP Everyday to yourself.



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What's RSVP Everyday?



RSVP is an acronym for you to remember to touch base with yourself, everyday and in "mini hits"-- those down times we are waiting or doing mindless tasks. When we are on a first date we ask questions, we are curious about the others persons likes and dislikes. It is the same idea when begining a relationship with yourself. **Recognizing** what you are thinking and feeling. **Stopping** and pausing for a minute to create space from our impulsivity and our experience. **Verifying** by completely acknowledging what we feel and having **Passionate Compassion** for that sensation, EVERYDAY! And Many times a day!

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The RSVP Everyday System

The “RSVP Everyday” System:



Recognize

1. Develop awareness of our triggers and habitual reactions of our experiences
What are we thinking, feeling or experiencing in our body and mind?



Stop

2. Hit the pause button to create space between ourselves and our experience so we can allow options and awarenesses to flow



Verify

3. Change our relationship to discomfort by fully acknowledging challenging mental, emotional and physical experiences



**Passionate
Compassion**

4. Foster non-judgemental compassion for ourselves and our experience



Everyday

5. Building a daily practice that supports mindful empowerment

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REFLECTIONS

DESCRIBE WHAT YOU LOVE ABOUT YOURSELF:

WHERE IS IT LOCATED IN YOUR BODY?

WHAT DOES THAT SENSATION FEEL LIKE?

REFLECTIONS

WHAT ARE YOU FEELING THAT NEEDS HEALING?

WHERE IS IT LOCATED IN YOUR BODY?

WHAT DOES THAT SENSATION FEEL LIKE?

Reflection Exercise

Reflections....

Was that easy or difficult?

*Was it easier to find what you love about yourself or
was it easier to find feel what needs healing?*

*Was it easier to feel the sensation or the location ?
As we become more in tune with our feelings and our
body, our relationship becomes deeper with ourselves
and those around us.*



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Self- Discovery is The Key



The most important key to self-discovery is spending time with ourselves. We do this by creating daily practices. Research has shown as little as 10 minutes a day of mindfulness can have a positive outcome on your health and well-being. Longer is better but it is more important to be consistent. I could only do 2 minutes when I began. Your muscle of attention will grow stronger exponentially the more you practice. This also enables you to have a base foundation to draw from during the day.

Self discovery starts the second you realize you've fallen off the path.

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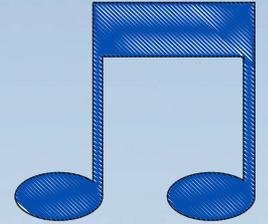
How To Do It:

1. **Breathing** softly and deeply without forcing brings you into your physical body and promotes focus and relaxation. Let your diaphragm drop and as you exhale, surrender your breath. Remember, if you are not breathing you are dead, so the quality of how you are doing this matters.
2. **Become aware of any sensation** in your body. These can be physical, mental or emotional in nature. Pick the strongest one and allow your breathing to become apart of that feeling. If you can't feel or sensation is too overwhelming, just notice that and be with your breath.
3. **Notice what arises.** Often when we begin to pay attention to a sensation it seemingly intensifies. This is normal and is a part of you that you haven't noticed before.



