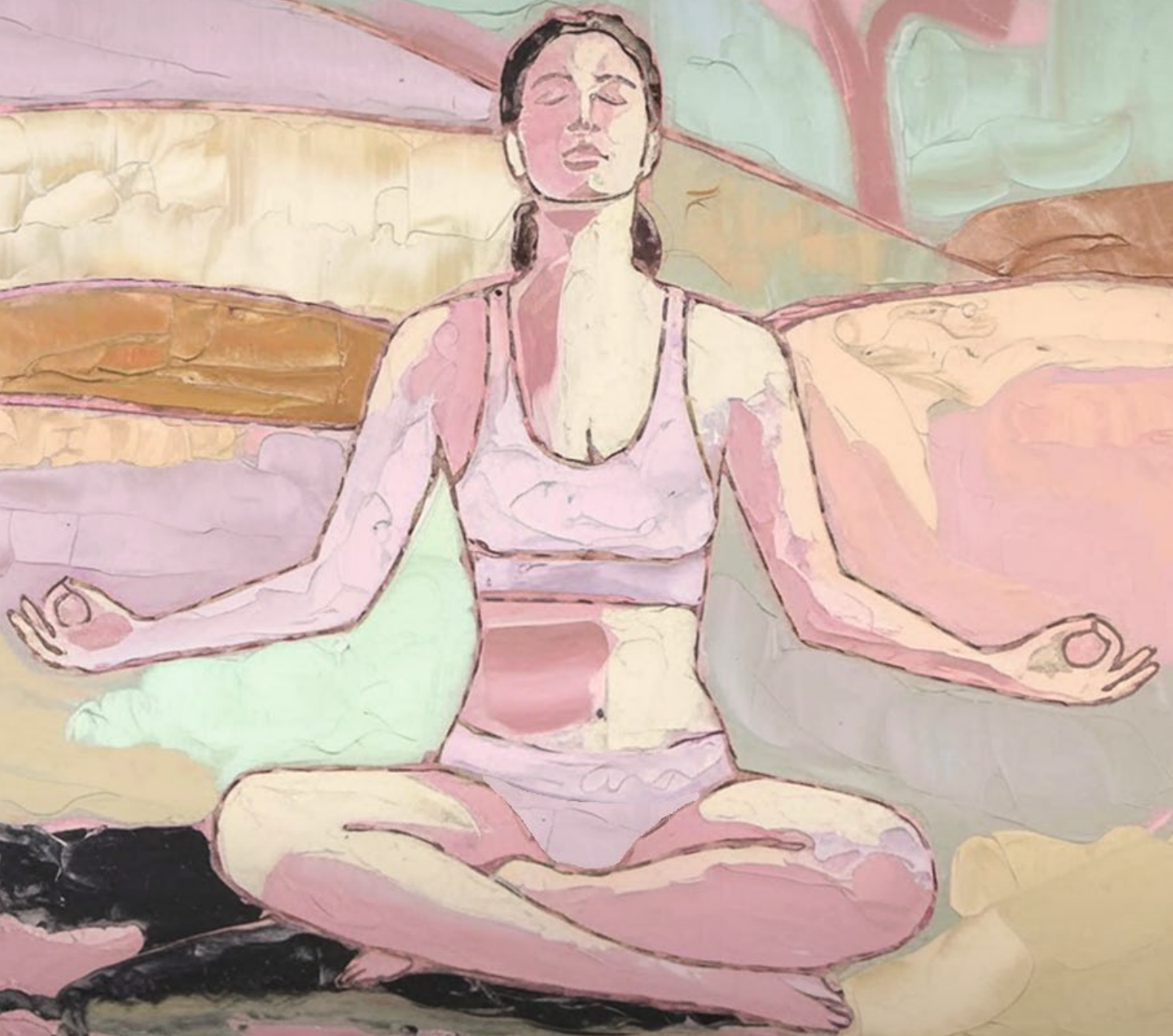


YOUR JOURNEY

# *Within*

MINI WORKBOOK



A Guided Workbook  
for Intentions & Growth



# Welcome to Your Journey *Within*

Hi, I'm Larthia — your yoga bestie, here to guide you on your journey of self-discovery and intentional living.

