

## Finding YourSELF in this New World – with Dr Anne Jensen, MSc, DC, DPhil (PhD)

There's been so many changes. Things we depended upon, things we took as true or fact, things we took for granted – so many of these things have changed. Many people are struggling with figuring out who they are in this changed world. This workshop will take the stress out of *change*, and help you find your feet again so that you can *thrive* amid uncertainty!

To prepare for our time together, here are some things to allow your mind to dwell on...

### Change

Think back over the last 2 years... How has your life changed in that time? How did your mind cope with these changes? How has your body coped with these changes? Think back over your lifetime – and sit with those points of great transition in your life: birth(s), deaths, leaving home, moving house, job and career changes, marriage and divorce, etc.

### Uncertainty

Think back on times in your life where there was uncertainty... times when you were hesitant... where you did not "know"...

### Stress

How do you know when you are under stress? What are the signs that your mindbody gives you when your stress bucket is too full? What are your go-to coping strategies to handle stress? Do you meet it head on? Do you avoid – with busy-ness, alcohol, tv? How would you like to respond?

### I am ME

Ask yourself the following questions – without explicitly answering (in words) – just *feel* how your mindbody responds: Who am I? Who am I *really*? Who is it that is looking out of my eyes?

### Knowing

Do you recall getting intuitive hits of guidance? How do you recognise them? Do you trust them? Do you heed them? If not, why not? If so, what has been your experience?

### What is holding you back?

Do you ever feel like you're spinning your wheels, not getting to where you want to go? Feel around your mindbody for anything holding you back, restraining you, keeping you from moving ahead. What would you do if you no longer had these constraints?

### "After" / Your Next Steps

Looking forward on your life path, what is next for you? What are you here for? And does that cause you stress?

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