



R.I.S.E. WORKBOOK – INTERNAL TRANSFORMATION EDITION

Recognize. Internalize. Strengthen. Elevate.

INTRODUCTION: The Journey Within

Transformation begins long before strategy, sales, or success... it begins with **self-awareness**.

This workbook is your private mirror; a place to observe, release, and rebuild.

As you move through each module, remember: the goal isn't perfection; it's *presence*.

Be honest. Be curious. **Be compassionate with yourself.**

The breakthroughs you'll experience here will become the foundation for every other result in your life and business.

Take a deep breath.

This is where your rise, your ascension to the next level begins.

There's ample space for you to thoughtfully write your answers. **Take your time.**

This is a non-negotiable for your success.



MODULE 1: AWARENESS (RECOGNIZE)

“You cannot heal what you refuse to see.”

Module 1.1 Seeing the Patterns You’ve Been Living In

Mini Teaching Summary

Awareness starts with observation.

Every thought, reaction, and pattern tells a story about what you believe to be true; about yourself, others, and life.

When you slow down long enough to notice, you begin to separate *who you are* from *what you’ve learned to be*.

Reflection Questions

- Where in my life do I keep repeating the same situations or results? _____



- What do these patterns reveal about my beliefs or fears? _____

- What part of me benefits from staying the same? _____

Journal Prompts

- Describe a moment when you caught yourself reacting out of habit rather than intention.

- If those patterns had a voice, what would they be trying to protect you from?



- How might your life look different if you chose new responses instead of familiar ones?

Integration Challenge

For the next seven days, observe your automatic responses without judgment.

Notice where you feel triggered or resistant and simply write, *“Interesting... I see this pattern.”*

Awareness dissolves power in silence; naming it begins the change.

Document your answers daily. You’ll begin to uncover patterns faster than ever before.

DAY 1: _____

DAY 2: _____

DAY 3: _____

DAY 4: _____

DAY 5: _____

DAY 6: _____

DAY 7: _____



Key Takeaway

What you recognize, you can release.

Notes *(Use this space for additional insights. How are you feeling about this so far? The internal transformation isn't an easy one, but it could save your sanity, your health, and your relationships.)*

Module 1.2 The Truth Beneath the Trigger

Mini Teaching Summary

Every trigger is a messenger.

When emotion surfaces, it's pointing toward something unresolved; not to shame you, but to free you.

Behind anger is hurt. Behind control is fear. Behind avoidance is pain.



Reflection Questions

- What emotion do I most often avoid or suppress? _____

- When I'm triggered, what story immediately plays in my head? _____

- What need might that reaction be protecting? _____

Journal Prompts

- Recall a recent situation that triggered you. What did you feel, think, and do? _____

- If that emotion could speak honestly, what would it say it needs? _____



- How can you meet that need in a healthy, self-honoring way? _____

Integration Challenge

Each time you feel emotionally challenged this week, pause and ask yourself:
“What is this trying to show me?”

Document your answers daily. You’ll begin to uncover patterns faster than ever before.

DAY 1: _____

DAY 2: _____

DAY 3: _____

DAY 4: _____

DAY 5: _____

DAY 6: _____

DAY 7: _____

Key Takeaway

Triggers are not enemies; they’re invitations to heal.



Module 1.3 The Cost of Staying Asleep

Mini Teaching Summary

Staying unaware may feel safer, but it quietly costs you time, peace, and potential.

Every time you settle for “fine,” you delay the life that’s waiting for you.

Awareness asks you to choose discomfort today for freedom tomorrow.

Reflection Questions

- What areas of my life have I avoided addressing because change feels hard? _____

- How has ignoring these areas affected my joy, health, or relationships? _____

- What would it cost me emotionally, financially, or spiritually to stay the same for one more year? _____



Journal Prompts

- Write about a season where you “went through the motions.” What did that feel like? What were some aspects of your relationships that were affected? How did it affect you earning income and how you handled your day to day operations?

- What fear keeps you from fully waking up to your potential, and why do you think that is?

- What might be possible if you decided to stay awake, aware, and accountable? _____



Integration Challenge

Make a “cost of comfort” list.

On one side, write everything you gain by staying the same; on the other, what you lose.

Clarity creates courage... when you see the price of stagnation, change becomes non-negotiable.

What Do I Gain By Staying the Same?	What Do I Lose By Staying the Same?

Key Takeaway

Avoidance preserves pain; awareness activates freedom.

Notes:



Module 1.4 Radical Responsibility: The Doorway to Power

Mini Teaching Summary

Radical responsibility is the moment you stop waiting for anyone else to fix, rescue, or validate you.

