



# UNLEASHED COMPANION JOURNAL

Unlock Your Path to  
Resilience and Growth!



*Companion Journal to the Amazon  
Bestseller – Mary Nel Unleashes –*

[WWW.THEWABISABILIFECOACH.COM](http://WWW.THEWABISABILIFECOACH.COM)



# Welcome to Mary Nel Unleashes **COMPANION JOURNAL**

**Hey there,  
fellow explorer of the inner self!**

Welcome to your sanctuary for self-discovery, growth, and a little soul-searching. I'm genuinely thrilled to have you here!

Honestly speaking, this is more of a workbook than a journal, but I insisted on calling it a journal. Why? you ask me? Well, with workbooks, we often think of them as do-and-forget things—if we even use them at all.

It's easy to treat them as one-and-done tasks that get packed away, never to be seen or heard from again. But here's the thing—personal growth isn't a one-time event. It's a lifelong journey, and the lessons we learn today often reveal new facets tomorrow.

My experience has shown me that growth is cyclical, what we work through now will likely come around again, offering us the chance to deepen our understanding and grow even further.

That's why I want this journal to be a living document for you—something you return to time and time again, something that continues to offer you value on your beautiful journey



# Why This Journal?

This journal is your companion as you navigate the insights and exercises from ***Mary Nel Unleashed***. It's designed to help you reflect, grow, and apply these lessons to your life. But more than that, it's here to serve as a tool for continuous reflection and growth. It's where you'll ponder, explore, and celebrate your unique self.

## How This Journal Rolls?

As you work through the prompts, I encourage you to revisit them whenever life presents new challenges or opportunities.

You can choose to go through the entire journal again, or simply dip into a section that resonates with you in a particular season of your life.

Use these questions as reflection prompts to guide you, whether you're setting new goals or checking in on your progress.

Growth is not a one-and-done thing, and neither is this journal. I hope that you'll find value in returning to these exercises, allowing them to support you in your beautiful journey, no matter where life takes you.

## Ready to Dive In?

Remember, this is your journey, and this journal is here to accompany you every step of the way.

**Let's begin.**

# Overcoming Common Challenges



As you work through this workbook, it's important to recognize that personal growth often comes with its own set of challenges.

Understanding these challenges upfront can help you navigate them more effectively and make the most of your reflections and insights.

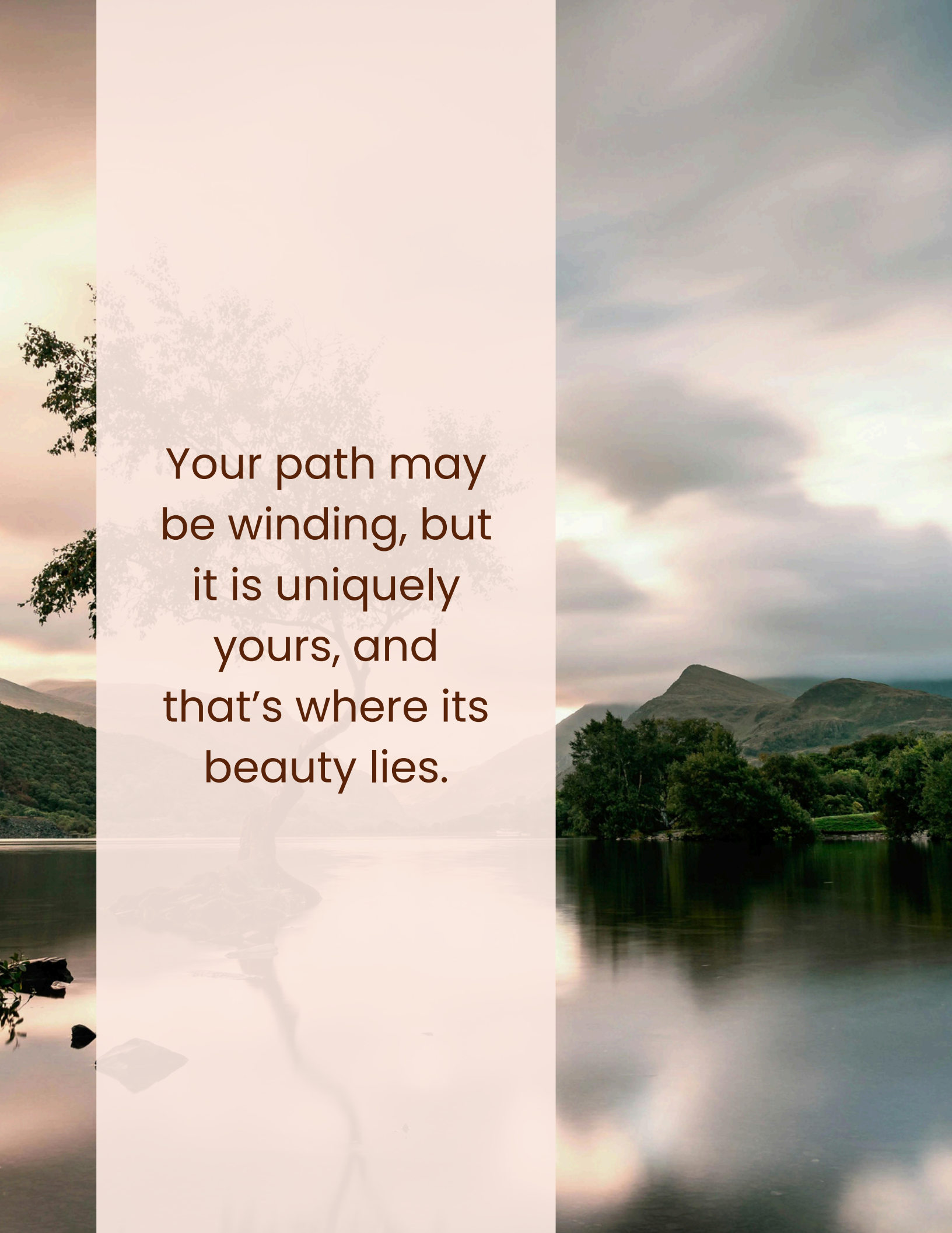
Here are some common ones and suggestions on how to overcome them:

