

# Transform

XO JACKIE



## COURSE WORKBOOK

Yes, you can manifest a more fulfilling life





## COURSE WORKBOOK





# TransformU

XO JACKIE

You feel like there's a better version of you who wants to show up in the world. You just need a little hand-holding to get you there. That's why you're here. That's why Jackie's here!

With this TransformU course workbook in your hot little hands, use it wisely to complement your personal growth experience. Really take the time to complete the following module activities and worksheets to shape a life of abundance, happiness, and giving back.

Introduction to  
TransformU



Scan Me





You'll be guided by Jackie Gillies throughout the TransformU experience. Jackie Gillies is Australia's most sought-after psychic medium, author, businesswoman, philanthropist, and television personality. She's appeared on five seasons of *The Real Housewives of Melbourne* and Season 4 of *I'm A Celebrity... Get Me Out Of Here!*, and sold out two Australian Shine It Up tours, which capture her message of self empowerment. Jackie appears on the 2023 *The Amazing Race Australia: Celebrity Edition* with Ben, her soulmate, musician husband from Australia's rock-royalty band, Silverchair.

Since starting her career in banking, Jackie has leaned into her adventurous, entrepreneurial spirit and intuition to lead an intentional and purposeful life.

# Manifestation







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MODULE 1



# WHAT IS MANIFESTATION AND HOW DOES IT WORK?



Life doesn't have to be this hard. You can have whatever you choose if your heart truly desires it, and it's with the right intent. In this module, you'll learn more about manifestation — and how it works.

Watch the video for the full personal growth experience.

Here's a brief overview.

Manifestation is about activating your subconscious mind to create your heart's desires. Manifestation is based on the idea that like attracts like. By focusing on positive thoughts, feelings and beliefs, we can attract more positive experiences and outcomes into our lives.

You can manifest anything you like — your dream career, a great relationship, good health, personal growth, financial stability, and even more energy. You can manifest any and all of these, if you know how.

## Module activities

**Activity 1:** Clarity activity + worksheet

**Activity 2:** Vision board activity

## Lesson 1 — Activity 1

# CLARITY ACTIVITY

### Step 1:

Using the worksheet, write a list of everything you desire! Nothing is too big or too small. Fill the page if you want to!

### Step 2:

Choose one from the list and write more about it.

Get as specific as possible. Write it in the present tense, as if you already have it and now you're just taking time to enjoy it.

What does it look like? Describe it as clearly as you can, right down to the tiny details.

What does it feel like? Think weight and texture, how it feels to touch it, to hold it in your hands, to wrap yourself up in it.

What do you do with it? How do you use it, when and how often? How does it fit with your life?

### Step 3:

When you're done writing, grab your phone and record yourself reading it out loud and turn it into an affirmation. Listen to it on repeat as you go about your day. Or, when you're in bed at night, hold the image in your mind and act as though it's already happened. You're in it. It's here. And believe it has happened with unwavering faith.

The more you engage in either of these actions, the more it feels like your new normal, and feeling this way about it is how it will manifest.

### Step 4:

When you're ready, choose another from the list and follow the same steps for it!





## Lesson 1 — Worksheet 1

### *Get specific.*

Choose one desire from your list and write more about it.

Get as specific as possible. Write it in the present tense, as if you already have it and now you're just taking time to enjoy it.

If you're starting to feel negative, doubtful or fearful, stop and reactivate your mind with a positive thought, such as "All is well and the universe is responding to all of my needs in perfect timing."

*What does it look like? Describe it as clearly as you can, right down to the tiny details.*

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*What does it feel like?*

*Think about how it feels to touch it, to hold it in your hands, to wrap yourself up in it.*

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*What do you do with it?*

*How do you use it, when and how often? How does it fit with your life?*

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*Turn it into an affirmation.*

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## Lesson 1 — Activity 2

# VISION BOARD ACTIVITY

Let's create your vision board!

You can do this online with Pinterest or in the physical world with paper, cardboard, magazine clippings, photos, etc.

Gather as many things — photos, graphics, headings, visuals, paragraphs of text or little tokens — that remind you of the thing you want.

Put them all together on your digital or physical board.

Remember to look at it! If it's physical, put it somewhere you can see it easily as you go about your day. If it's digital, take a photo of it with your phone and use it as a wallpaper, and save it to your computer as a screen saver.

Make it fun! Set yourself reminders to pop up on your phone throughout the day congratulating you on achieving something on your vision board.

And repeat this affirmation:

*"I give thanks for the abundant life that I'm now living."*

Now say it to yourself with SUCH excitement that you can feel it with every fibre of your being!

# JACKIE'S VISION BOARD



# TYPICAL MANIFESTATION BLOCKS AND HOW TO OVERCOME THEM



Lesson 2



Whether you're new to manifesting or you're trying to manifest something that feels really big, it's completely normal to come up against some mindset blocks that hold your manifestations back. These blocks are NOT a reflection of your ability to manifest your desires. They happen to everyone! It's how you handle them that makes the difference.

We're actually all very good at manifesting, we manifest every day. We're just not always manifesting what we actually WANT. We're manifesting MORE of what we already see, feel and have —and we get trapped in that cycle. This is part of the journey, not a sign to give up. Roadblocks are stepping stones, and every step is progress.

In this module, you'll learn more about common manifestation blocks and some powerful ways to overcome them.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** Tune into the energy of what you want activity + visualisation worksheet

**Activity 2:** Put yourself into high-frequency mode activity + worksheet

# TUNE INTO THE ENERGY OF WHAT YOU WANT

### *Step 1: Create your ideal environment*

Find a quiet place where you can relax uninterrupted.

Dim the lights, play some soft music, sit or lie down, and get comfortable.

### *Step 2: Visualise*

Close your eyes and picture yourself with the thing you want in the present tense — you already HAVE this.

- What's it like to have it?
- What does your life look like with it?
- How does it feel?
- How does it fit into your day?
- What do you love about it?
- What do you do with it?
- Feel the energy of having it flow through you.

See yourself in the moment, having, feeling, doing it, as if it's already happened. It's already in existence.