This workbook is all about helping you reflect, grow, and cultivate gratitude in a way that feels right for you. With each step, you'll be nudged to take small, mindful actions that help you embrace your unique path. Oh, and there's also a colouring mindfulness page, because sometimes the best way to chill and focus is with a bit of colour.

As you work through the pages, you'll get to celebrate the little wins and see how far you've come.

It's all about those good vibes!

# What *Intentions* Will Guide You?

Reflect on how you wish to feel and grow

Picture yourself feeling truly calm and at peace. Where are you?

---

---

---

---

---

---

---

---

What's one small change you can make today to bring you closer to that feeling?

---

---

---

---

---

---

---

---



# The Power of a *Gratitude* Practice

Gratitude invites a shift in perspective, helping you appreciate the richness of life, even in small moments.

What is one thing about yourself that you're grateful for?

---

---

---

How can you deepen your appreciation for that quality in the future?

---

---

---

---

---

---

---

---

# Turning Intentions Into *Meaningful* Actions

Break down your goals into small, achievable actions that will guide you towards progress, one step at a time.

What's one small action you can take towards your intention?

---

How can you make that action a part of your routine?

---

---

---

What positive change will you notice in yourself once this action becomes a habit?

---

---

---

---

# Looking *Within* to Understand Your Journey

Explore how your intentions align with your values.

What's one value that guides your decisions?

---

---

---

How can you honour that value more consistently in your choices?

---

---

---

---

---

---

---

---

# Recognising and *Celebrating* Your Progress

Take a moment to reflect on how far you've come, no matter how small the steps.

What is one small achievement that made you feel proud recently?

---

---

---

How can you celebrate it and use it as motivation moving forward?

---

---

---

---

---

---

---

---

---

---

# Restoring Calm Through The *Breath*

A simple breathing technique to centre and ground yourself.

The 4-7-8 breathing technique is effective for promoting relaxation and creating space for stillness. As you engage in this practice, focus on the sensations of your breath and the rhythm it creates, allowing tension to melt away.

## Instructions:

1. Find a comfortable seated position where your spine feels supported, and gently close your eyes.
2. Inhale deeply through your nose for a count of 4, letting your breath fill your lungs completely.
3. Hold your breath softly for a count of 7, observing the stillness within.
4. Exhale slowly and fully through your mouth for a count of 8, releasing all tension as your breath flows out.
5. Repeat this cycle 3-4 times or as long as it feels nourishing, focusing on the steady rhythm of your breath and the calm it creates.

Notice how your body responds to this practice.

Do you feel lighter, more grounded, or at ease? Use this technique whenever you feel the need to reconnect with a sense of calm.



# Envisioning Your *Ideal* Self and *Future* Life

Connect with the version of yourself you aspire to become.

Visualisation allows you to explore your deepest aspirations, focusing on the person you wish to become and the values you want to embody. By vividly imagining this future self, you align your thoughts, emotions, and actions with your goals, bringing clarity and motivation to your journey. Use the prompts to gently guide your reflection and let your vision unfold naturally.

What decisions or actions would my future self be grateful for?

---

---

What simple steps can I take now to start bringing these actions to life?