- **Resistance to Self-Reflection and Change:** It's natural to feel hesitant about diving deep into your thoughts and feelings. Approach this process with self-compassion and create a safe space for your thoughts. Focus on the Benefits, and remind yourself of the positive outcomes that can come from embracing change. Visualize how your life could improve as you work through the exercises.
- **Difficulty Visualizing the Future:** Imagining your life 20–30 years down the line can feel overwhelming. If you find it hard to imagine this, try breaking this exercise into smaller parts and focusing on different areas of your life.
- **Lack of Clarity on Desires and Values:** If you're uncertain about your core values or what you genuinely desire, take some time to explore your values before diving into the exercises. Recognise that these may change over time so revisit it seasonally to realign yourself to your core values.
- **Feeling Stuck or Overwhelmed:** Break your goals down into smaller, manageable steps. Create an action plan with specific, achievable milestones and determine what the next best step *for you* is.

# Overcoming Common Challenges



- **Resistance to Letting Go of Comfort Zones:** This one is a biggie! Acknowledge your fears as valid, and consider journaling about them. Embrace discomfort as a sign of growth.
- **Difficulty Developing or Maintaining a Growth Mindset:** People with this mindset begin with the belief that change is possible, the belief that the new behaviour, action or goal is attainable and will only require clarity of purpose and a clear action plan to achieve it. They expect challenges and thrive on them and see 'failure' as an opportunity for growth. You can cultivate a growth mindset by celebrating small wins and keeping a journal of your successes.
- **Uncertainty About Progress and Loss of Motivation:** Track your growth and trust the process. Celebrate your progress, no matter how small after completing an exercise or a stage. Personal growth isn't always linear, and that's okay. Trust the process and be patient with your progress.
- **Lack of Accountability and Follow-Through:** Find an accountability partner or mentor to share your journey with and schedule regular check-ins to discuss your progress. If you're looking for guidance and support as you navigate this workbook, I invite you to connect with me for coaching. Together, we can explore your insights and create a personalized plan to help you stay on track and achieve your goals. [www.thewabisabilifecoach.com](http://www.thewabisabilifecoach.com)



Your path may  
be winding, but  
it is uniquely  
yours, and  
that's where its  
beauty lies.