### *Step 3: Journal your visualisation*

Grab your worksheet and pen and write down everything you just saw, or draw it if you like!

Go into detail, the more descriptive, the better.

### *Step 4: Clear any blocks*

Remind yourself that if others can have it, so can you.

Remind yourself it can come to you in many different ways.

Remind yourself you don't have to work hard to make it happen, you just need to feel good about it.

Remind yourself that while it can be fun thinking of ways it can come, it's not your job to make it happen, it's just your job to feel ready to receive it. You might be surprised at how it arrives!

Record yourself reading your journal entry about your visualisation and listen to it on repeat as you do the more mundane tasks in your day. We manifest what we focus on, so focus on what you want!

## VISUALISATION ACTIVITY

### *Journal your visualisation.*

Picture yourself with the thing you want in the present tense — you already HAVE this.

*What's it like to have it?*

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*What does your life look like with it?*

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*How does it feel?*

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*How does it fit into your day?*

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## Lesson 2 — Worksheet 1

*What do you love about it?*

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*What do you do with it?*

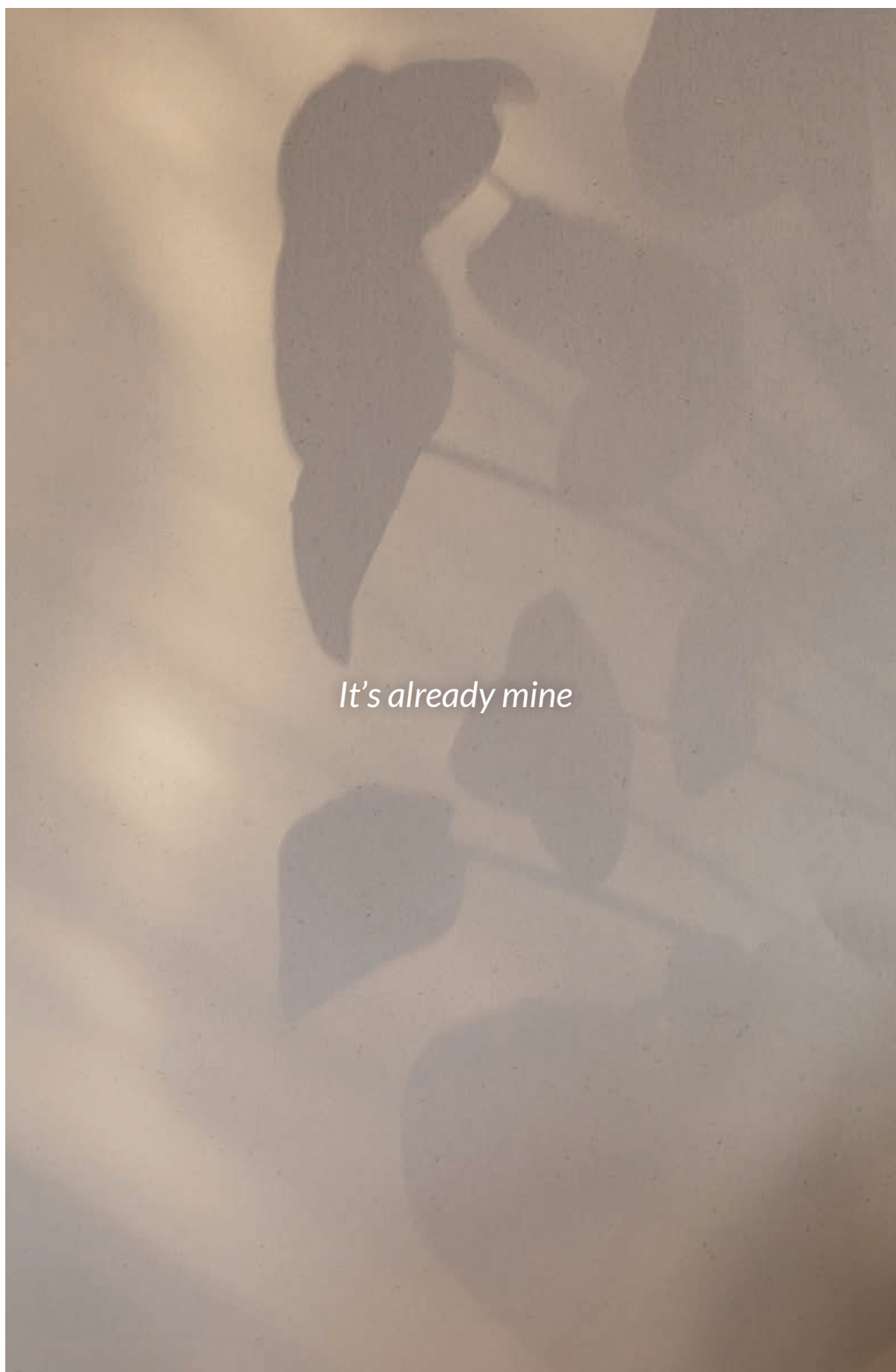
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*It's already mine*

## Lesson 2 — Activity 2

# PUT YOURSELF INTO HIGH-FREQUENCY MODE



The better you feel about it, the easier it'll be to manifest what you desire.

Start taking care of yourself and prioritising feeling good.

Start giving to others deliberately and selflessly, without expecting anything in return.

Start having more fun in your day-to-day life, lighten up and enjoy your day.

Nourish yourself with food and drink that make you feel great.

Get plenty of rest and sleep.

Tap into your intuition and take action when it feels right. Follow the impulse when you feel it.

Make your decisions quickly and don't stress about whether you're making the right one — you can make another decision or change your mind at any time.

Finally, when you look in the mirror, tell yourself, "I love you so much" and truly mean it, without judgement.

**Lesson 2** — Worksheet 2**HIGH-FREQUENCY MODE WORKSHEET**

*List 10 ways you can start taking care of yourself and prioritising feeling good:*

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2.

3.