---

---

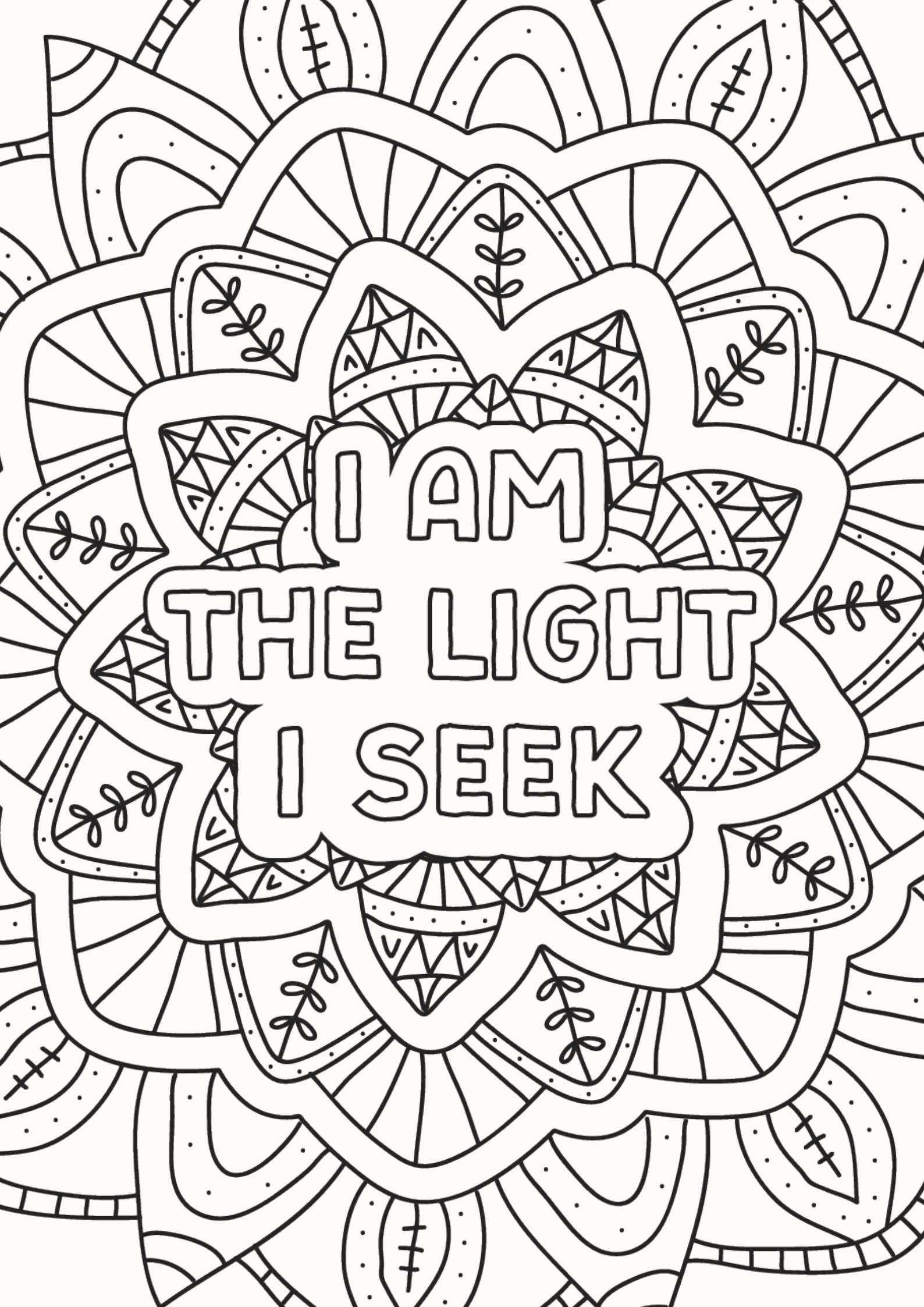
---

---

---

# A Moment of *Stillness* and Creativity

Now that you've reflected and visualised your intentions, take a moment to ground yourself in the present with mindful colouring. As you fill in the space, remember: "I am the light I seek." Let this be a peaceful practice to reconnect with your inner calm and creativity.



I AM  
THE LIGHT  
I SEEK

# *Unlock* the full experience with

## Your Journey Within – Complete Workbook

Packed with journaling prompts, meditations, and unique tools, this workbook guides you through a year of self-growth and mindfulness. Explore exercises to release limiting beliefs, tap into your inner wisdom, and strengthen your connection to your body and mind.

✨ Use code **LIGHTWITHIN10** for 10% off!

**GET YOUR COPY NOW!**

Keep shining!

*Lartha*