## Embracing Change and Letting Go

Change is never easy, but it's the first step toward growth. In this stage, we'll explore where you are now and where you want to be. Embrace this opportunity to let go of what's holding you back and start charting a course for a more fulfilling life.

### Where Are You in Life Now?

Take a moment to check in with yourself. What's been tugging at your heart lately? Is there a dream you've been hesitant to pursue?

My Current Situation

---

---

---

---

---

What's Pulling at my Heartstrings

---

---

---

---

---

# Embracing Change and Letting Go

## Visualise Your Future

Picture your life in 10-20 years. What does it look like if you never chase these dreams you have just listed? How does that make you feel?

My Future Visualisation

---

---

---

---

---

---

---

---

How it Feels\*

---

---

---

---

---

---

---

---

\*Note: The main purpose of this exercise is to get clarity on what you want to pursue. If you can visualise you life 10-20years in the future and you have absolutely no regrets for not pursuing these desires then it is perfectly ok to cross them off your list with no guilt.

## Embracing Change and Letting Go

### Take Initiative

Reflect on where you've already taken steps toward your desires. Analyze the outcomes - what did you do, and what was the outcome?

Initiatives I have Taken

---

---

---

---

---

---

---

---

Outcomes I Got

---

---

---

---

---

---

---

---

## Embracing Change and Letting Go

### Identify Needed Skills

What skills do you need to cultivate to get closer to your heart's desires? Think about practical steps you can take to develop these skills.

Skills I need

---

---

---

---

---

---

---

My Development Plan

---

---

---


---

---

---

---

You've taken the first steps toward change. Remember, every small effort you make now will ripple through your life, guiding you toward your true path. Keep going—**you're on the right track.**



“Real change is difficult at the beginning, but gorgeous at the end. Change begins the moment you get the courage and step outside your comfort zone; change begins at the end of your comfort zone.”

— Roy T. Bennett



# Building Resilience and Reframing Challenges

## Reframing Exercise

Identify a challenge you're facing right now.  
How can you reframe it as an opportunity for growth?

My Current Challenge(s)

---

---

---

---

---

---

---

---

New Perspectives - Let your imagination free here!

---

---

---

---

---

---

---

---

---

---



# Building Resilience and Reframing Challenges

## Your Support Plan

Think about the supportive people in your life—your cheerleaders, your sounding boards, your trusted confidants. How can you intentionally connect with them to navigate this journey?

My Support System

---

---

---

---

---

---

---

Engagement Plan

---

---

---

---

---

---

---

Resilience isn't just about bouncing back—it's about moving forward with strength and purpose. By reframing challenges, you empower yourself to face whatever comes your way with courage and confidence.



I trust that life  
unfolds exactly  
as it should,  
leading me to  
greater  
wisdom.

## Discovering Your Core Values and Authentic Self

Knowing your core values and aligning your life with them is crucial to living authentically. In this stage, you'll dive deep into understanding what truly matters to you and how to live in harmony with those values.

### Self Reflection Exercise

Take a few moments to reflect on your core values. What principles or beliefs guide your actions and decisions? List your top 3-5 core values below.

---

---

---

---

---

---

---

### Reflection Questions

- How do these values show up in your daily life?
- Are there any areas where you feel your life is not fully aligned with your values?
- What steps can you take to better embody these values?

### Tips for Identifying Your Core Values

- Think about what matters most to you
- Consider times when you felt most fulfilled or proud of yourself
- Reflect on your moral code and what you believe is right or wrong
- Identify qualities you admire in others or hope to emulate







## Discovering Your Core Values and Authentic Self

### **Tips for Crafting Your Vision:**

#### **Be Specific:**

The more details you include, the clearer your vision will be.

#### **Use All Your Senses:**

Think about how things look, sound, feel, and even smell in your ideal life.

#### **Stay Open:**

Allow your vision to evolve as you grow and change.

By vividly envisioning your desired future, you create a powerful motivator to guide your actions today. Revisit this vision regularly to keep it fresh in your mind and adjust it as your aspirations evolve.







## Discovering Your Core Values and Authentic Self

### Tips for Excavating Your "Why"

**Be honest with yourself** - this is a judgment-free zone.

**Don't rush the process** - allow your thoughts to flow freely.

**If you hit a wall** - take a break and come back with fresh eyes.

Uncovering your "Why" is a powerful way to ensure that your goals resonate deeply with your authentic self. Use this insight to guide your decisions and actions moving forward.