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## Lesson 2 — Worksheet 2

*What are five ways you can give to others without judgement and without expecting anything in return?*

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*How can you have more fun in your day-to-day life? What do you enjoy that you can add to your day to lighten it up?*

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*What are five fresh, healthy meal ideas you can add to your week so you can nourish yourself with food that's good for your health and wellbeing?*

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*Set yourself an earlier bedtime and write down three ways you can get yourself ready for a good night's sleep. As a starter, Jackie STRONGLY suggests no phones in the bedroom.*

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## Lesson 2 — Worksheet 2

*Take a moment of silence and tune into your intuition. Visualise your day ahead and write down the intuitive message you receive in that moment.*

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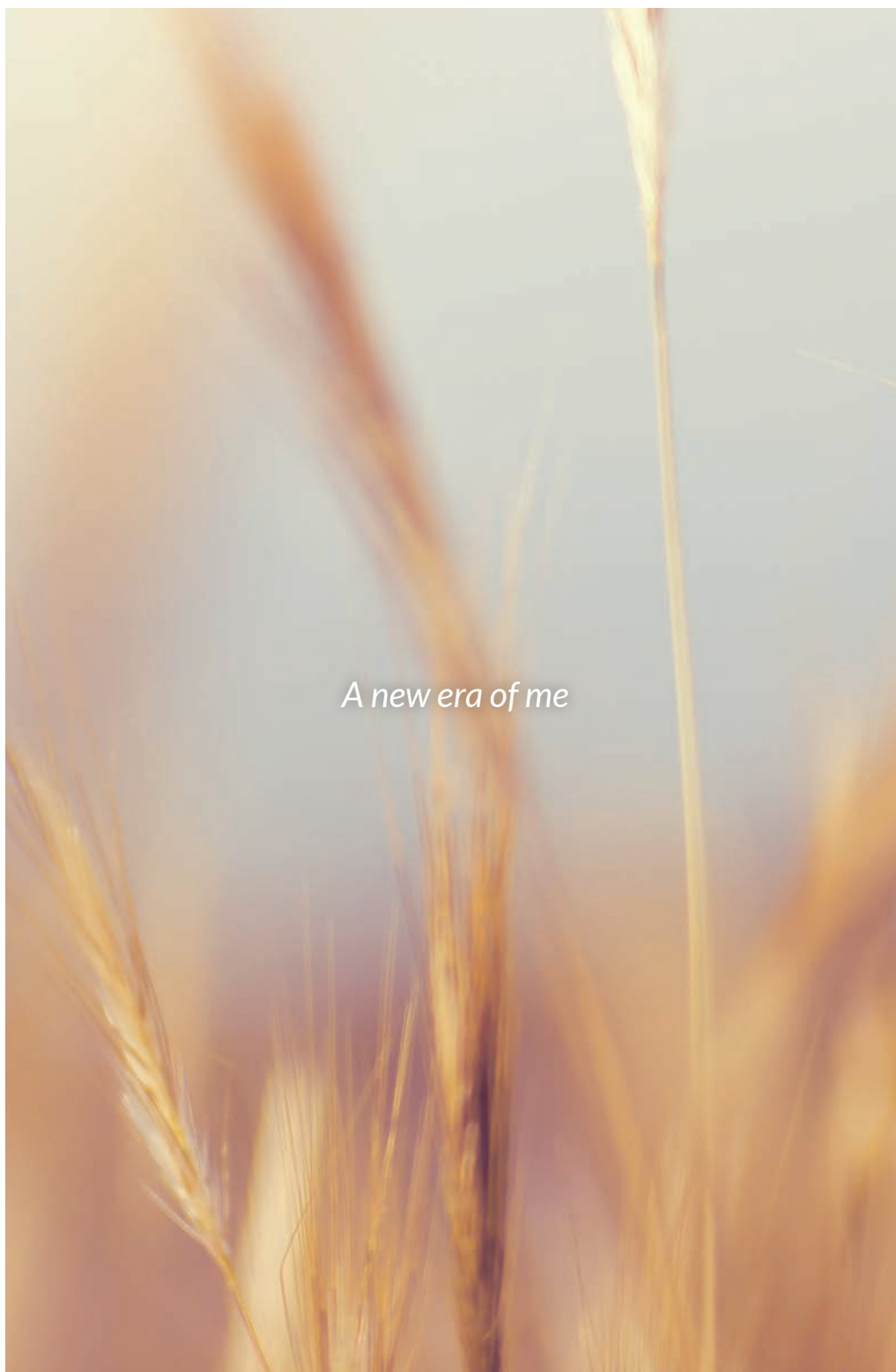
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*A new era of me*



## HOW DID YOU GO?

Jump into the TransformU Community via the course portal to share your experience with manifestation.



Community

What did you learn from the activities?







# Money, Wealth & Abundance





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MODULE 2

# WHAT DOES ABUNDANCE REALLY MEAN?



Lesson 3

Money, wealth, and abundance are important to people because they provide security, opportunities, and freedom. Many people focus on money the most, but abundance comes in many different forms, not just with money. You can have an abundance of time, health, relationships, knowledge, creativity, and spirituality.

In this module, you'll learn how abundance works and what you can do to call in more money, wealth and abundance into your life. Abundance and prosperity begins with feeling good about yourself and trusting it will happen. It's like posting a letter and not knowing exactly when or how it's going to get there, but you know it will.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** Random Acts of Kindness Challenge + worksheet

## RANDOM ACTS OF KINDNESS CHALLENGE

### *Random Acts of Kindness Challenge!*

Set a goal to perform a certain number of random acts of kindness within a specific timeframe (e.g., one week or one month).

Start by brainstorming a list of small acts of kindness you can do for others. These could include paying for someone's coffee, complimenting a stranger, or helping someone with their groceries.

Make a conscious effort to perform at least one act of kindness from your list. You can choose to do more, if you're inspired!

Keep a journal to track your progress and reflect on how these acts of kindness made you feel and the impact they had on others.

Share your experiences and inspire others by documenting your journey through social media, a blog or with the TransformU Community via the course portal, if you're comfortable doing so.





## RANDOM ACTS OF KINDNESS WORKSHEET

*How many random acts of kindness will you perform this week or month?*

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*Brainstorm a list of small acts of kindness that you can do for others.*

*Examples: Paying for someone's coffee, complimenting a stranger, helping someone with their groceries.*

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## Your journal.

