

THE REZ KIT *Workbook*

*A, SORT OF, RESILIENCE TOOLKIT
IF YOU WILL*



CREATED BY VICTORIA CUMBERBATCH
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TIPS N TRICKS FOR THIS WORKBOOK

- **Move at your OWN pace**; read in any order, skip processes, print it out, etc
- **Follow along** either by: page numbers, color coding, and/or these emojis that correlate to the chapter
- **QR codes** accompany all links for ease



Prefer to read
this workbook on
a browser?
Click Here or the
QR



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Welcome!



More audio, visual? Check the next page!

*You'll find all types of things in here, so **it's completely up to you if you want to read this through and make notes in your own way**, if you want to print this out and write all over it, or if you want to take one tool at random to review, etc.*

*There's **no right, wrong, best, or lamest way to absorb what's in here**, so do what **FEELS** good!*

*My aim is for this to be an inspiration for you to **begin crafting your own REZKIT** so that you might live with the feeling of increased autonomy, the knowledge that you're always at choice, and of course, a deeper more forgiving relationship with yourself so that you might permeate that outward.*

xx Vik



Welcome!



*Rather watch later?
Capture this QR code with
your device to save*

THE SHE FRAMEWORK

A transformative coaching methodology **designed with neurodivergence in mind**. A way to embrace their unique wiring + embark on an adventure of self-discovery & empowerment.

The **SHE Framework is built on three interconnected pillars**—Shadow Work, Hard Skills, and Embodiment—designed to guide you in navigating the challenges & opportunities of this good ol life with compassion, strategy, and self-trust.

These pillars are **woven throughout this workbook** + every piece of content or coaching that I am involved in. It's one of the best, holistic methodologies to partner with neurodivergence; so let me share a bit more about it >>



THE SHE FRAMEWORK

SHADOW WORK

- **What It Is:** Exploring + integrating the parts of yourself you've been taught to hide or dismiss. *This includes uncovering societal conditioning, addressing internalized shame, and acknowledging unresolved emotions.*
- **Core Practices:**
 - Reflective prompts to uncover hidden narratives
 - Guided exercises to challenge and accept the parts of you that feel *too much* or *not enough*.
 - Exploration of repressed emotions, particularly around missed diagnoses or misunderstood life paths.
- **The Point:** Greater self-acceptance + a clearer understanding of how past patterns influence current challenges. It may not **all** be, ADHD. **You** are in your life driver's seat.





THE SHE FRAMEWORK

HARD SKILLS



- **What It Is:** Equipping yourself with actionable tools, strategies, + templates to simplify decision-making, manage overwhelm, and leverage your unique *strengths to thrive, instead of survive with ADHD.*
- **Core Practices:**
 - Developing personalized systems for executive functioning imbalances.
 - Access to curated templates.
- **The Point:** A robust resilience toolkit fostering efficiency and confidence.

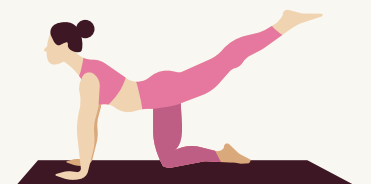




THE SHE FRAMEWORK

EMBODIMENT

- **What It Is:** Reconnecting with your body to create a wider window of tolerance, allowing for more mindful responses, reducing cortisol, + improving holistic health.
- **Core Practices:**
 - Somatic techniques to reduce chronic tension.
 - Inviting in rhythm & ritual over routine.
- **The Point:** Mindful embodiment practices harness neuroplasticity + regulate the nervous system, helping to de-stress overactive brain regions, balance neurotransmitters, and reduce stress-related inflammation. With consistency, a reduction in stress, improved focus, and better regulation of emotions is available.

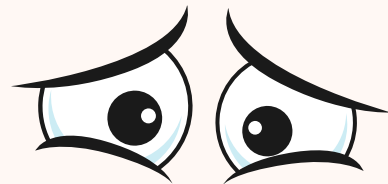


AHH, SWEET
SWEET LIFE



Be A PIVOTEER

Sh*t Hits the Fan



Pivot
Point



Pause
to respond with
RezKit tools &
accept the new
situation to create
new results

Sprint
into default reaction
// create the same
subpar results

To Be or Not to Be



*To be a pivoteer, is to be someone that can **slow down with intention**, to **reflect** momentarily on which direction they can go from this new, abrupt information.*

*To be a pivoteer, is to **lean into the eye of the storm**, find the calm within it, and direct their life from this new vantage point.*

*In order to expand their tolerance, for quite frankly, life **LIFING** at them. A phenomenon that will never cease, yet one that allows the pivoteer a chance for **elevation, expansion, consciousness, and ease.***



Window of Tolerance

Imagine a river.

When you're flowing within the riverbanks, **you're centered, connected, + responsive**. This zone — where you feel regulated and resilient — is called your Window of Tolerance.

When life pushes hard, you might tumble into the rapids (**hyperarousal: anxious, defensive, overwhelmed**) or sink to the bottom (**hypoarousal: numb, checked out, shut down**). You'd be OUTside your window.

Window of Tolerance

Hyper-Arousal

Feeling overwhelm, panic, unsafe, angry, anxiety, racing thoughts, etc. You're stuck on "ON"



Window of Tolerance

Calm Arousal - Living your daily life with optimal arousal in a river of well-being.



Hypo-Arousal

No feelings or energy, numb, can't think, shut down, ashamed, disconnected, depressed, etc. You're stuck on "OFF"



Window of Tolerance



**Resilience is the sustainable resource that keeps
you in your river.**

It helps you maintain your regulation — staying centered, connected, and responsive rather than armored and reactive.

**With this workbook, you're not just stacking
tools.**

*You're widening your window and deepening your
capacity to navigate life, even when it's lifing hard*



Window of Tolerance

Reflection Prompt:

- How do you know when you're inside your Window of Tolerance?
- How does it feel/smell/sound when you're outside of it?
- What tools do you already have, that can bring you into your Window?

“
*Between stimulus &
response there is a space.*

*In that space is our power
to choose our response.*

*In our response lies our
growth & our freedom.*

Viktor Frankl

”

The 3 Layers of the Toolkit



Mental Models

Reconfigure the representation of what's
True in your reality.
For reasoning + decision making. Most
aligned with shadow work.



Embodiment

Sometimes, thinking isn't the best
way out, but rather through the
release of energy from the body.



Exercises

For those that like a
framework, process, or the
nostalgia of writing things
down; this is for you. Most
aligned with hard skilling.



