

KARINA  
GUTHRIE *yoga*



*yoga & the mind*  
WORKBOOK



Hi love,

I'm glad you're here.

Over the years, I've noticed something time and time again:

Our outer world is always a reflection of our inner one.

Hmmm....

Does that mean, if things aren't going well,  
that there's a problem with us in some way?

No.

It simply means that our edgy places are alerting us to our blind spots.

It also means that when we identify our blind spots and bring them to light,  
we can create positive change pretty easily.

The process is actually fun.

This workbook contains five exercises designed to help you do this.

They're exercises I use time and again to:

Unstick sticky beliefs

Create energy flow where I notice stagnation

Challenge my assumptions and worldview when I want to make braver choices

You'll get out of this as much as you put in.

But also keep in mind that this kind of work is generous in nature.

If pour yourself into it, it will give back to you ten-fold.

Enjoy!

Much love,  
Karina

*P.S. Reach out! I'd love to hear how you go...*

# Exercise 1

## SO, YOU'RE FEELING TRIGGERED?! NOW WHAT?

So! You're feeling triggered. In the space below, write the trigger down. Give yourself permission to get it out (complain, be petty, express your judgements, do whatever you need to do):

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Now, read back what you've written.

*where do you exhibit these behaviors too?*

For example, if you feel triggered by someone else's judgemental behaviour, can you identify where you, too, are judgemental? If you feel triggered by someone's lack of integrity, can you see where you have acted in a similar way? Record your observations here:

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Next, read what you wrote about the trigger again. For each judgement you recorded, consider how that judgement alerts you to your values. For example, if you feel upset by gossip, **what does that tell you about the value you place on emotional safety?** If you feel upset by duplicitous behaviour, **what does that tell you about the value you place on truth and integrity?** Record your answers here:

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Triggers alert us to our values.

For each value this trigger has highlighted, ask yourself the following questions:

**Are there currently places in my life that I'm creating space for things that do not align with these values?**

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**What can I do today to craft my life so that it better reflects my values?**

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This is your roadmap for action!

Your trigger has just become the vehicle through which you can create a more value-driven life.

*congratulations!*

# Exercise 2

## HOW YOU DO ONE THING IS HOW YOU DO EVERYTHING

**Have you ever heard the expression, 'How you do one thing is how you do everything'?**

Let me give you an example. You notice you have a habit of enrolling in courses but losing interest half-way through. When you pay attention, you notice this plays out elsewhere too. You finish most of your emails but leave the last few for tomorrow, you wash the dishes but leave one pot soaking, you do the laundry but don't fold it away.

Here's another example. You own your own business and want to expand but notice you have guilt about doing so. You pay attention and notice that your discomfort with 'receiving' plays out in other ways too. An acquaintance messages you but you take days to respond, your partner asks to support you but you respond, 'No, I can do it', your friend invites you to dinner and you say, 'I'm sorry, I'm too busy'.

**What is your own version(s) of this is? What habit(s) like this can you identify, which you'd really like to shift? Write them down and make a list of the ways they show up in your life (big and small). Remember, how you do one thing is how you do everything!**

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Change can feel like a mountain; big and scary to climb. If we're constantly looking at the summit, then all we'll see is how far we are from the top. On the other hand, if we watch our feet as we walk, we're constantly reminded of how much ground we're covering (one step at a time).



Let's take the example of wanting to expand your business and noticing that your resistance to 'receiving' in business is actually a broader pattern in your life.

**What if you began to tackle all the small ways this behaviour manifests?**

For example, you commit to clearing out your inbox daily, you say yes to your partner's offer of support (even though you know you can do it yourself), you accept the dinner invitation, even when your busy (Let's face it, busy is often an excuse!).

Notice how now you're building positive momentum behind this new pattern of behaviour in a way that doesn't feel too overwhelming. Notice, also, that the cumulative total of those thousand small actions, starts to influence how you show up at work.

How you do one thing is how you do everything! If you consistently address the small stuff, the big stuff will take care of itself.



*how has it served me until now?*

For example, even the beliefs that hold us back, serve a purpose of some kind. Perhaps it keeps you safe, helps you avoid emotional exposure, allows you to be discerning. Record your observations here:

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Give yourself an opportunity to experience appreciation for this. That belief – outdated though it may be – got you to where you are now. This is important. We can't let go of things we're attached to so expressing thanks is a way to help you remove internal obstacles to letting that belief go.

Let's recap:

- ✓ You've given expression to the belief by writing it down
- ✓ You've identified where you learnt it
- ✓ You've developed appreciation for how it's kept you safe

Now you can let it go. Burn this piece of paper as a symbol of your willingness to release the old and make space for the new.

*what will you create in its place?*

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# Exercise 4

## WHAT DO YOU WANT IN LIFE?

What do you want in life? In all likelihood, there will be layers to your response to this question. So, begin the exercise as follows:

Complete this sentence: *"I want...."*

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Now answer a follow-up question: *"why do I want this thing?"*

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Your first answer will typically express a surface-level desire, so keep asking the question (*why do I want this?*) and recording your answer over and over again, until you arrive at an answer that feels like it really comes from your heart (in as much as it can at this moment).

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Having arrived at the desire that feels most true, jot down ideas for how you might create this in your life. Give yourself permission to be creative and free.

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Now, complete the following sentence: *"I can't have this because....."*.  
Write down everything that comes to mind (these are your limiting beliefs):

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**Look back over your answers and then:**

- a. Complete Exercise 3 (That is: identify where you learnt the story, how it has served you until now and access your willingness to let it go)

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b. Swap your *"I can't because....."* statement with its opposite ("I can because.....").

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c. Think of this new statement as an *'effect'* or *'outcome'*. For each effect you've identified, what would the cause be? For example, if you've identified connection as the 'effect'. What would be the cause? Perhaps it would be initiating connections with other people, telling your friends or partner how appreciated they are, catching yourself in moments where you'd usually close yourself off and learning to stay open instead etc.

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Now, having determined the cause of your desired effect,  
your final step is to take action!

*go do the thing!*





Is it possible that there are pockets of possibility  
that you've been oblivious to until now?!  
What if the story, not the situation, is holding you back?!

**What can you do differently now?!**  
**Thanks for taking this journey with me!**

I see and acknowledge your commitment.

Remember that you can come back to these practices over and again.  
Each time you do you'll uncover new things about yourself and the world.  
It's a process that will expand you every time.

**KARINA**  
GUTHRIE *yoga*