*My random act of kindness for today is \_\_\_\_\_*

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*How has it impacted others?*

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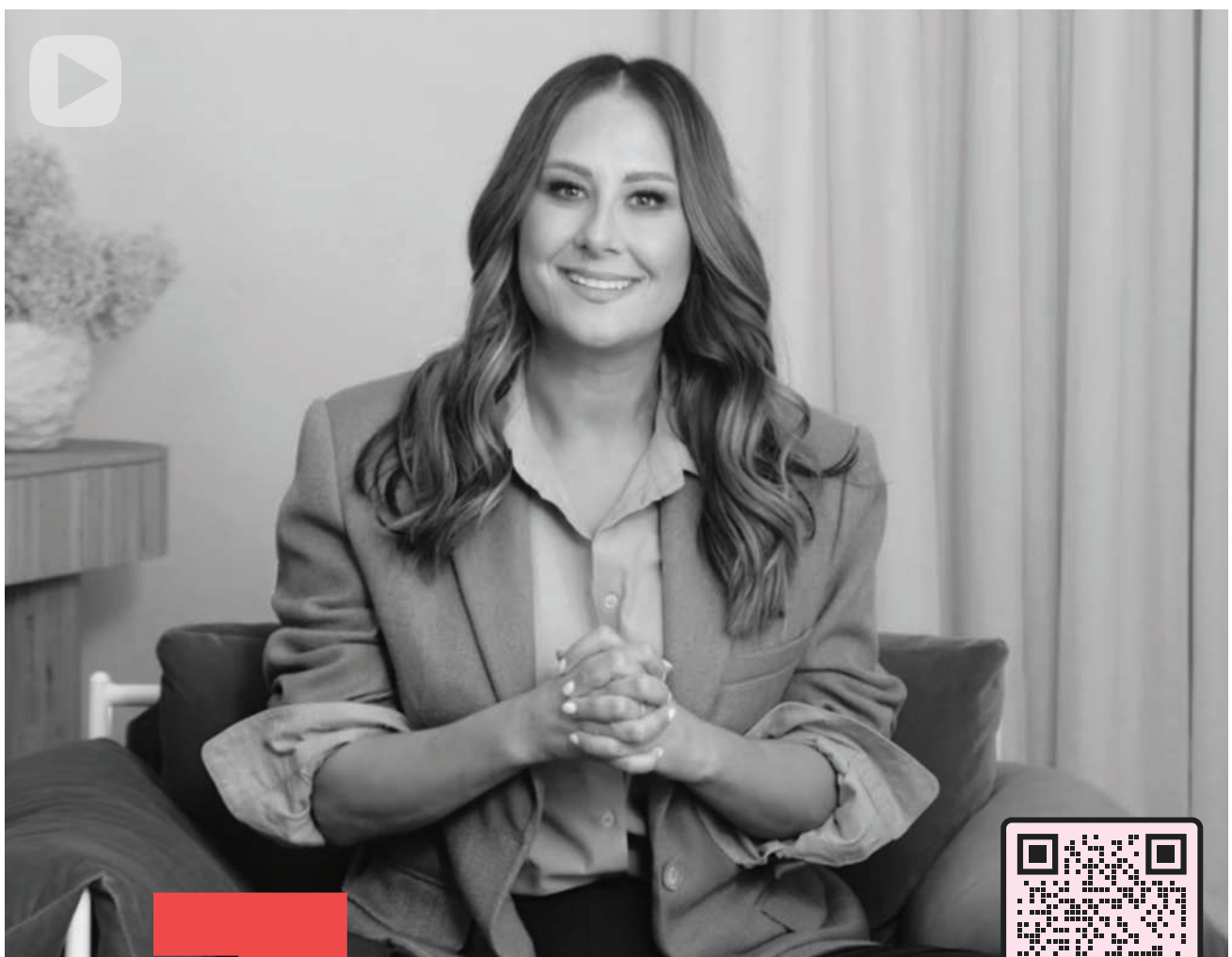
*How did it make me feel?*

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# CREATING AN ABUNDANCE OF WEALTH, MONEY AND PROSPERITY



Lesson 4

How does your vibration affect your ability to call in abundance, wealth and prosperity? Money, wealth and abundance is a circle. Give and receive. Give and receive. Give without wanting anything back. When you give without expecting anything back in return, you're giving unconditionally and you'll be rewarded unconditionally.

What do you do if the money and abundance isn't flowing? In this module, you'll learn how to change your mindset to change your experience by starting with the things you can control. See yourself living a full, vibrant life of abundance, wealth and success!

Watch the video for the full personal growth experience.

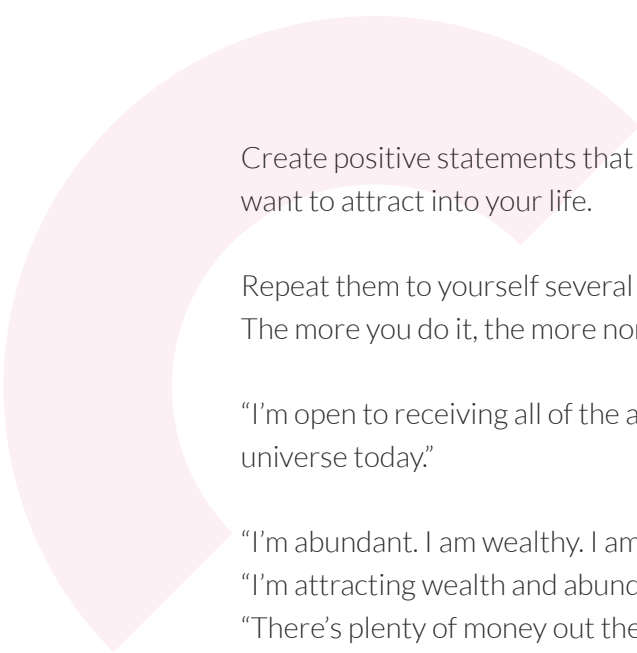
## Module activities

**Activity 1:** Positive affirmations activity + worksheet

**Activity 2:** Set your money goal activity + worksheet



# POSITIVE AFFIRMATIONS ACTIVITY



Create positive statements that affirm the abundance and wealth you want to attract into your life.