Give to Get

Convo Change

Celebrate

Unapologetic

Storytelling

Truth

Failure

Progression

Mental Models





Sacred Pause

Patting

Breath

Movement

Music

Microdosing

Flowers

Manipulation

Embodiment





Mindmapping

Brain Dumping

Be Do Have

DeMasking

Timelining

Valuing

Clearings

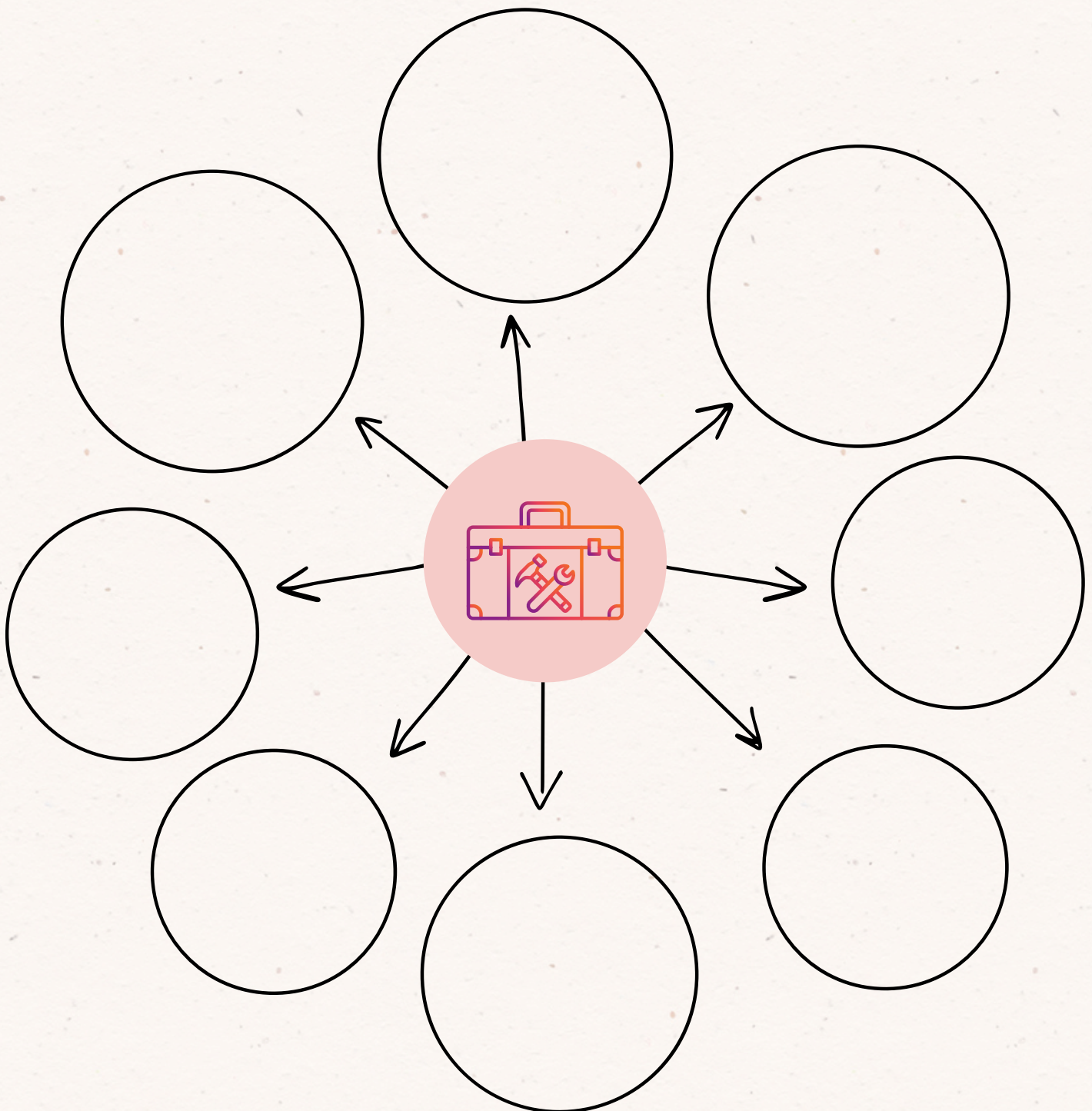
Success Mapping

Exercises



What's in Your Kit?

Without thinking too hard, write in the bubbles with what you believe is already in your own toolkit. Just, whatever comes to mind! There's no right/wrong.



Mental Models



The mental models shared in this section are original frameworks I've developed through years of observation + lived experience — specifically, noticing the recurring patterns that surface in moments of conflict, internal dissonance, or overwhelm.

You'll find a range of examples **designed to spark insight, experimentation, and personalization**, empowering you to begin crafting your own.

This marks the first layer of building your RezKit >> your mindset.

Give, what you came to Get



“Mutual giving brings a higher level of engagement and learning, which means that giving yields an exponential degree of receiving.”

Forbes, *The Psychology of Giving*, Brett Steenbarger | Dec 2017

When you **feel disconnected** [*from the self, loved ones, community, etc*]

- **Where** do you mentally tend to go?
- What **story** do you dig up about yourself?
- What do you tend to **do**?



Give, what you came to Get



Consider this >>

that which we **most** want is often that which we most **resist**.
Or, what we resist will persist.

Think about it.

Want that promotion

yet, continually sabotage your own success due to the underlying fear of added responsibility & imposter syndrome

Want to be seen as an artist

yet, persist on self deprecation with friends & inevitably believes their own worst fear, that they're a wannabe

Want to be the student who's on top of it

yet, gets caught in perfectionism, rewriting papers and restarting projects instead of submitting anything at all.

Want to feel connected + build real friendships

yet, skip every study group, social invite, or event because the idea of small talk feels exhausting and fake 🙄



the Remedy



BE, that which you most want.

Promotion?

BE responsible, tardy, collaborative

Artist?

BE your best advocate, reverent, in ownership

Star Student?

Be forgiving, start somewhere, request support

Relationships?

BE open, start the conversation, show up



When you're at one of life's crossroads -

Pause

What move would **The Pivoteer** make?

Consider
if you **begin to believe in &
act like the person** that
would already have what it is
you want, they would lean
into **BEing** not **DOing**.

Consider
if you **return to the
familiar defaulted stories
& actions**, nothing changes
+ you become righteous in
your [unreal] hunch that,
'you're no good, just as you
thought'

YOU Don't Change



“

*I can't believe I just let that happen, **how did I lose control?***

*Let me act normal, I really hope no one saw that. **I'd be so humiliated***

*Yeah, I'll have to break up with him tonight, **before he can with me.***

*I knew this would happen, **no one ever listens to me!***

I'm so stupid, why can't I just get it!?