Take It One Step Further

Every sound you hear has a corresponding a body sensation



Mental talk that rambles along in your mind has a related body sensation



Every emotion has a felt sense in your body



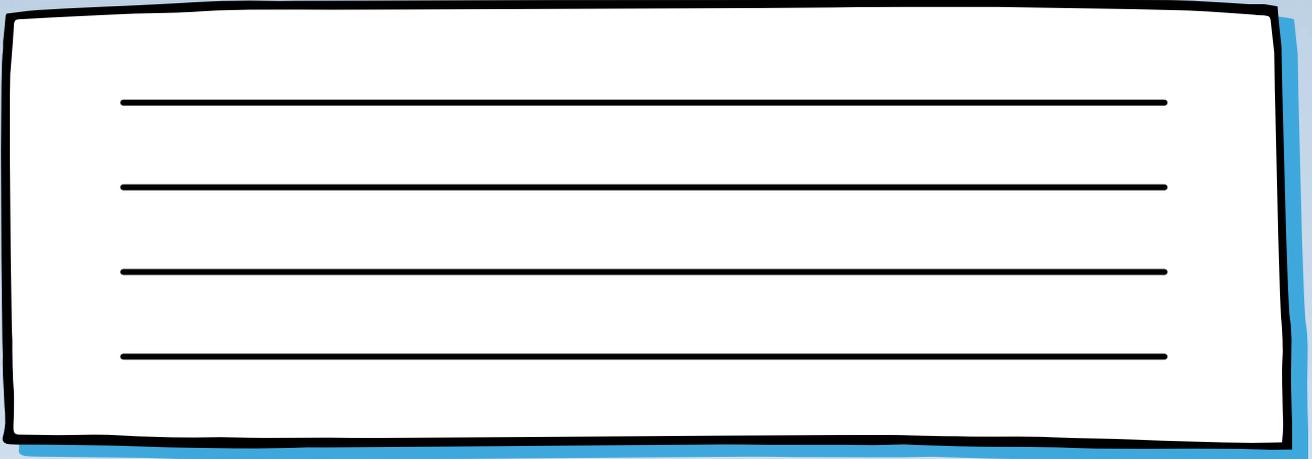
Try to locate each within your body

listen to a favorite song. Where is the feeling about that song located in your body? What does it feel like?

My Daily Practice

Morning time

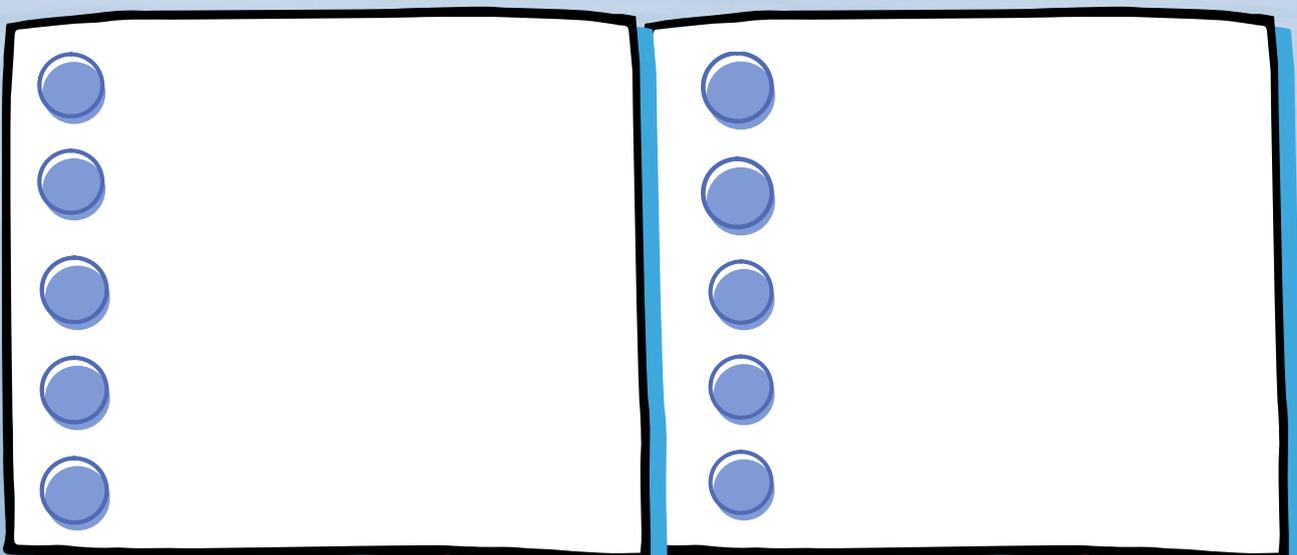
Create a morning time presence ritual. Journal. Breathe. Body check in. Mindful practice is a must. Begin with 2 minutes if it is difficult and work up. Include Where, What and How Long. Do what works for you, but be consistent in what you do. Contact me for coaching support if you need help.



A large white rectangular box with a black border and a blue shadow, containing four horizontal lines for writing.

Life practice

Create a list of 10 times during the day you have time to RSVP with yourself. This could be in line at the grocery store, commuting, washing dishes, waiting for the kids, while you are on hold on the phone.



Two white rectangular boxes with black borders and blue shadows, each containing five blue circles in a vertical column.

Need Help?

If you are having difficulty with the excersizes in this workbook and need further assistance, you can receive

*one 30 minute
coaching call
FREE.*

Contact me at
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