Repeat them to yourself several times a day, with conviction and belief. The more you do it, the more normal it feels.

“I’m open to receiving all of the abundance and prosperity from the universe today.”

“I’m abundant. I am wealthy. I am successful.”

“I’m attracting wealth and abundance into my life effortlessly and easily.”

“There’s plenty of money out there and it’s flowing to me.”

“There’s always more money for everything I need or want.”

Use these examples and try writing three positive affirmations of your own around money, wealth, and abundance.

Record yourself reading them out loud and listen to it on repeat when you’re doing something that doesn’t take much concentration, like a household task.

## POSITIVE AFFIRMATIONS WORKSHEET

*Write three positive affirmations of your own around money, wealth and abundance.*

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# SET YOUR MONEY GOAL ACTIVITY

It's time to let go of the “money flows for other people, not for me” block! This activity will help you stop thinking of making money as something that takes a lot of work and effort.

There's no limit on the amount of money that can flow to you. It's already on its way — are you ready to receive it?

### ***Step 1: Write down your money goal***

Don't judge the amount you've written. It's not too big, it's not too small. There's a reason it came to mind at this moment.

### ***Step 2: Journal***

Journal what you'll do with the money when you receive it. Get really specific and descriptive.

- How much will you save or invest?
- How much will you spend?
- What will you spend it on?
- How will the things you buy with it improve your life?

### ***Step 3: Call it in!***

This is the fun part because you can brainstorm ideas without any pressure.

You don't have to come up with the perfect plan. These things will evolve as you start to take action and open yourself up to receiving it.

It's not always easy. Doubt can creep in and create a manifestation block.

Here's what we'll do to overcome it:

Spend a couple of minutes getting creative and on your worksheet, write down a few ways you can bring more money. Brain dump whatever comes to mind.

Once you start writing, more and more ideas will flow. Write them all down. Squish them into the space!

Now underneath, write this in BIG lettering:

***“Or ANY other way money wants to flow to me.”***

The money can flow to you in any way it sees fit. If you want to take action, circle one from your list that feels easy and fun, and work on that — but do it knowing this is just one way the money will come to you. The universe is taking care of the rest while you have fun doing this one!

## SET YOUR MONEY GOAL WORKSHEET

*Write down your money goal. No number is too big or too small!*

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*Journal what you'll do with the money when you receive it. Get really specific and descriptive.*

*How much will you save or invest?*

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*How much will you spend?*

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*What will you spend it on?*

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*How will the things you buy with it improve your life or help others?*

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## Lesson 4 — Worksheet 2

Ways I can bring in the money:

*"Or ANY other way money wants to flow to me."*



*I am creating the life I want*





## HOW DID YOU GO?

Jump into the TransformU Community via the course portal to share your key takeaways on abundance.

How did it feel to create your positive affirmations and money goals?



Community

# Relationships







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MODULE 3

# YOUR RELATIONSHIP WITH YOURSELF



Lesson 5

What is your relationship with yourself?

How does it look? Do you tell yourself you're beautiful? Do you love who you are? Do you love your body? Do you love your thoughts? Do you love your face? Do you accept yourself unconditionally?

When people start to love themselves more each day, their lives get better. When we love and take care of ourselves, the right relationships come into our lives. When you love yourself, it gives you enough space to be able to love other people.

In this module, you'll learn how to change the conditions you put on yourself.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** Self-love journalling activity + worksheet

## SELF-LOVE JOURNALLING ACTIVITY



Time to remind yourself how incredible you are!

### **Step 1:**

Write down everything you love — or like, if that feels like too much of a leap! We'll get there. Write down the big things and the little things. Use your worksheet prompts as a guide for ideas.

### **Step 2:**

Write down everything you think your friends, your partner, your family, and your workmates would say they like about you. What are you good at? How do you make them feel? What do you help them with?

### **Step 3:**

When you're done writing, grab your phone and record yourself reading all of those things out loud and turn it into an affirmation.

Listen to it on repeat as you go about your day, the more you listen, the more you'll remember all the amazing things about you!

## SELF-LOVE JOURNALLING WORKSHEET

*What do you like about your personality?*

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*What do you like about your face?*

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## Lesson 5 — Worksheet 1

*What do you like about your hair?*

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*What do you like about your body?*

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*What are you good at?*

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*What do you like about how you treat people?*

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## Lesson 5 — Worksheet 1

*What do your friends love about you?*

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*What does your family love about you?*