You Don't Change



Your conversations do

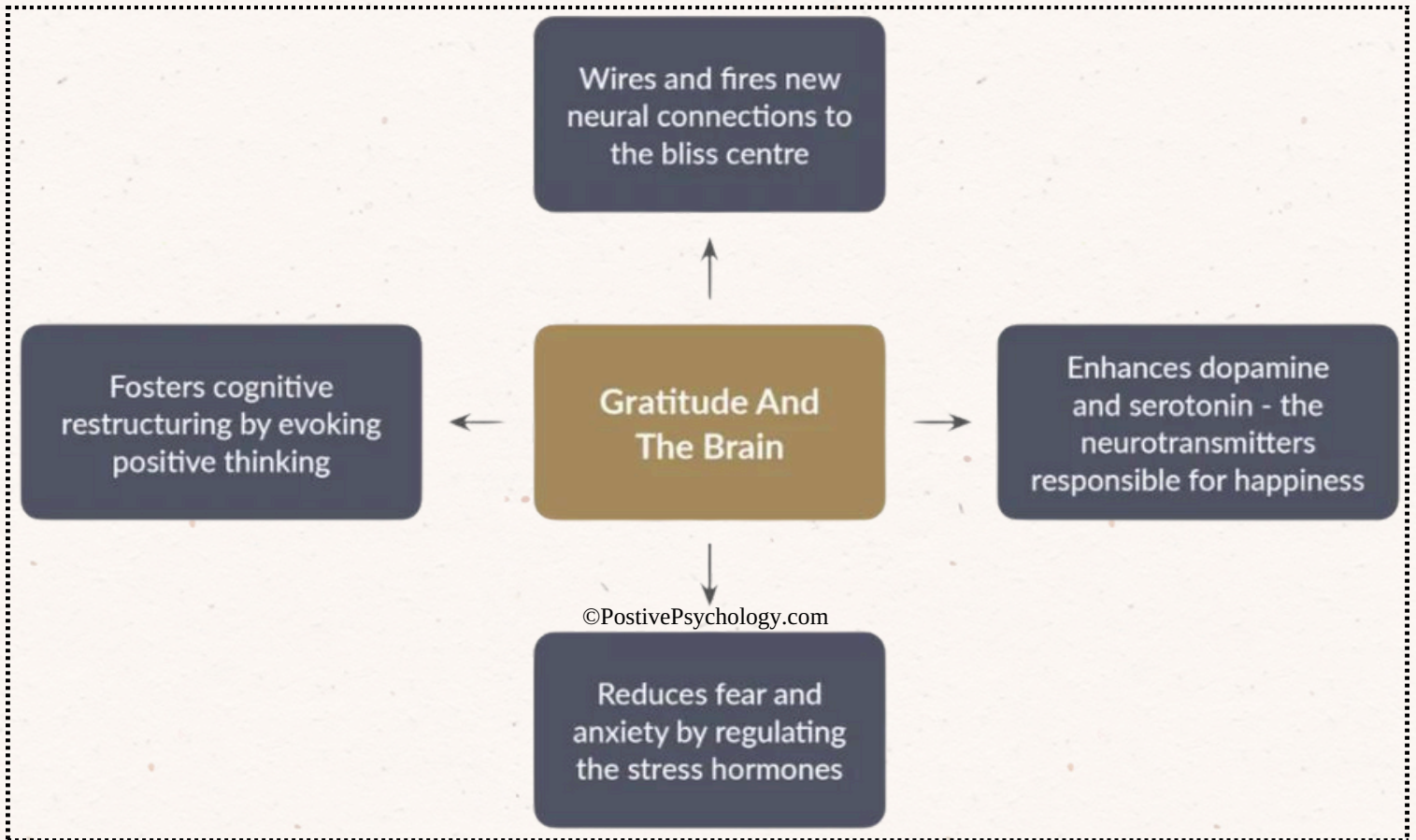


Catching + Reframing your internal stories & dialogue =
Change

PRACTICE

Catch yourself in 3 default stories you repeat in your head. Really notice what it feels like to grasp the thought. Actively revise the story & pivot from your own ancient history.

Celebrate or Be Grateful



When in doubt, **create a list of what you are grateful for** in your world.

When in doubt, **find something to celebrate**, no matter how minute to massive.

Everything counts.

Unapologetic



In my opinion, this is synonymous with authenticity. With that POV, where can you be 5% more unapologetic/authentic in your realm?

Take the next few days to make a line in this bingo card.

Practice makes progress.

Execute on that boundary	Acknowledge your role in a miscommunication	Do something for you
Tell someone you're close to, your real feelings	Trust your gut on a decision, not your mind	Create a boundary
Wear the thing you've been avoiding	Share the real belief you have about something controversial	Celebrate yourself for something you did well or are proud of
Have an elephant-in-the-room-clearing-conversation with someone close	Forgive yourself for something	Vulnerably share

**Triple Dare:
Enroll a friend into
doing this bingo with
you!**

The Story I'm Telling



All credit goes to the wise, sage owl that is Brené Brown, a leading researcher on vulnerability & shame.

The long & short of it is, **our internal stories & dialogue run our lives**. Our defaulted beliefs, running radio stations, + flippant comments to ourselves are what inevitably **create the feelings we feel, the things we say aloud to others, and the set up of our lives**.

It sounds dramatic, because honestly, it is.

This can be found most true, I'm sure you've noticed, in conflict [*especially with those you love most*]. **The mean, harsh, challenging things we say in our minds are often how we speak to others** and becomes the straight jacket we tend to live within.

The Story I'm Telling



Or, we can pivot.

Brené went on to share with the world in 2011, how to be a master pivoteer by choosing to pause and say to oneself, ‘*okay, the story I’m telling myself is....*’ and then to personally decide, **is that story True?**

Truth, comes from processing it + dissecting it and finally, making a decision on it. By pausing to reflect and process what’s really showing up for you [maybe even in the presence of someone else]; yes, you’re life can actually begin to make significant change.

This is called, **autonomy.**

The Story I'm Telling



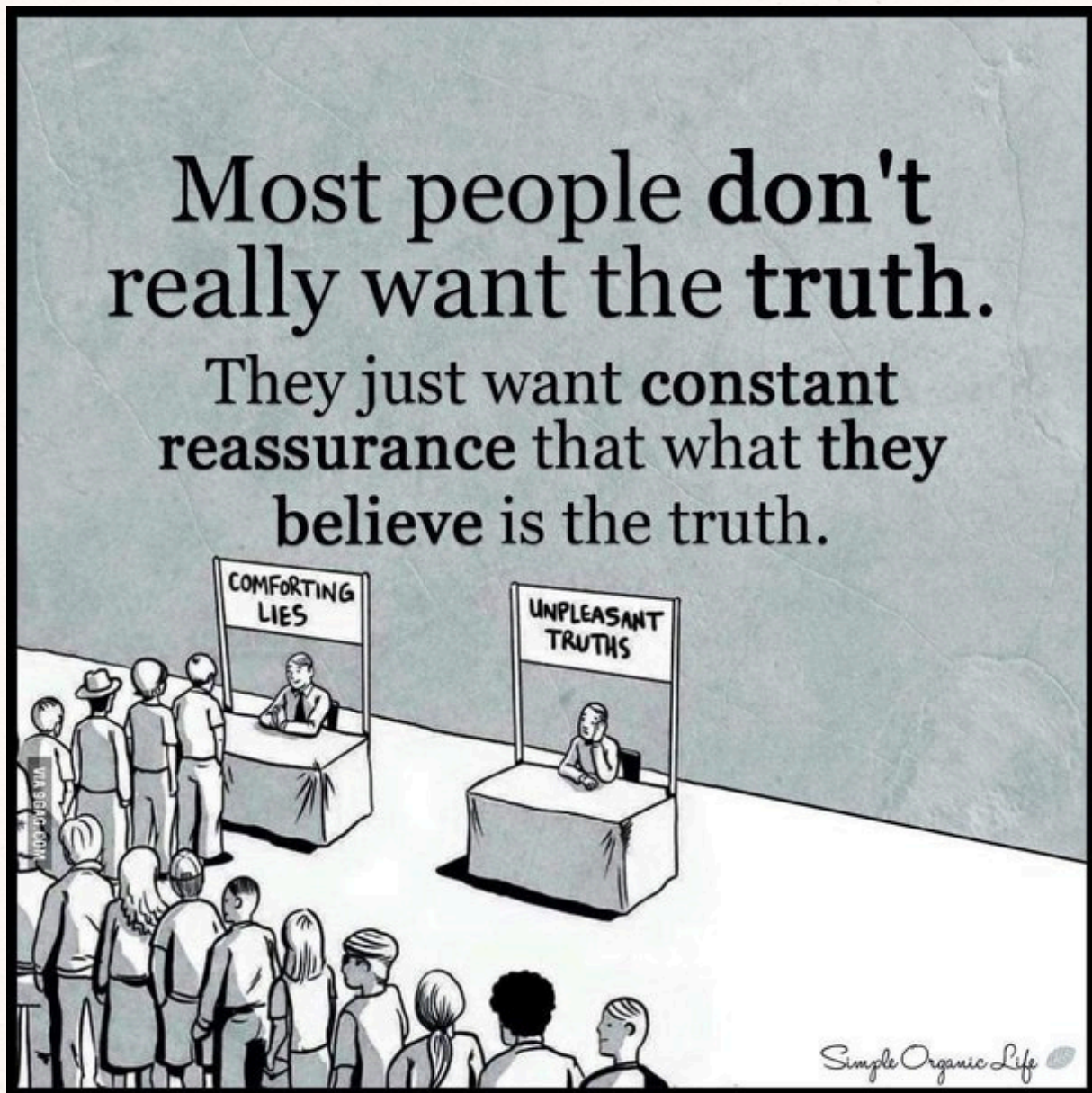
Take a look at some of these goodies to delve deeper
Click to view or snag the QR code below



What's your primary story?



