

Action Map

GET FEAR BEHIND YOU AND
UNLEASH YOUR GOD GIVEN GREATNESS

Mediocre

to



Magnificent

My intent for this workbook is to help you define a clear path so you can leave mediocre behind and step into the magnificent future you dream of.

I believe that the Most High breathed his breathe of life into all of us giving us His power, insight and wisdom. I believe that He has put us on this earth so that our inner light can shine bright and illuminate the way for others.

If we all shine, together, we can eliminate the darkness.

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There is no guarantee or promise, expressed or implied, that your life will change for the better by using these strategies, concepts, techniques, exercises and ideas in this book. I welcome you to share what you have learned with friends and family. However, you are not authorized to repurpose or claim anything that is in this book or workshop as your own.

When Our Actions
Are Based On
Good Intentions
Our Soul Has No
Regrets.

-Anthony Douglas Williams

First Action Step

Step 1

Take a picture of yourself holding this workbook

Step 2

Post it on Instagram using #iammagnificent

Step 3

Tag Us @iamexudingwellness

Unleash Your
Greatness Everyday
in Every Way
-Cathy Ramos

Set Your Intent

Remove what everyone else wants from you
Remove all the responsibilities and cares of the world
Leaving only you

What do you want?

Define Your WHY

Why is this your WHY

Define Your Growth

Based on your intent
How will these areas of your life improve

Social Life

Love Life

Career

Physical Self

Family

Spirituality

Mental State

You Cannot Always
Control What Goes
On Outside. But You
Can Always Control
What Goes On
Inside.

-Unknown

Customized Affirmations

What is happening in your life right now that you do not like?
Why don't you like what is happening?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Reflect on what you have written
Allowing the emotions to surface
The goal here is to FEEL
Stay focused on the WHY

Customized Affirmations

Cont'

In not being able to change anyone else but yourself
How can YOU turn that negative into a positive

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

He Who Fails To Plan
Is Planning To Fail
-Winston Churchill

Create the Plan

What can YOU do to get YOU to YOUR goal

1. _____

a. _____

b. _____

c. _____

d. _____

2. _____

a. _____

b. _____

c. _____

d. _____

3. _____

a. _____

b. _____

c. _____

d. _____

4. _____

a. _____

b. _____

c. _____

d. _____

5. _____

a. _____

b. _____

c. _____

d. _____

6. _____

a. _____

b. _____

c. _____

d. _____

7. _____

a. _____

b. _____

c. _____

d. _____

8. _____

a. _____

b. _____

c. _____

d. _____

9. _____

a. _____

b. _____

c. _____

d. _____

I Am In Control Of
Myself.
Though I May Be
Tempted To
Regress,
I Stand Firm On My
Vision Of The Future.
-Cathy Ramos

Fearless

What lie fear is telling you
Which affirmation will you use to negate the lie
What action step will you take to show fear you are serious

1. _____

2. _____

3. _____

4. _____

5.

6.

7.

8.

Life And Death
Begin In The Gut
-Hippocrates

Healthy Alternatives

Nachos

- 2 cups walnuts or mushrooms
- 1 can drained black beans
- 1 pint grape tomatoes
- 1 large red onion
- 1 handful cilantro
- 1 packet taco mix
- 1 bag tortilla chips

Chop walnuts into small pieces

Chop tomatoes

Chop Onions

Chop Cilantro

Add all chopped ingredients, black beans and taco seasoning to a bowl and combine well

Serve by placing chips on a plate and adding taco mixture on top

Toothpaste

- 2 parts coconut oil
- 1 part sea salt

Mix well

Store in cool place

Brush teeth as normal



Cathy Ramos began her journey by becoming her first client. Exploring herself and evaluating her strengths and weaknesses she learned that she, herself, was very toxic and in need of a mental, physical and spiritual cleanse.

As a **Healer**, she helps her clients **energize their bodies** by removing their toxic build up.

As a **Creator**, she helps her clients **renew their minds** so they can create the life of their desires.

As a **Coach**, Cathy helps her clients **bring joy to their soul** by getting fear behind them and taking action on their dreams.

Cathy found her passion in helping others **unleash their greatness**, just as she has.

She is able to use her natural gifts and talents, as well as the lessons she has learned on her journey to help her clients achieve true wellness.

Instagram @iamexudingwellness

Get Inspired To Take Action

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Every monthly you will receive your **Inspo Kit**
delivered directly to your email

In it is all you need to get clear on your desire
and take action to manifest it in the here and now

- **Action Map**
- **Breathing Technique**
- **Stretch**
- **Juice Recipe**
- **Meal Recipe**
- **Herbal Recipe**
- **Past Manifestation Masterclass**
- **Live Check Ins**
- **2x per week**
- **24/7 Access to Tribe**
- **Private Group Chat**

Join Later

www.exudingwellness.com/tribe

It Is Amazing How
Far You Can Go
Because Someone
Believed In You.

-Unknown