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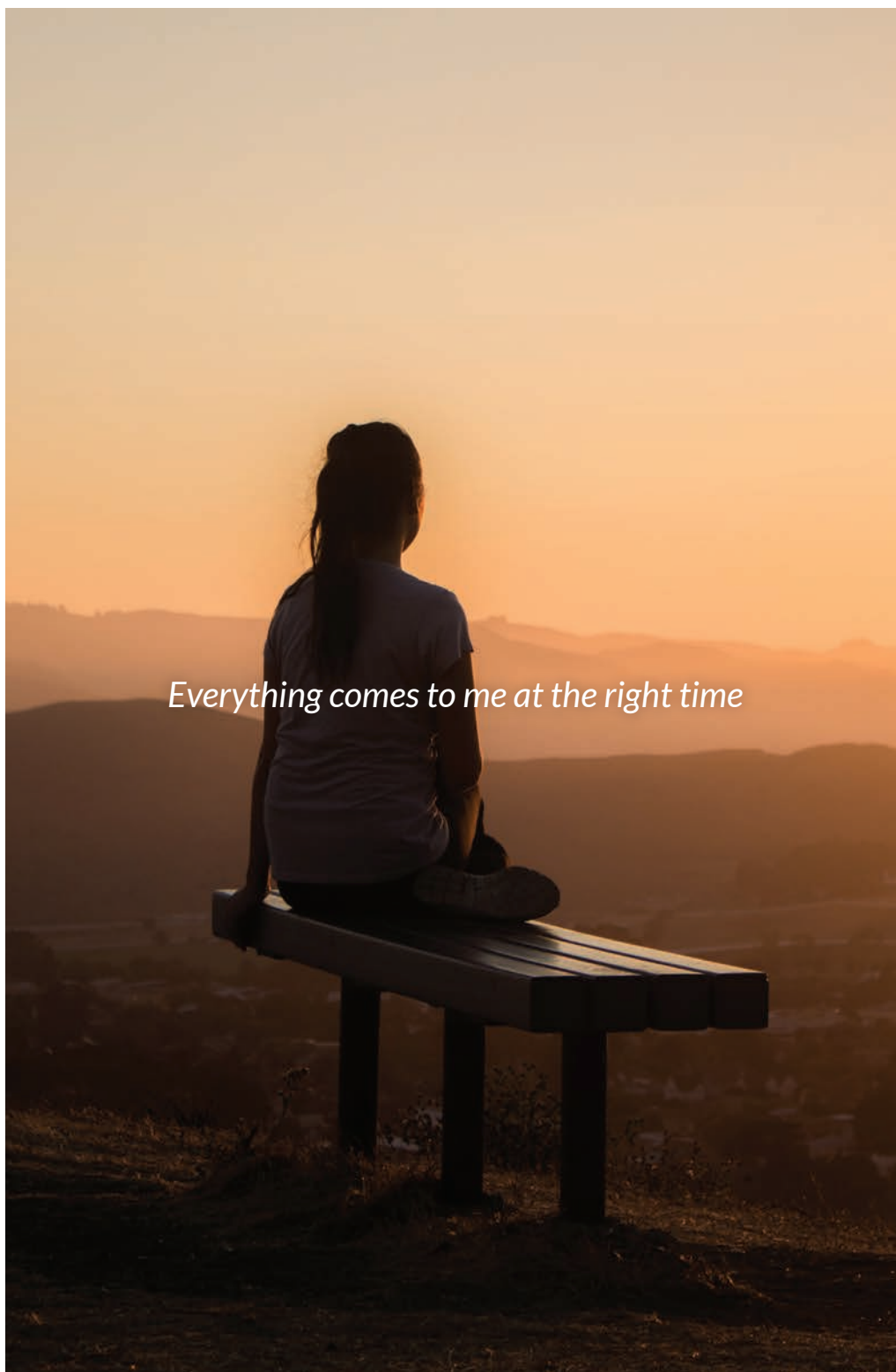
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*What does your partner love about you?*

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*Everything comes to me at the right time*

# YOUR RELATIONSHIPS WITH OTHER PEOPLE



Lesson 6

When we think about being in a relationship, we default to thinking about what we can give to the other person, whether that be a lover, a friend, or a family member. How do we serve them? How do we support them? We forget that relationships go both ways.

What do they do for you? How do they support you? What do they bring to the relationship for you? It's not selfish to want to be loved, respected, and treated well. You deserve it! In this module, you'll learn how to let go of negative relationships.

You deserve relationships that feel good. Partnerships that lift you up and inspire you.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** Self-care activity + worksheet

## Lesson 6 — Activity 1

# SELF-CARE ACTIVITY

We can't control how other people treat us. We can control how we treat ourselves!

The more happy and confident in who you are, the more you'll attract the right people into your life, and the emotionally-draining people will start to drift away. You'll be operating from a higher frequency — and that's where the magic happens!

Keep yourself busy with feel-good activities and you'll naturally spend less time with the people who don't add value and inspiration to your life.

### **Step 1:**

Write down how you want to FEEL in your day-to-day life — happy, excited, energised, etc.

### **Step 2:**

Write down all the things you can think of that make you feel those emotions. Things you can do yourself, big things and little things! You are the VIP and it's your job to make the VIP happy. What can you do?

- Take yourself out for a nice lunch or a weekend away?
- Clear your schedule and give yourself much-needed rest time?
- Book in that massage or facial?
- Run yourself a bubble bath?
- Go for a walk outside in the fresh air?
- Treat yourself to new clothes that fit well and look amazing?

Choose four from the list and make them happen this month!

## SELF-CARE WORKSHEET

*How do you want to FEEL in your day-to-day life?*

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*What can you do for yourself to help you feel that way?*

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## HOW DID YOU GO?

How are your relationships serving you? Ready to let go of the negative relationship with yourself and with others?



Community

Jump into the TransformU Community via the course portal to share your self-care story.







# Intuition





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MODULE 4



# HOW TO TUNE INTO YOUR INTUITION



Lesson 7

Intuition is intelligence. It's in you. It's in all of us. It's a feeling that's so strong, it can't be ignored. It comes as repetitive thoughts, ideas, feelings. Intuition is buried in the spiritual essence connected to every fibre of your being — physical, spiritual, and emotional.

Once you learn to listen to and trust your intuition, decisions become easier and you become more confident. Intuition isn't guesswork. It's about connecting with your subconscious, tuning in and listening. In this module, you'll learn how.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** Tune into your intuition activity + worksheet

# TUNE INTO YOUR INTUITION ACTIVITY

Try these techniques to tap into your intuition, and remember, the more you practice, the easier they become!

### *Technique 1: Mindful breathing*

Find a quiet place to sit or lie down and focus on your breath. As you inhale and exhale slowly, imagine your breath moving throughout your body, filling it with positive energy. As you breathe, try to let go of any thoughts or distractions and simply focus on the present moment. With practice, this can help you become more in tune with your inner-self and intuition.

### *Technique 2: Body scan*

Lie down in a comfortable position and take a few slow, deep breaths. Then, mentally scan your body from head to toe, paying attention to any sensations or feelings that arise. Notice any areas of tension or discomfort and breathe into them, releasing the tension as you exhale. This can help you connect with your body and become more aware of your inner sensations, which can be helpful in making intuitive decisions.



### *Technique 3: Visualisation and creativity*

Imagine yourself in a peaceful place, in nature, a forest, by the ocean, whatever feels calming for you. As you visualise this scene, try to engage your senses, notice the sights, sounds, smells, and sensations of that scene. Draw the scene you pictured. Add colour, immerse yourself fully into the activity and pay attention to any insights or messages that come to you while you're there.