## Discovering Your Core Values and Authentic Self

### Research and Plan

Now that you have a clearer understanding of your core values and motivations, it's time to identify the skills you need to achieve your vision. Research what's required in your desired field or area of interest, and outline a step-by-step plan to acquire these skills.

Skills I Need to Achieve my Vision

---

---

---

---

---

---

---

Possible Resources for Learning

---

---

---


---

---

---

---

Resilience isn't just about bouncing back—it's about moving forward with strength and purpose. By reframing challenges, you empower yourself to face whatever comes your way with courage and confidence.

A hand is shown reaching out from the right side of the frame, palm facing up, against a background of a beach at sunset. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. The ocean waves are visible in the distance, and the sandy beach is in the foreground. A semi-transparent orange vertical bar is positioned on the left side of the image, containing the text.

In letting go of  
what I think we  
should be, I  
make room for  
who I truly am

## Simplifying and Focusing on What Matters

Simplicity is about making space for what truly matters. In this stage, you'll learn to declutter your life and focus on the essential, creating room for clarity and peace.

### Simplify Your Life

Take a moment to reflect on what's overwhelming you right now. List the sources of overwhelm in your life and identify what truly matters to you. How can you simplify things to focus on your priorities?

#### My Sources of Overwhelm

---

---

---

---

---

---

---

#### My Priorities

---

---

---

---

---

---

---



# Simplifying and Focusing on What Matters

## A Daily Mindful Observation Practice

Today, practice mindfulness by observing your surroundings with fresh eyes. Take a few moments throughout the day to pause and notice the details you often overlook. What do you see, hear, smell, or feel? How does this awareness impact your mindset and actions?

### My Mindful Observations

---

---

---

---

---

---

---

### Clarity and Gratitude Reflections

---

---

---

---

---

---

---

# Simplifying and Focusing on What Matters

## Further Reflection Questions

- What new perspectives did you gain from your mindful observations?
- How did this practice make you feel more present and connected to the moment?
- What insights or ideas emerged that you want to explore further?

---

---

---

---

---

---

---

---

---

---

## Tips for Effective Mindfulness

- Set reminders to pause and observe throughout your day.
- Avoid judgment and simply notice what is, without trying to change it.
- Reflect on how this practice makes you feel and how you can incorporate it into your daily life.

By regularly observing your surroundings with presence and curiosity, you cultivate a greater appreciation for the beauty in the everyday.

Growth isn't  
about reaching  
perfection,  
it's about  
embracing the  
journey, flaws  
and all



## Embracing Imperfection and Living Authentically

Perfection isn't the goal—authenticity is.

In this final stage, you'll learn to embrace your imperfections, live authentically, and cultivate self-compassion along the way. This is where the journey comes full circle, as you honor your true self and find beauty in the life you're creating.

### Embracing Imperfection

Reflect on the areas of your life where you feel uncertain or imperfect. Rather than viewing these imperfections as flaws, reframe them as unique aspects of your journey. How can you embrace these imperfections as part of your authentic self?

My Areas of Uncertainty

---

---

---

---

---

---

---

---

---

---

### Further Reflection Questions

- How do these imperfections contribute to your personal story?
- In what ways can embracing your imperfections lead to greater self-acceptance?
- What steps can you take to celebrate your unique qualities rather than hide them?







# Embracing Imperfection and Living Authentically

## Cultivating Self-Compassion

Consider how you can extend compassion to yourself as you would to a close friend. Reflect on your self-talk and the way you treat yourself during challenging times. How can you incorporate more self-compassion into your daily life?

How I Show Myself Compassion

---

---

---

---

---

---

---

---


---

---

## Further Reflection Questions

- How does practicing self-compassion change your relationship with yourself?
- What self-talk prevents you from being compassionate toward yourself, and how can you overcome them?
- How can you create a daily practice of self-compassion that feels authentic to you?





When things  
change within  
you, things start  
to change  
around you

- Mary Nel





# Final Reflection and Looking Forward



As you wrap up this workbook, take a moment to give yourself a well-deserved pat on the back (or a celebratory dance—your choice!). You’ve been on quite the journey, and it’s time to reflect on all the growth and insights you’ve gathered along the way.