Capital T



The **Truth**, has been studied since the days of Aristotle & his philosopher homies.

The pursuit of it, hasn't changed much since that ancient time.

In our adventure through life, as individuals + as a collective, we often stumble over discerning, **the Capital T truth**



The Running Story

I always mess up presentations. I'm terrible at public speaking. I'll embarrass myself.

They're going to leave me. I'm not good enough for them. They're probably talking to someone else already.

I'll never succeed at this new job; how did they even hire me? What if I fail? I'm not cut out for this, I should just rescind my place.



What's the Truth?

The Truth

I haven't presented yet. I have no idea how it will go. I trust in my preparation, energy, & knowledge.

They haven't given me reason to not trust them. They have no idea that I often feel this way; I *could* share how I feel...

I am smart, capable, & have survived every hard thing up to now. I can have a beginner's mind & will take this 1 step at a time.

Capital T



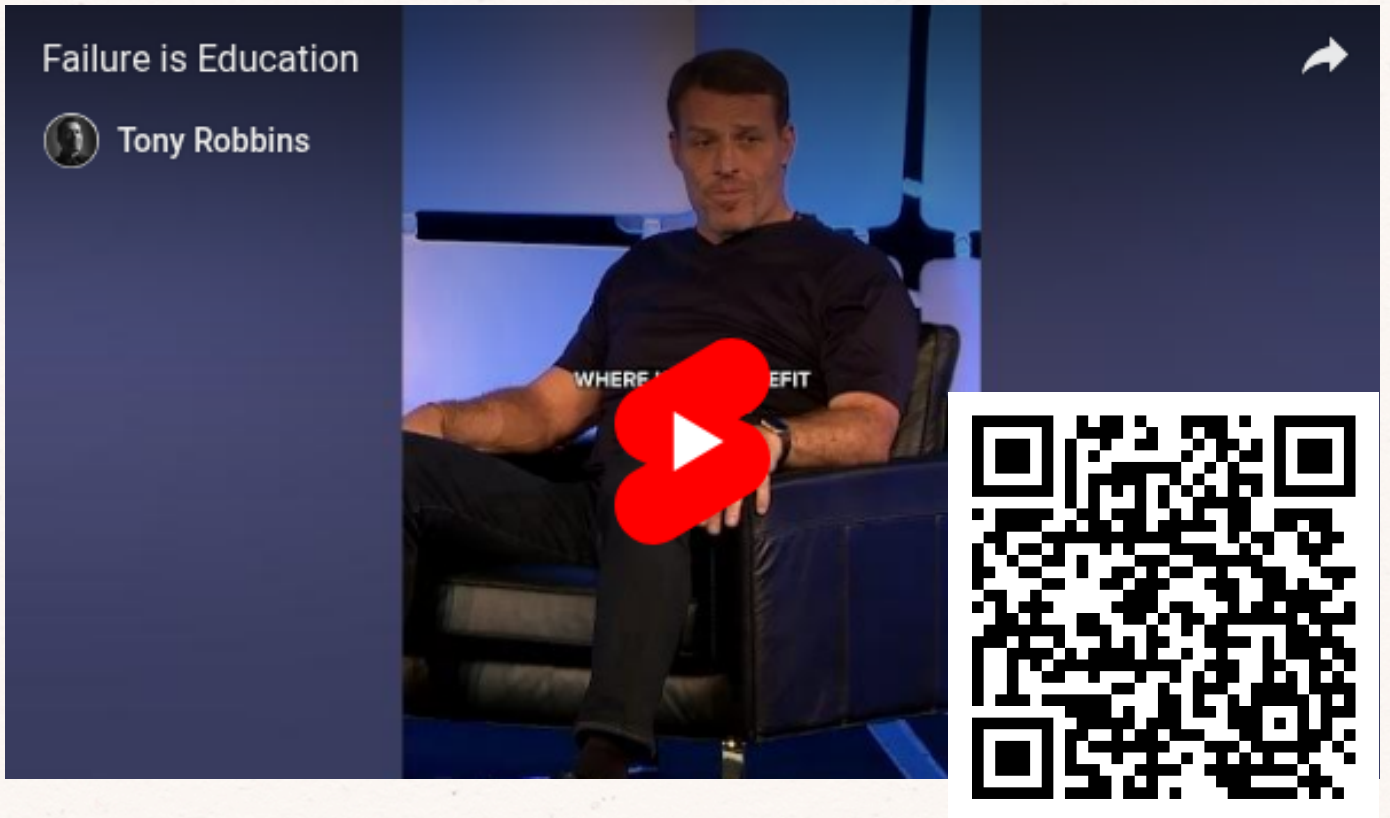
**YOUR Running
Story**

YOUR Truth

Take some time, to
consider your running
stories & discern the
Truth for each

What's the Truth?

Failure is a Requirement



WHAT IF

Instead of fearing failure
We looked toward it
Knowing it will be our
Fastest, most aligned way
For growth to envelop us;
To show us the way
Allowing us to see with a wider lens
What if,
Failure is a requirement?

Failure is a Requirement



What does failure **mean** to me?

When has perceived failure, **opened** up an opportunity?

1 Perceived Failure + What you Learned

1 Perceived Failure + What you Learned

1 Perceived Failure + What you Learned

Weave a **BIG FAIL** into a new story, that showcases how much you've grown, how far you've come, how much you've experienced →

Progress Over Perfection



Perfection is not the Truth

By unraveling the shield that has been perfectionism

We get to return to the childhood sandbox

To get messy in figuring it out

Determining, what really works for us, not what society dictates

If progress were the measurement, what would that change for you?



Progress Over Perfection



RESOURCES

marieforleo.com/blog/progress-not-perfection



[Gap & Gain book || amzn.to/3U76MX6](https://amzn.to/3U76MX6)



beardbrand.com/blogs/urbanbeardsman/progress-over-perfection



Mental Model | Review



**What have I learnt about Mental Models?
What about, my own models?**

**Which of these models feels most feasible to
implement in my life, today?**

**In what area of my life can I practice being a Pivoteer
this week?**

How will I celebrate my small wins?



Is to be, fully, physically **present** within your body. Shocker, we humans, have a mind body connection! As **science is finally catching up to the infinite wisdom of our bodies**, we're finding out the realities around phenomena like: *heart coherence, that trauma lives in the body, that neuroplasticity makes it possible for us to rewire our thoughts, or even our '2nd brain' which is that our gut can influence our emotional processing.*

Of course our bodies are complex, regenerative, intelligent, protective vessels! Of course we are innately resilient! Of course our bodies speak to us before our minds!

Therefore, of course, **we get to train our bodies just like our minds**, to keep us in our fullest capacity.



Patting



*When the heartrate is increasing
The sweat is dripping
The voice is stuttering*

Time to Tap

Based on the ancient Chinese practice, an offshoot of Qi Gong, is called Louhan Patting. I was introduced to it by a dear friend and it quickly became a daily practice.