It's not about fault... it's about ownership.

When you take responsibility for your responses, you take back control of your reality.

Reflection Questions

- How am I still blaming others for how my life feels and how are they being affected?

- What would change if I decided that my peace and progress are my responsibility?

- What excuses have kept me from growth, and what growth has been delayed?



Journal Prompts

- Write a letter to yourself taking responsibility for one area of your life you've avoided owning.

- Describe how it feels to release blame and reclaim power. How do you think it will improve the lives of those around you? How may your health improve as well?

- What daily practice could help you stay in ownership instead of old stories and how will your daily interactions improve?



Integration Challenge

This week, replace every complaint with one small action.

If something feels off, ask, *“What can I do right now to shift this?”*

Responsibility is empowerment in motion.

Complaint	Action I Replaced it With...

Key Takeaway

Responsibility isn't blame; it's liberation.

Notes:

End of Module 1 Awareness (Recognize)

“Awareness wakes you up; responsibility moves you forward.”



MODULE 2: HEALING (INTERNALIZE)

“You can’t rise if you’re still carrying what broke you.”

Module 2.1 The Myth of “I’m Fine”

Mini Teaching Summary

“I’m fine” is one of the most convincing lies we tell ourselves.

It’s the mask we wear when we’ve carried pain for so long that strength has become our only language.

But healing begins when you admit you’re not fine... and that’s okay.

You don’t need to explain your pain. You just need to *face it*.

Reflection Questions

- Where in my life do I minimize my emotions or hide behind “I’m fine”?

- What part of me still equates vulnerability with weakness?



- How has pretending to be okay affected my relationships or confidence?

Journal Prompts

- Describe a recent situation where you told yourself or others, “I’m fine.” What truth was underneath that statement? _____

- Write about what being “not fine” would look like if you were honest and compassionate with yourself. _____

- What does true emotional freedom mean to you? _____

Integration Challenge

For the next week, practice emotional honesty. When someone asks how you are, answer truthfully; even if it’s just saying, “I’m working through things.” Healing begins where pretending ends.

Key Takeaway

Honesty opens the door that strength kept locked.



Module 2.2 Releasing What You Were Never Meant to Carry

Mini Teaching Summary

Much of what weighs you down was never yours to hold.

You've likely inherited patterns of fear, guilt, or scarcity from people who did their best with what they knew.

But carrying those beliefs is like wearing someone else's armor — heavy and unnecessary.

Healing means learning to lay it down.

Reflection Questions

- What responsibilities or expectations do I carry that don't truly belong to me?

- Who taught me that love means overgiving or self-sacrifice? _____

- Where do I still seek approval at the expense of my peace? _____



Journal Prompts

- Write about something you've been holding onto that you know isn't yours: a belief, expectation, or guilt, and how does it affect you? _____

- What would it look like to return that emotional burden to its rightful place and move forward free? _____

- How would your energy shift if you chose peace over people-pleasing? _____

Integration Challenge

Each night this week, visualize yourself setting down one “weight” you’ve been carrying; whether it’s fear, guilt, or over-responsibility.

Whisper, *“This no longer belongs to me.”*

Notice how much lighter you feel with each release.

Key Takeaway

Freedom begins when you stop carrying what was never yours.

Notes:



Module 2.3 Forgiving Without Forgetting

Mini Teaching Summary

Forgiveness doesn't excuse the past... it liberates the present.

It's not about pretending it didn't hurt; it's about refusing to let it keep hurting.

When you forgive, you take your energy back.

You can forgive and still set boundaries. You can forgive and still never reconnect.

Forgiveness is not surrender; it's sovereignty.

Reflection Questions

- Who or what still holds emotional space in my heart that I'm ready to release?

- What does forgiveness mean to me beyond apology or reconciliation?

- How would my life change if I fully released resentment?



Integration Challenge

Spend time in quiet reflection this week, focusing on emotional release.

Repeat the affirmation: *"Forgiveness is freedom... I choose peace over poison."*

Visualize old resentment dissolving like smoke every time you exhale.

Key Takeaway

Forgiveness is not weakness; it's emotional alchemy.

Notes:

Module 2.4 Healing the Nervous System: Where the Real Work Happens

Mini Teaching Summary

You can't think your way into peace; your body must feel it.

Your nervous system records every moment of fear, loss, and stress, and when it's dysregulated, you live in constant alert mode.

True healing requires teaching your body that it's safe to relax again.



Reflection Questions

- When do I feel most tense or on edge, and what triggers that feeling?

- How does my body communicate stress or fear to me?

- What activities or environments help me feel calm and grounded?

