

WORKSHOP WORKBOOK

The Key to Be Free

Reclaim Your Life



RECLAIM YOUR LIFE — 3 KEYS TO FREEDOM AFTER LOSS, DIVORCE OR BURNOUT



Hi — I'm Sandy Johnston.

This workbook is your companion
for today's workshop.

Use it to capture insights, try the
short practices, and leave with a
3-step micro-plan to help you
move from surviving to choosing.

A trauma
sensitive
Lunch &
Learn

with
Sandy
Johnston

Welcome

WHY WE'RE HERE



What to bring

- A notebook or note taking app to write
- A pen
- A quiet corner and a drink
- Openness to participate at your comfort level

This hour is for women rebuilding after major change who want safety-first, practical tools to steady the nervous system, shift limiting stories and take tiny, powerful steps toward a life they love.

Workshop AGENDA

Welcome

- ☐ The Problem: Survival Mode vs Choice
- ☐ Personal Story: Finding Safety & Voice
- ☐ The Map vs The Wish (Why a plan matters)
- ☐ Introduce the K.E.Y. process (plus R.A.P.I.D. mapping)
- ☐ Three truths (tiny practice principles)
- ☐ Key 1: Knowing
Key 2: Ease
Key 3: Yield
- ☐ Integration



Self-care is giving the world the best of you, rather than what's left of you.

The greatest act of self-care is to believe that we are worthy of care.

Take time to care for yourself today, you deserve it!



"The best time to plant a tree was 20 years ago. The second best time is now."

-Chinese proverb

GENTLE STEPS

1

Question

When was the last time you felt genuinely happy and in charge of your life? (Write a short answer)

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2

Reflection

If this felt hard, notice one small feeling that arises:

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"We suffer more often in imagination than
in reality."

-Seneca

GENTLE STEPS

3 THE MAP vs THE WISH

Why a map is essential

- Wanting A → B without a plan leaves you fumbling in unknown territory. A map = clarity, fewer wrong turns, sustained belief.

Brief prompt: What is one "someday" you keep saying you'll do?

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"I can be changed by what happens to me. But I refuse to be reduced by it."

-Maya Angelou

GENTLE STEPS

4

KEY FRAMEWORK

- K = Know (Awareness)
- E = Ease (Safety)
- Y = Yield (Action)

Write which one speaks to you most today:

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"In trying to please other people, we lose our hold on our life's purpose."

-Epictetus

GENTLE STEPS

4.1 KEY 1: Awareness

Purpose: Identify energy leaks and what refuels you

Prompt 1: Where does your energy drain most? (brief list)

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Prompt 2: What gives you fresh energy? (one example)

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Values check: Name one value to prioritise this week:

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Micro-task (15 min): Schedule one small activity this week that reflects your chosen value.



"Breathing in, I calm body and mind.
Breathing out, I smile."
-Thich Nhat Hanh

GENTLE STEPS

4.2 KEY 2: Ease (Safety)

(Guided Anchor)

Purpose: Steady your nervous system so choices feel possible

Guided Anchor (90-120 sec)

1. Sit comfortably, feet grounded, hand over heart.
2. Breathe: inhale 4 — hold 4 — exhale 4 (repeat 3x).
3. On inhale think: "Enough." On exhale think: "I am safe." Repeat twice.
4. Notice any changes. Jot one short note:

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Practice plan: Use this anchor in the morning or before a making a decision for 7 days. (**Write "YES" each day to reinforce your ability to be consistent - this helps to build self-trust and confidence.**)





"Our greatest glory is not in never falling,
but in rising every time we fall"

-Confucius

GENTLE STEPS

4.3 KEY 3: Action

3-Step Micro-Plan)

Purpose: Move from planning to doing

Your Goal (one sentence):

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Micro Step 1 (today / date + time):

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Micro Step 2 (mid week):

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Micro Step 3 (end of week/accountability check):

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"Dream as if you will live forever. Live as if you will die tomorrow."

- James Dean

GENTLE STEPS

5 COMMON OBSTACLES + REFRAMES

Obstacle / What it says / Reframe you can use

"I don't have time" → You need structure, not more hustle → "One 15-minute slot is my priority."

"I don't have money" → Start with micro-experiments that cost little → "This small test costs time, not fortune."

"I'll wait for the right time" → Winners take imperfect action → "I'll do one small step today."

Write which obstacle tends to stop you:

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Write a quick reframe you'll use:

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THE **PATH**
TO **FREEDOM**
COACHING PROGRAM

EVERYTHING YOU NEED TO TURN
SMALL STEPS INTO REAL FREEDOM



"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

-Mother Teresa

GENTLE STEPS

6

MINI CHECKLIST: WHAT TO DO NEXT

- ✓ Try the 90-sec anchor today.
- ✓ Block your Micro-step 1 in your calendar now.
- ✓ Tell one person who will cheer you on.
- ✓ Save this journal and revisit on Friday for one mini celebration.

PATH TO FREEDOM: YOUR NEXT STEP

If this workshop resonated and you want structured, deep support:

Path to Freedom = 10 weeks of 1:1 coaching + Freedom Weaver Vault + weekly micro-plans + accountability + 2 bonus sessions (PIF).

Workshop attendees receive a free 20-min New You Review to map your 3-step micro-plan.

Interested? Book your free New You Review here: **BOOK HERE**
(If you book within 7 days, you can still claim the workshop discount.)

Download the Path to Freedom Brochure



"Every accomplishment starts with a decision to try."

-Gail Devers

GENTLE STEPS

RESOURCES & LINKS

- ✓ Pre-Workshop Calm Kit (guide): [[link](#)]
- ✓ Reclaim Your Life — workshop registration (when live): [[link](#)]
- ✓ Contact: info@thekeytobefree.com.au

CLOSING AFFIRMATION

Take this with you:

"Being free means taking responsibility for my thoughts, beliefs, attitudes and actions — and choosing my path."

One tiny step I commit to this week:

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THANK YOU

Thank you for attending. If you'd like help turning your micro-plan into a longer roadmap, book a [FREE New You Review Session](#) within 48 hours to claim your discount.

notes

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About SANDY JOHNSTON

Sandy Johnston understands how loss, relationship endings, and chronic overwhelm can leave you depleted and doubting yourself.

As a trauma-informed coach and trainer, she offers compassionate, practical support to help women rebuild strength, restore well-being, and rediscover a life of purpose and ease.

Before you go...

If you'd like extra support while you wait, here are gentle resources you can explore only if it feels right:

Free Coaching Resources: **The Key to Be Free**

Podcast Stories of Hope: **Tiaras, Tears & Triumphs**

Community Sanctuary: **Rise Up Facebook Group** (Zero sales – just sisterhood)

Immediate Crisis Support:

- Australia: **Ask Izzy**
- Worldwide: **Hot Peach Pages**

Book a FREE New You Review Session within 48 hours to claim your 20% program discount.