Taking less than 10mins., I do a round of Louhan Patting to uplift my day from the start. When the stress starts to arrive, I excuse myself to the bathroom and do another round to regulate my system.



View Tapping Here!

Sacred Pause



This is that moment

You know it

When you're in the thick quagmire of thinking: *what can I can say to get out of this? What can I do to get out of this situation? What should my next move be? Who do they think they are? Big Eyeroll.*

And the thoughts are racing in, but you can't get through them fast enough

This is the moment, to invite in the sacred pause

Simply, stop. [*No matter how awkward it may be in front of others or in conversation*]

Pause.

Observe what's happening with your body.

Deepen your inhales & feel your exhales as they release.

Name one thing you note with each of your five senses.

From this solid, grounded place,

Make your next move.

Breathe

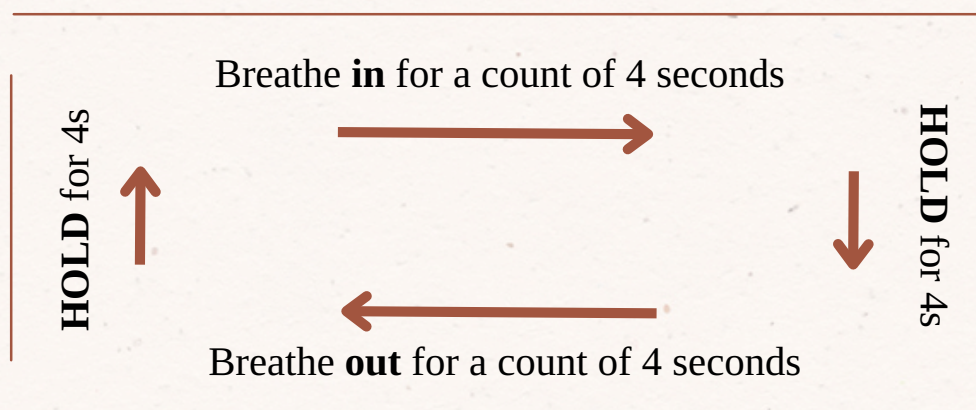


It was only by going through my breathwork facilitator training when I realized... that **I rarely breathed.**

I mean, literally, just regular degular breathing throughout the day. I started to recall & notice, **how often I would tend toward holding my breath for long periods of time**; as a kid in class, on dates, whenever I was posed with a question I didn't know the answer to, when receiving feedback from a manager...etc etc.

Now, whenever I happen to catch that I hadn't been breathing, stopped breathing for a while, foresee BIG anxiety is imminent, anticipate a hard conversation, or anything basically; **I take the sacred pause to breath intentionally.** I tend to go for the simple yet impactful box breathe.

Give it a shot the next time you claim your pause.



Movement



Besides science exposing how crucial daily movement is for us with neurodivergence or those of us with endocrine imbalances [PCOS *for me*] and so many more; it feels good 😊

Our bodies can speak to us clearly when we're regulated, so, let's practice keeping it up.

Ease pain. Regulate the mood. Lower the stress.
Sleep deeper. Increase the energy.

Here's where I tend to go:

Lift **weights** 3x weekly

Long **walks** throughout the week

Outdoor **volleyball**

Yoga classes

Stretching while watching shows

Keep
it
Simple

Music



My boyfriend will laugh at this slide because he's under the impression I don't like music. NOT true. The truth is, I am seriously sensitive to noise + certain musical types do different things for me.

I use music as a tool; I have playlists now for myriad aspects of life.

Such as: deep work, working out, relaxation, getting me to sleep, and so on. Over time, my playlists have become a sort of *dopamine drizzle* where I look forward to the gift of my curated playlists.

WIN.



*Since music therapy **activates the parts of the brain that control sensory + auditory functions**, it can help those who have neurodivergent brains to address issues with sensory processing and integration, promotes communication and expression (with or without verbal communication), addressing social skills and learning how to create meaningful relationships...*

[Incandence.org](https://www.incandence.org/) | [Music Therapy & Neurodivergence](#) | [Access AP162024](#)



For Best Experience
Use Headphones!

Music



Some Playlists to Get Started!

[Find multiple playlists on my Spotify Profile Here](#)



[Find on YouTube: White / Brown / Pink / Gray Noise](#)



[My Deepwork Playlist Here](#)



[Learn about Sound Frequencies Here](#)



Microdosing



It took some time to identify a microdosing regimen that felt aligned for me—but once I did, it became a powerful part of my personal care toolkit. I began exploring psilocybin microdosing during the early days of the pandemic, primarily to support anxiety and a persistent sense of heaviness.

Over time, as I came to understand my ADHD more fully, I noticed the practice had been supporting my cognitive and emotional regulation in ways I hadn't initially recognized.

After consulting with my functional medicine doctor, I made the intentional decision to cultivate a personal supply—seeking alternatives to traditional medication for managing ADHD and PCOS. While I'm still in the early stages of discovering what's most effective for my unique neurobiology and hormonal ecosystem, I share this not as advice, but to invite thoughtful consideration.

If you're curious about this path, I encourage you to reflect on the following:

Do you feel safe and well-supported in your exploration?

Is this practice legal or decriminalized where you live? [*I'm based in Colorado.*]

Are you prepared to do your own research, tailored to your body, needs, and circumstances?

Microdosing



Science is Catching Up!



Flower Essences



Flower essences have been immensely supportive as a tool in my kit. A great friend of mine introduced to me when she became a certified practitioner + offered me a consult session. The intake was as deep and thorough as one for talk therapy!

Essentially, essences are cultivated from flowering plants and can be used in a variety of ways to support us in dealing with emotional, physical, mental and spiritual issues that [oh, so often] arise. Additionally, this is a great way to get in touch with your ancestral lineage; using plants native to your homeland[s].

My main ones [after consultation] include:

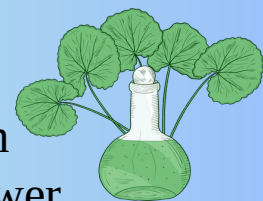
Elm

Impatiens

White Chestnut

Black Eyed Susan

Scarlet Monkey Flower



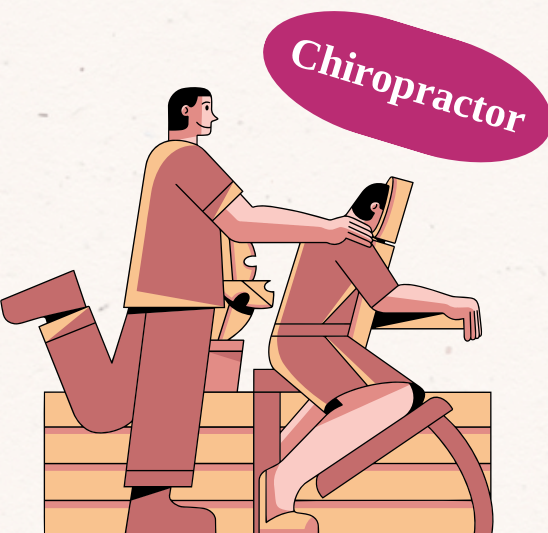
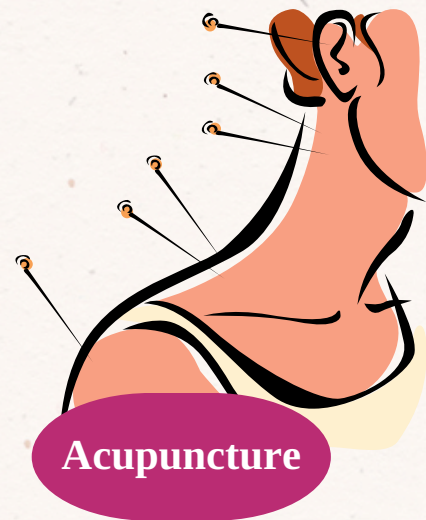
Created our
Own in DR!