## Key Takeaways

- **Embrace Your Journey:** Every little step you take, even the ones that feel like baby steps, adds up to something big. So, celebrate those tiny victories! They’re like sprinkles on the cupcake of life.
- **Stay Connected to Your Values:** Keep your core values close, like your favourite pair of fuzzy socks. They’ll help you navigate life’s twists and turns and keep you cosy when things get a bit chilly.
- **Practice Mindfulness:** Try to sprinkle a little mindfulness into your daily routine. It’s like adding a dash of seasoning to your meals—just enough to make everything taste better!
- **Cultivate Self-Compassion:** Be your own best friend! Treat yourself with the same kindness you’d offer a buddy who’s having a rough day. Remember, we all have our quirks, and that’s what makes us unique (and sometimes a bit quirky).
- **Engage with Supportive People:** Surround yourself with folks who lift you up and make you laugh. Share your journey with them, and don’t hesitate to ask for a little encouragement when you need it.

# Final Reflection and Looking Forward

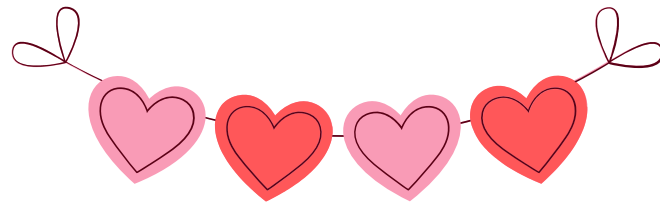


## Further Suggestions

- **Revisit the Exercises Periodically:** Don't be shy about coming back to these exercises whenever you need a refresher or a little inspiration. Your insights might surprise you the second time around—like finding a forgotten snack at the bottom of your bag!
- **Set New Goals:** As you grow, your goals might change. Take a moment to set new intentions that reflect your evolving self. Think of it as updating your playlist—sometimes you just need a fresh tune!
- **Document Your Journey:** Consider keeping a journal to track your thoughts and experiences. It can be a great way to reflect on your journey and maybe even discover some hidden gems of wisdom along the way.
- **Seek Guidance:** If you feel like you could use a little extra support, don't hesitate to connect with a coach or mentor. Think of them as your personal GPS, helping you navigate your unique path.

# FINAL WORDS

Remember, the road ahead is yours to create, and each step you take is a testament to your courage and commitment to living authentically. Keep exploring, reflecting, and growing—**you've got this!**



# AFFIRMATIONS

1. I am on a journey of self-discovery, and I embrace every step of it.
2. I am open to learning more about myself with each passing day.
3. I trust my intuition to guide me toward the answers I seek.
4. I release all self-doubt and replace it with self-assurance.
5. I am worthy of love, acceptance, and all the good things life has to offer.
6. I am constantly evolving and growing into the best version of myself.
7. I am at peace with my past and excited about my future.
8. I accept myself completely, including my flaws and imperfections.
9. I am resilient, and I bounce back from challenges with grace and strength.
10. I celebrate my uniqueness and honor my individuality.
11. I am the architect of my own destiny, shaping it with intention and purpose.
12. I am grateful for the lessons I've learned from both my successes and failures.
13. I trust that life unfolds exactly as it should, leading me to greater wisdom.
14. I am in tune with my emotions, and I allow myself to feel and express them freely.
15. I radiate positivity and attract positive energy into my life.
16. I am a source of inspiration and empowerment for myself and others.
17. I embrace change as an opportunity for growth and transformation.
18. I am confident in my ability to face challenges and find solutions.
19. I am patient and gentle with myself as I explore my inner world.
20. I am connected to the present moment, finding joy in the here and now.
21. I am deserving of love, respect, and all the blessings life has to offer.
22. I release the need for external validation and rely on my own inner wisdom.
23. I am a lifelong learner, constantly seeking knowledge and growth.
24. I am grateful for the people and experiences that have shaped my journey.
25. I am a beacon of positivity, spreading kindness and understanding to those around me.
26. I am empowered to make choices that align with my true self and values.
27. I am a work in progress, and I embrace the beauty of my evolving self.
28. I trust in the timing of my life and remain patient in pursuit of my goals.
29. I am resilient, adaptable, and capable of handling whatever comes my way.
30. I am at peace with who I am, where I've been, and where I'm headed.