Journal Prompts

- Describe what “safety” feels like in your body. _____

- Reflect on how your nervous system has been conditioned to stay alert, and how you can begin retraining it. _____



- List three small rituals (breathing, walking, stretching, resting) that could help regulate your nervous system daily.

Integration Challenge

Practice the *5-Minute Grounding Reset* daily:

1. Inhale deeply through your nose for 4 seconds.
2. Hold for 4 seconds.
3. Exhale slowly for 6 seconds.
4. Place your hand over your heart and affirm: *"I'm safe now."*

Repeat whenever anxiety rises. You're teaching your body what peace feels like again.

Key Takeaway

Healing happens when your body learns it's finally safe to rest.

✔ End of Module 2 – Healing (Internalize)

"Healing isn't becoming someone new; it's remembering who you were before the world taught you to forget."



MODULE 3: ALIGNMENT (STRENGTHEN)

“When your actions align with your truth, peace replaces pressure.”

Module 3.1 Rebuilding Trust with Yourself

Mini Teaching Summary

Healing loses power without follow-through.

Alignment begins when you start keeping promises to yourself again; small, simple acts that rebuild self-respect.

Every time you do what you say you'll do, you send your subconscious proof that you're safe in your own hands.

Reflection Questions

- Where have I broken trust with myself in the past? _____

- What commitments feel overwhelming, and which can I simplify today? _____



- How does it feel in my body when I honor my word versus when I don't? _____

Journal Prompts

- Describe a time you kept a personal promise and how it changed your confidence.

- What daily habit could rebuild your self-trust starting now? _____
- If “self-trust” had a voice, what guidance would it give you this week? _____

Integration Challenge

For the next seven days, pick **one micro-commitment** (drink water, journal five minutes, stretch, etc.) and keep it. What is it? _____

Small wins create momentum; momentum restores faith.

Key Takeaway

Consistency is how self-trust remembers your name.



Notes:

Module 3.2 Redefining Discipline as Devotion

Mini Teaching Summary

Discipline isn't punishment; it's devotion to the version of you you're becoming.

When it's born from love, not pressure, discipline turns into sacred rhythm.

You stop forcing yourself and start *honoring* yourself.

Reflection Questions

- What's my current relationship with discipline: resistance or respect?

- In what areas could I replace harsh self-talk with gentle accountability?

- What routines make me feel grounded rather than restricted?



Journal Prompts

- Write about a time when consistency in one area positively affected every other area of your life.

- How can you make your daily habits feel like an act of devotion instead of duty?

- Describe your ideal morning or evening rhythm that aligns with who you're becoming.

Integration Challenge

Choose one daily action that symbolizes self-devotion; something that nourishes body, mind, and spirit. What is it? _____

Practice it for seven days, observing how it shifts your energy.

Key Takeaway

Discipline built on love becomes devotion that lasts.



Module 3.3 Aligning with Purpose, Not Pressure

Mini Teaching Summary

When you align with purpose, everything you do carries peace instead of pressure.

You no longer chase validation or outcomes; you move from inspiration.

Purpose feels light, clear, and alive.

Reflection Questions

- What activities make me lose track of time because I'm fulfilled? _____

- Where in my life do I feel drained, and why am I still saying yes to it? _____

- What would my schedule look like if I only said yes to what aligned with peace? _____



Journal Prompts

- Describe a time you did something purely from passion, not obligation.

- What inner signal tells you when something is *off* alignment?

- How can you bring more purpose into your work or relationships this month?

Integration Challenge

Audit your week.

Highlight everything that energizes you in one color and everything that depletes you in another.

Your calendar will reveal your alignment level instantly.

Key Takeaway

Purpose fuels; pressure drains. Choose fuel.



Module 3.4 The Power of Energetic Boundaries

Mini Teaching Summary

Alignment can't exist without boundaries.

Boundaries protect your energy, focus, and peace... not from others, but *for* yourself.

Without them, you become a magnet for distraction and depletion.

Reflection Questions

- Where do I feel resentment or burnout, and what boundary is missing there?

- What emotions surface when I say “no”? _____

- How can I honor my needs without guilt or apology? _____



Journal Prompts

- Write about a recent moment you felt your energy being pulled in too many directions.

- What boundary would create immediate peace in your life or business right now?

- How does enforcing boundaries change the way you see your own worth?

Integration Challenge

This week, set one clear boundary; personal or professional, and communicate it calmly and confidently. What is it? _____

Notice how your energy and clarity improve once you hold that line.

Key Takeaway

Boundaries aren't rejection; they're protection for your peace.



Notes:

End of Module 3 – Alignment (Strengthen)

“Healing gave you peace. Now, alignment will give you power.”