Consider a consultation with [my dear friend here](#), and let her know I sent you!

Physical Manipulation



By this point, I hope that you recognize just how much intelligence, information, and inspiration that our bodies hold on to. Often, what's most supportive, is **physical manipulation to support our capacity to release energy.**





Here are a few additional things I do throughout the days when I'm feeling the start of dysregulation, harried mind, amped up heart beat, or sweat dripping →

HAND RUBS

I quickly rub the palms of my hands together to create heat, then I place each hand over each eye with lids closed. And depress them inward, just a smidgen, for as long as needbe.



BAREFOOT

Slipping my feet out of shoes & just being on the ground. Better if I can get on outdoor grass!



DANCE / SPORTS

You know what I'm talking about! Choose your favorite and simply, get down.

SMELL

Grab an essential oil, light incense, light up a bundle of something like rosemary and simply bask in it.



Cortisol



For neurodivergent brains, life often runs a little louder, faster, and heavier.

That quiet background noise?

It's stress. It's cortisol. The literal stress hormone. High cortisol over time shrinks your focus, floods your emotions, drains your energy, makes burnout come faster and truly makes you dis eased.

By releasing energy from your body DAILY, you get to lower cortisol, which can give you:

- ***Clearer*** thinking
- ***Easier*** emotional regulation
- ***More energy*** to do what matters
- ***Bigger*** Window of Tolerance

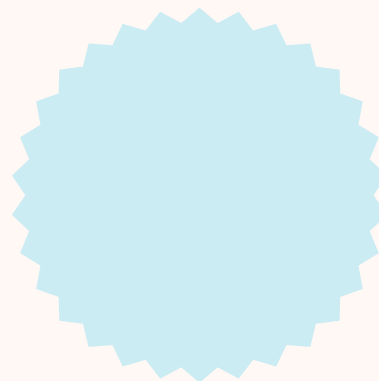
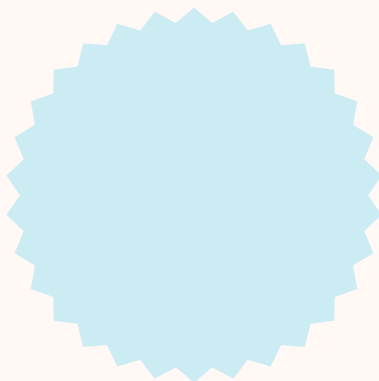
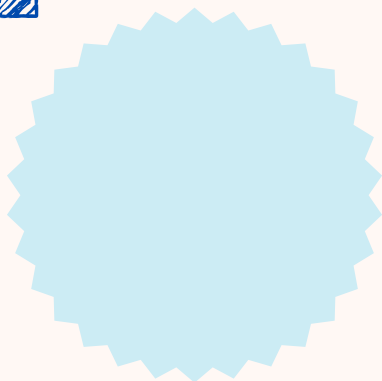
It's not about being calm.
It's about building a body that can handle life without running on fumes. We call that resilience 😊

Embodiment Review



1

Of these techniques, which are the ones I'd honestly try out?



2

Which do I already do, without realizing they were regulators?

3

What's one way I can ensure that I commit to incorporating just one, technique consistently?

Exercises

Consider this chapter an invitation into hands-on exploration—tangible exercises you can engage with at your own pace, whether completed fully or revisited over time. **The goal is to examine everyday experiences through a refreshingly atypical lens.**

What follows are tools I've developed—or *thoughtfully credited*—through my personal journey of navigating life post-ADHD diagnosis. Through that process, **I came to see my nonlinear, visual way of processing not as a liability, but as a strength.**

These frameworks have since supported dozens of others in gaining clarity, redefining their relationship to success, + **reconnecting with long-forgotten strategies** that once worked uniquely well for them.

As with all things in this workbook: go at your own pace.



Mindmapping

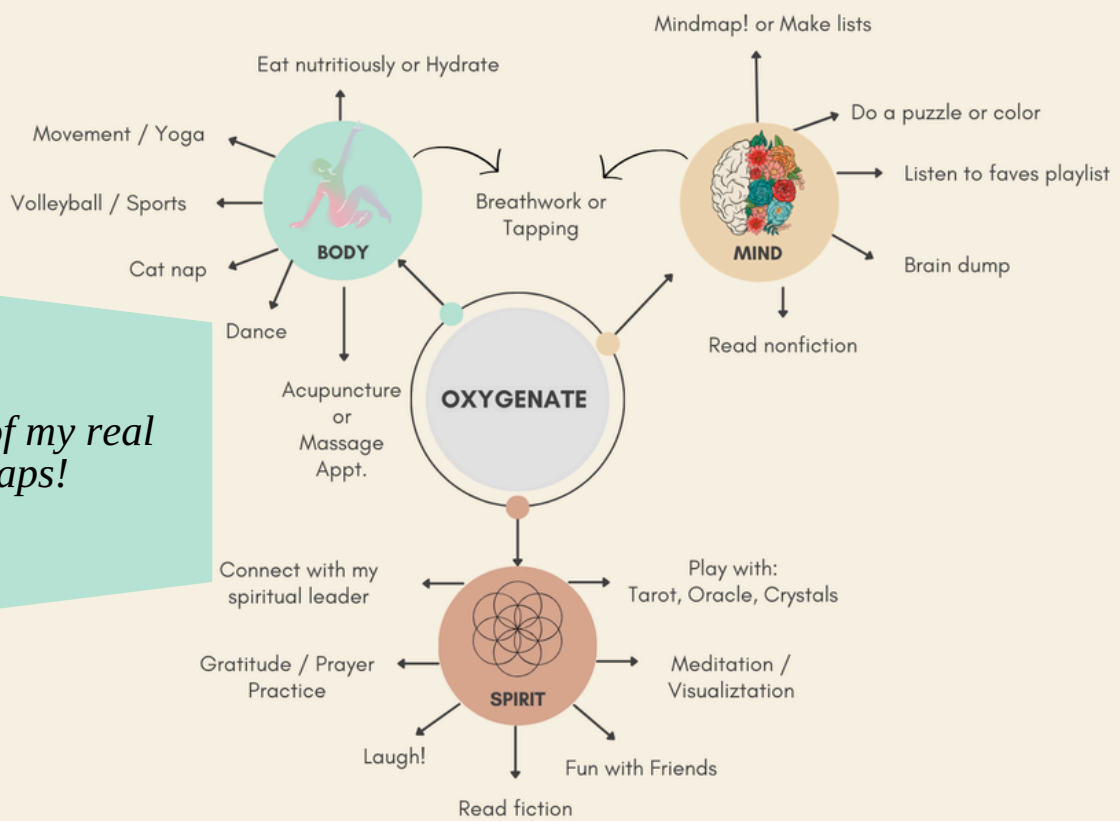


Mindmapping is a powerful tool for ADHD brains because it mirrors how they **naturally process information**—visually, associatively, and nonlinearly.

Rather than forcing ideas into rigid, linear formats, mindmaps allow for **expansive thinking, quick pivots, and the ability to capture complexity** without overwhelm.

This method not only aids memory and focus, but also helps ADHD individuals organize thoughts, reduce cognitive load, + **spark creativity in a way that feels intuitive and energizing.**

Mindmapping



Here's one of my real mindmaps!