### *Technique 4: Journalling*

Set aside some time to write down your thoughts and feelings, without judgment or analysis. Keep it simple and just allow yourself to channel whatever comes to you — words, images, doodles. Just let it flow, this will help you tap into your subconscious and bring your intuition to the surface.

## TUNE INTO YOUR INTUITION WORKSHEET

### *Visualisation and creativity.*

*Draw the scene you pictured in your visualisation. Add colour, immerse yourself fully into the activity and pay attention to any insights or messages that come to you while you're there.*



## Lesson 7 — Worksheet 1

### *Journalling.*

*Record your thoughts and feelings here — words, images and doodles. Don't judge what comes through, just take note of it. Keep your notes and look back over them in the future to see where your intuition guided you!*

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# HOW TO SUPERCHARGE YOUR INTUITION



Lesson 8



How can we make our intuition more powerful? Tap into your creativity and joy!

Doing activities like yoga, meditation, drawing, painting, music, writing, cooking — whatever you truly enjoy — gets you into a higher vibration and your blocks fade away. You can tune in to your inner self, your intuition, with ease.

Remind yourself your intuition is always right — it's just how much you listen to it that makes the difference. Think of your intuition as your way of seeing the future. In this module, you'll learn how to supercharge your intuition.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** Supercharge your intuition activity + worksheet

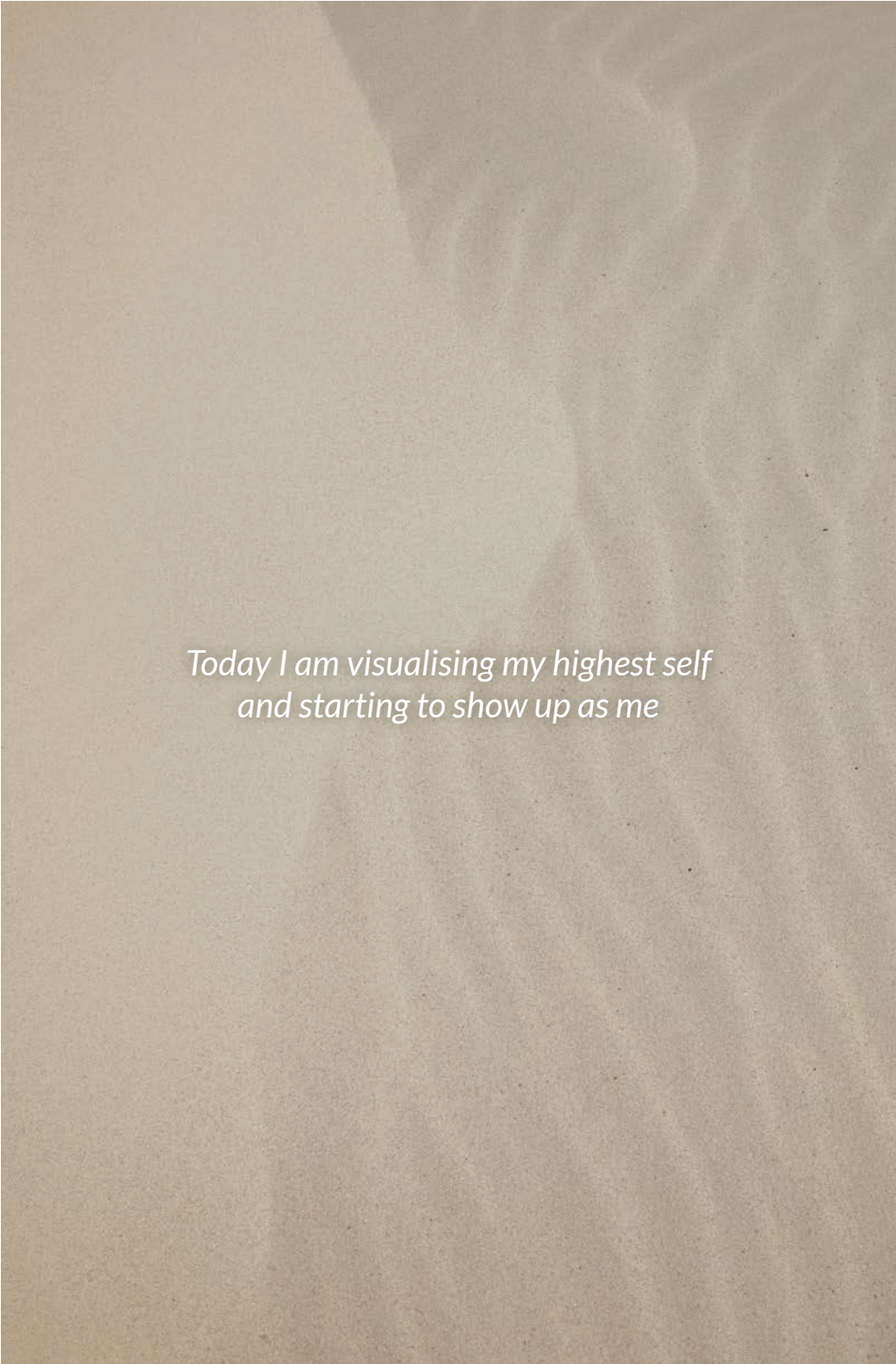


## Lesson 8 – Activity + Worksheet

## SUPERCARGE YOUR INTUITION ACTIVITY

*What creative things do you enjoy doing?*

[illegible]



*Today I am visualising my highest self  
and starting to show up as me*







## HOW DID YOU GO?

Remember, your intuition is always right. Do you trust your intuition more than ever before?

Jump into the TransformU Community via the course portal to share your experience of tuning into your intuition.



Community

# Boundaries







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MODULE 5

# PRIORITISING YOURSELF



Lesson 9



You're not here to serve everybody else 24/7. It's your life! We need to look after ourselves first in order to be the best version of ourselves and also the best version of ourselves for others. How can setting boundaries improve our lives?

In this module, you'll learn how healthy boundaries promote physical and emotional wellbeing, allowing you to operate from a happier mindset and higher frequency. Boundaries are self-care.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** Self-reflection activity + worksheet

**Activity 2:** Setting boundaries activity + worksheet

## Lesson 9 – Activity 1

# SELF-REFLECTION ACTIVITY



Take some time to reflect on your personal values, needs, and boundaries.