MODULE 4: INTEGRATION (ELEVATE)

“You didn’t come this far just to survive. You came to rise, thrive, and create overflow.”

Module 4.1 From Survival to Significance

Mini Teaching Summary

You’ve done the inner work. Now comes expansion.

Integration means embodying what you’ve learned and turning it into impact.

The goal is no longer “getting by”, it’s *living by design*.

This is the moment you move from survival to sustainability to significance.



Reflection Questions

- What does “thriving” look like for me in every area of life? _____

- How have my goals evolved since beginning this program? _____

- What legacy do I want my success to create for others? _____



Journal Prompts

- Describe the turning point when you decided survival was no longer enough.

- How does living in significance feel different from living in survival?

- Write a personal declaration that begins, *"I am here to make my life matter by..."*

Integration Challenge

Redefine your success metrics.

List what a truly *significant* life means; emotionally, financially, spiritually, relationally.

Then identify one immediate action that moves you closer to that reality.



Key Takeaway

Survival is instinct; significance is intention.

Module 4.2 The Mindset of Wealth Expansion

Mini Teaching Summary

Wealth is not greed... it's responsibility.

You can't pour from an empty cup, and you can't elevate others from scarcity.

Abundance allows you to build, to give, and to expand your reach.

The more healed and aligned you become, the more your capacity for wealth grows.

Reflection Questions

- What beliefs did I inherit about money that no longer serve me?

- How does my definition of wealth include freedom, impact, and generosity?



- Where in my life am I still playing small financially out of guilt or fear?

Journal Prompts

- Write about what “enough” used to mean for you, and what “overflow” now means instead.

- How would your life and legacy change if you earned more, gave more, and served more?

- List three ways wealth can become a vehicle for good in your hands.

- _____
- _____
- _____



Integration Challenge

Each morning, repeat this affirmation:

"I am worthy of wealth because I use it for good."

Then take one tangible wealth-building action this week; open an account, invest, learn, or give (to align belief with behavior.)

Key Takeaway

Wealth doesn't change who you are... it amplifies who you've become.

Module 4.3 The Energy of Elevation

Mini Teaching Summary

Everything is energy; including success.

When your inner frequency vibrates with gratitude, confidence, and purpose, opportunities flow naturally.

You attract from alignment, not effort.

This is what it means to *embody abundance*.



Reflection Questions

- When do I feel most elevated and magnetic? _____

- What emotions pull my energy down, and how can I release them faster? _____

- How does gratitude shift my ability to attract and receive? _____

Journal Prompts

- Describe the energy you want to carry into every room you enter. _____

- Write about a time your elevated mindset or calm presence changed a situation for the better.



- How will you nurture your energy daily so it stays aligned with expansion?

Integration Challenge

Create a short “Elevation Ritual” for yourself; music, breathwork, affirmations, or visualization... and practice it before work, meetings, or creative sessions.

You are training your energy to lead the way.

Key Takeaway

Your energy is your currency... invest it wisely.

Module 4.4 Legacy Living: The New Standard

Mini Teaching Summary

Legacy isn’t what you leave behind; it’s what you live every day.

This stage of your journey is about expansion beyond self: creating impact, opportunities, and freedom for others.

You’ve earned the right to build wealth with purpose and to model what healed, empowered leadership looks like.



Reflection Questions

- What legacy am I actively creating right now through my words, actions, and energy?

- Who benefits when I rise into my highest potential? _____

- How do I want people to remember my influence; both personally and professionally?

Journal Prompts

- Write a letter to your future self five years from now, describing the legacy you've built.

Dear _____,



- Reflect on how your journey from awareness to elevation has changed the way you view leadership and success. _____

- What message or mission do you want to pass on to the next generation of dreamers and doers? _____

Integration Challenge

Choose one tangible act of legacy this week: mentor someone, donate, create a resource, or document your story.

Every act of contribution plants a seed for the future.

Key Takeaway

Legacy is built through daily choices that outlive the moment.

Notes:



✓ End of Module 4 Integration (Elevate)

“You’ve recognized, internalized, strengthened, and elevated. Now live it. The world rises higher when you do.”

CLOSING MESSAGE... LIVING IN OVERFLOW

You’ve completed the R.I.S.E. journey, but this is only the beginning.

Integration doesn’t mean perfection; it means embodiment.

You are now equipped to live, lead, and love from fullness instead of fear.

Keep revisiting these pages whenever life stretches you.

Growth is not linear; it’s a spiral. Each time you revisit these principles, you’ll rise higher.

Go forward and build... not just for yourself, but for every life your courage will touch.

Always in your corner,

Tammy Renee