Mindmapping



Student sample from ResearchGate



Mindmapping



Want a guide for this
oxygenation mindmap?

Click Here
or use the QR



Want another
mindmapping example?

Click Here
or use the QR



Brain Dumping



Just like dumping out the contents from your junk drawer that hasn't seen the light of day; **we can do that with our thoughts.**

When things are beginning to tip into overwhelm, disorganization, focus loss, exhaustion, busy ness → time to brain dump. A chance to cognitively unload so that we might reach clarity, release, or relief.

HOW IT WORKS, IN 3 STEPS:

1. Write down all the things on your mind-tasks, ideas, worries, errands.

2. Sort them into **categories**:



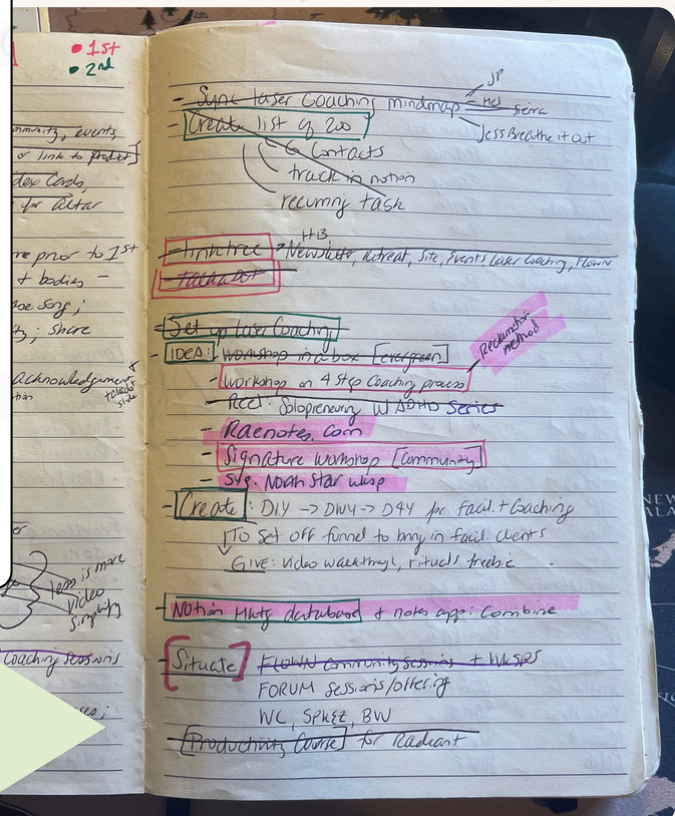
- Quick tasks
- Ongoing projects with steps
- Things you can't do yet (waiting on info from someone else)
- Sources of stress

3. Identify **how long** each task will take and **schedule** time to get these things done!



@LEARNINGWITHDR.K

An example of my own brain dump



Venn Diagramming



By placing your thoughts, processes, ideas, systems, etc into a venn diagram, it **allows your brain the freedom to release linear thinking and get creative**. By tapping into our creativity, we may find endless inspiration and wisdom.

An **example of my own venn is on the next page**, which is part of a workshop I do and my coaching framework [*so we're missing some context*]; you'll see that I wrote down the type of person I'd get to BE in order to DO the things I desire and therefore HAVE what I most want.

Expressing my values + wants in this way, makes it feel significantly less pressured + more feasible.

Venn Diagramming



VIKS

WHO DO YOU GET TO BE
IN ORDER TO DO WHAT YOU WANT
TO HAVE YOUR MAGNIFICENT DREAMS



Interesting Read



DeMasking



It can be argued that *everyone masks*, yet **neurodivergent people and folks needing to code switch in order to navigate the status quo**, tend to engage in it most. It's simply, the act of mentally choosing to *pretend* that whatever you're feeling, whether subtle or overt, gets suppressed.

You've maybe engaged in it yourself when you were feeling suddenly annoyed, melancholic, or regretful yet the perception [*mask*] you put out to the world was a smiling, expressive, and affectionate persona. We put these **masks on as protection**, because somewhere at some time, we felt threatened enough to mask up.

DeMasking is the process of discerning what's really up + which tool we get to engage in to get ourselves regulated.



Listen to this podcast episode!



DeMasking



1

Think of a time where you had had a trigger [from a conversation or situation] and really think back to it so that it's visceral

2

Whatever comes to mind, try to recall: **when this was, how old you were, the setting, who else was there, what was happening**

3

Try to **hone in on an emotion** or two that you're feeling

4

Consider **what wasn't being met** in that moment + label that need [ie. wasn't being heard, was being dismissed, wasn't supported, left out, etc]

5

Name this mask that you created to protect yourself from what you were feeling at the time. Now, you'll be more aware of when the simmerings of this mask is making itself known and for the first time, you'll have a choice; keep the mask on or do something different.

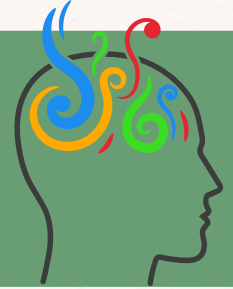
Experience Timeline



Anyone else completely OVER the pressured and limited situations of having a resumé? For years, **I felt that a resumé and cover letter were just too constricting of my multi hyphenate, multi faceted self!**

When I came across the idea of an *experience timeline* by Marie Poulin, where we can simply list out all resonant, robust, and holistic experiences that make up the whole of who we are; I immediately adopted it. I maintain my timeline by checking it twice a year and it's on the next page!

Experience Timeline



Vik's Experience Timeline Edited just now Share 🗨 🕒 ☆ ☰

1 an exposé of my knowledge, experience, and competencies for your perusal and
2 as a credibility timeline to directly squash my previously noted, base feelings.

So with that, I am thrilled to share with you a glimpse 🗨

Where to Find Me
Website
Follow me on:
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TL;DR
📌 Personal + professional learnings
📌 Adventure + school of life
📌 Creative forays
📌 Fails

2008 - 2011

- 🎓 **Studied:** University of Maryland, CP
BA in Government & Politics | Intl. Development Minor
Tutor Counselor for high school students
Semester at Sea '09 | Alt. Spring Breaks | USA Rugby [wing]
- ✈️ **Witnessed history** by being in Middle East during Arab Spring
Jordan, Israel, Egypt
- 🦋 **Learning:**
Didn't land full time job right after college

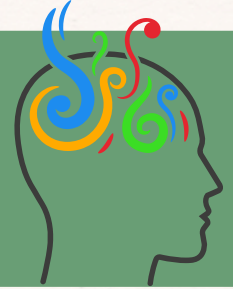
2012 - 2015

- 🌀 **Hurricane Sandy**
- 🎭 **Improv study** at the Barrow Group Theater | NYC

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The Cookie Jar



A cookie jar, whether tangible or digital, to house your ROSES, BUDS, and THORNS on monthly basis.

Rose: What is the highlight of your day/week/month/quarter? || How have you been successful? || What are you most proud of?

Bud: What are some of the opportunities that energize you? || What possibilities need growth and nurturing? || What is working now, but could be working better in the future?

Thorn: What causes the most stress? || What impeded your efforts? || Did you experience pain points in the process? || What did you wish would have turned out better?

The Cookie Jar



aOc HQ / COOKIE JAR

Edited just now Share

Rose: What is the highlight of your day/week/month/quarter? || How have you been successful? || What are you most proud of?