Write down what behaviours from others make you feel uncomfortable, used, or disrespected.

Identify your own limits and what you need to feel safe and respected.

## SELF-REFLECTION WORKSHEET

*What behaviours from others make you feel uncomfortable, used, or disrespected?*

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*What do you need to feel safe and respected? How do you want to be treated? What would a respectful conversation or interaction with someone look like for you?*

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## SETTING BOUNDARIES ACTIVITY

You can't control what other people do. You can control how you respond to other people.

Instead of setting a boundary for others, "You can't talk to me that way."

Set one for yourself, "When they talk to me that way, I find a reason to end the conversation or switch to a different topic."

## SETTING BOUNDARIES WORKSHEET

*If they do this?*

*I will do this.*


# BOUNDARIES FOR OTHER PEOPLE



Lesson 10

Do you let others manipulate you with guilt or control? Your self-esteem and confidence will be better when you know how to successfully stand your ground. When you're setting healthy boundaries for yourself, you're also setting a healthy behaviour expectation and model for others. In this module, you'll learn how.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** Practising assertiveness activity + worksheet

**Activity 2:** Saying "No" activity + worksheet



# PRACTISING ASSERTIVENESS ACTIVITY

It can be challenging to set boundaries, especially if you're used to people-pleasing or avoiding conflict.

Practising assertiveness can help you communicate your needs clearly and confidently.

Here are a few ways you can practise being more assertive:

### ***Remember your rights:***

Remind yourself you have the right to express your thoughts, opinions, and needs. Just because your opinion might be different, doesn't mean it's wrong.

### ***Say "I" instead of "You":***

"I" statements take the pressure off in a conversation because it becomes less about the other person and more about how you feel. When you're speaking with someone who cares about you, using a statement like "I feel overwhelmed when..." instead of "When you do that..." can help reduce defensiveness in the other person.

### ***Practise confident body language:***

Good posture, eye contact, no crossing your arms or slouching! Practise in front of the mirror. Strut your stuff with a confident walk!

### ***Shine it up!***

Put yourself first and start doing more of what you enjoy! When we serve the people we love 24/7, the dynamic changes and we can lose our own sense of identity and value, and start to burn out. Plan time into your schedule for things that help you shine and do it regularly, not just once!



## PRACTISING ASSERTIVENESS WORKSHEET

*Write three affirmations that remind you of your rights.*

*I have the right to express my thoughts...*

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*My opinions are just as valid as everyone else's...*

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*My needs are important...*

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*Practise writing "I" statements in your own words.*

*I feel...*

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*I need...*

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*I can...*

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## Lesson 10 – Activity 2

# SAYING “NO” ACTIVITY

Saying “no” is a powerful way to set boundaries but can make us feel uncomfortable when we’re not used to doing it. Having the words ready when you need them can really help!

Think about times in the past when you wish you had said “no” and how you could do it if the situation happened again.

SETTING BOUNDARIES WORKSHEET

Things I wish I had said  
“no” to in the past.

Ways I can say “no”  
to them in the future.








## HOW DID YOU GO?

Do you feel more confident in prioritising yourself and setting boundaries now you know how?

Jump into the TransformU Community via the course portal to share something surprising about going through this process.



Community

# Self Empowerment







**Transform** *U*  
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MODULE 6

# BE, DO AND HAVE WHATEVER YOU WANT



Lesson 11

Self-empowerment is about taking control of your life. It's about building self-confidence, self-esteem, and a strong sense of self-worth. It's about recognising your strengths and abilities to achieve your goals and overcome obstacles. It involves taking responsibility for one's own life and decisions, and having the courage to make changes.

Can we really be, do and have whatever we want?

Absolutely! In this module, you'll learn how.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** Design your dream life activity + worksheet



## Lesson 11 – Activity 1

# DESIGN YOUR DREAM LIFE ACTIVITY

We're going to have fun with this one!

Set yourself half-an-hour to do nothing but think about how you want your life to be. Phones off, please!

Nothing can get in your way. For this activity, time is not an issue, money is not an issue, skill and opportunity is not an issue.

You can be, do and have whatever you want — so let's get clear on what you actually want!

## DESIGN YOUR DREAM LIFE WORKSHEET

*What do you want your life to be like?*

*Where do you live?*

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*What do you get paid to do?*

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*What do you do for fun?*

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## Lesson 11 — Worksheet 1

*Who do you spend time with? How do they treat you?*

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*What do you wear?*

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*What self-care things do you do regularly?*

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*Where do you go when you travel?*

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*How do you work out?*

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*What do you eat?*

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## Lesson 11 — Worksheet 1

*What do you read or watch?*

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*What does a perfect day look like?*

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*I don't chase, I attract*

# EMBRACE THE VIP VERSION OF YOU



Lesson 12

The VIP version of you is the one you love and value, and treat with care and respect. It's being authentically you without apology. It's knowing what you like and what you want, and it's also about knowing what you don't want.

How can we discover the VIP version of ourselves? Don't try to fit into someone else's mould or compare yourself to others.

In this module, learn how to start with the VIP treatment for ourselves.

Watch the video for the full personal growth experience.

## Module activities

**Activity 1:** VIP "YOU" activity + worksheet

## Lesson 12 – Activity 1

### VIP “YOU” ACTIVITY

You’re the new Oprah, Beyoncé, Taylor Swift, Jackie!

How do you put yourself first?

How do you spend your time?

What do you let go of?

What can you start to outsource?

Put some music on, and get into it!

Start planning your life exactly how you want it!

## VIP “YOU” WORKSHEET

*What makes you happy?*

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*What do you get paid to do?*

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*What does your typical day look like?*

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## Lesson 12 – Worksheet 1

*What can you delegate or outsource?*

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*What can you let go of completely?*

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*What does your schedule look like?*

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*How do you make sure you look and feel amazing?*

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## HOW DID YOU GO?

Congratulations, you've completed your TransformU experience. What an incredible achievement!



Well Done!

Jump into the TransformU Community via the course portal to share how you're feeling with everyone right now!











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