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▸ 2022

▾ 2023 | TRUST

▸ Jan

▸ February

▸ March

▸ April

▸ May

▸ June

▾ July 2023

▾ Rose 🌹

- Got into breathwork facilitator training at half

▾ Bud 🌱

- Acceptance into aOc, Flown HQ | Facilitator and

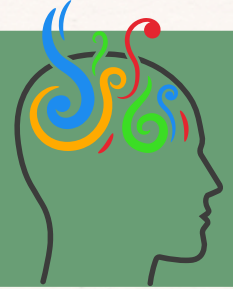
▾ Thorn 🌿

- Tumultuous feelings about my rlsp



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Pillars



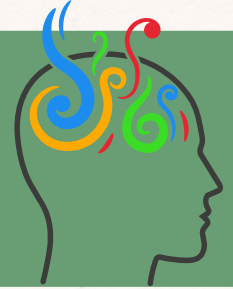
When I think of pillars, I think of those sturdy, resilient, reliable edifices **that can hold me when I can not hold myself**. I've found it absolutely pivotal to do this practice, one that my coach worked with me on for a month, in cultivating my guiding principles + my values [in sum: my pillars].

Knowing my foundation, gives me the breathing room to decline things that don't make sense, have real boundaries, & learn what my True Yeses feel like. Here's how I made mine

→



What's the Feeling?



I debated where to include this chapter, because it connects to so many parts of the neurodivergent experience. When I moved to Denver in 2022, **I truly believed my emotional range consisted of three settings: frustrated, annoyed, and sad.** It wasn't until I began working with a coach and diving into embodiment practices that I realized just how many nuanced emotional states—*energy in motion*—were living under the surface.

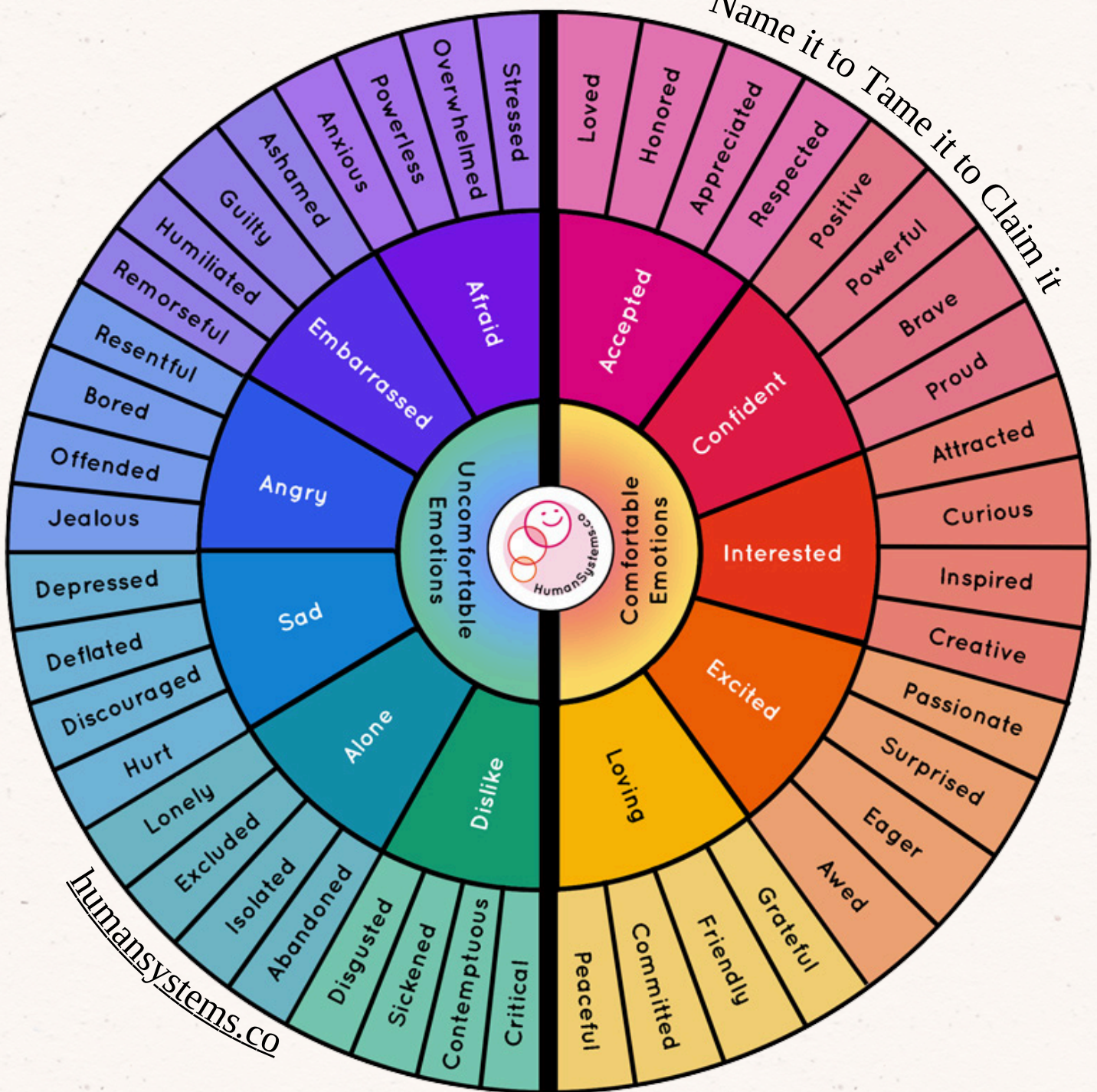
Without a consistent way to identify + discharge that energy, I struggled with sleep, staying focused, and understanding what my body was trying to tell me.

Everything shifted when someone introduced me to the emotions wheel. I don't recall seeing it before, but it became a turning point. I even made it the lock screen on my phone, so I could pause, name what I was feeling with more specificity, and respond in a way that felt grounded and aligned.

What's the Feeling?



Name it to Tame it
Claim it



For 1 week: Find a more specific feeling every time any of these come up:
/Afraid / Embarrassed
Angry / Sad / Alone / Dislike

Well, You Made It

FINISH



Got Feedback?
[Click Here](#)



That's That!

FINISH



Creating this collection of core tools—what I now call my RezKit—was both a joyful vision and, candidly, a daunting task for my ADHD brain to bring to life. Like many neurodivergent projects, it came to fruition through a burst of focused energy over a few concentrated weeks.

I'm deeply grateful to the people who offered feedback and encouragement along the way—from my FLOWN Fleet to my "accountsistas" and my fellow FLOCKers.

Your presence helped transform this idea from a quiet personal project into something I felt brave enough to share with the world.

My sincere hope is that within these pages, you found a spark of insight, a moment of resonance, or a tool that meets you where you are. And that your own RezKit continues to expand and evolve in ways that serve you.

Ciao for now! xx Vik

About the Author

Victoria Cumberbatch



TLDR, I'm a traveled, biracial, millennial, woman, with high functioning anxiety, ADHD & PCOS. I'm also a bit of a self development glutton that wants to be the change seen in the world.

I'm ENFJ | Enneagram 1 | Capricorn | Generator

Following a decade in community building, I pivoted to curating community in person. As an ACC resilience coach based in Denver USA, I bring people from living in states of TENSION to living in a state of INTENTION.

I weave a decade of experience in crafting community, cultural awareness from traveling to 70+ countries, & a lifetime of asking the harder more existential questions into my offerings.

For **funsies**, I love sciFi, high fantasy, drinking morning coffee in a European plaza, falling into deep convo., playing grass volleyball & long drives with my boo!

Let's Stay Connected

FINISH

THANK
☺ YOU

FIND EVERYTHING HERE



adventuresofcommunity.com/linkz