



**A POWERFUL GUIDE FOR
YOUR STORY OF
TRANSFORMATION**

**(NO MATTER WHERE YOU
ARE ON THE JOURNEY)**



Welcome

Tammy Mack

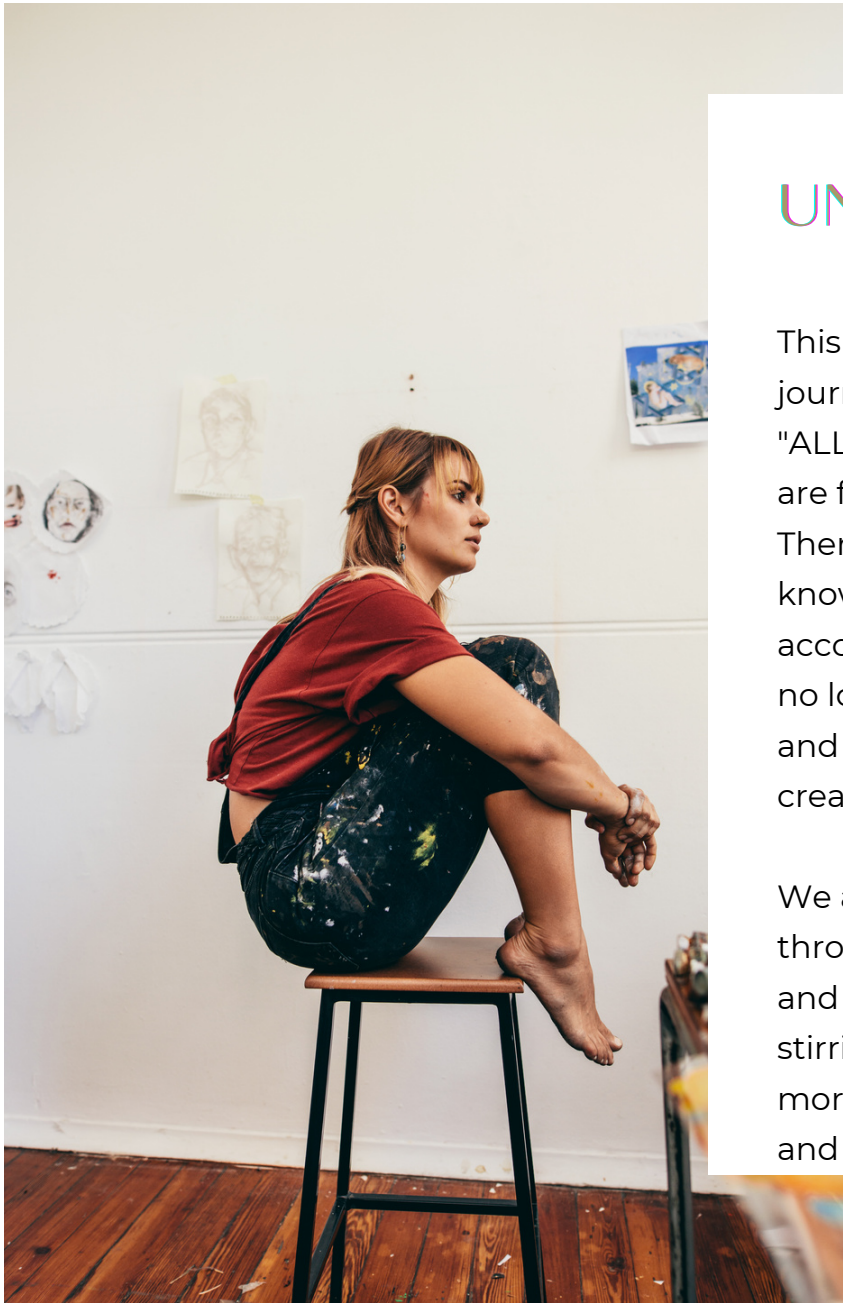
Your Soulful Strategist

I have gone on this journey many times in my life, and not always completing the process. Fear, limiting beliefs, conditioning and old stories kept me playing small and with a victim mindset.

Then one day, after complete burn out, I surrendered. Truly, deeply just let go. I took this quest and found that all my past faceplants and failures were steppingstones to my evolution. It's time for you to go on your own journey, and discover how amazing, wonderful and precious you really are and shine your light into the world.

Follow along with the accompanied videos for more depth and clarity as we move through this book.

An Ordinary Life



UNCOMFORTABLE

This is where we start our journey. We have been doing "ALL THE THINGS", and yet, we are feeling a little uncomfortable. There is a stirring, an inner knowing that we have more to accomplish in this world. We are no longer fulfilled in our lives, and may have even lost our creative spark!

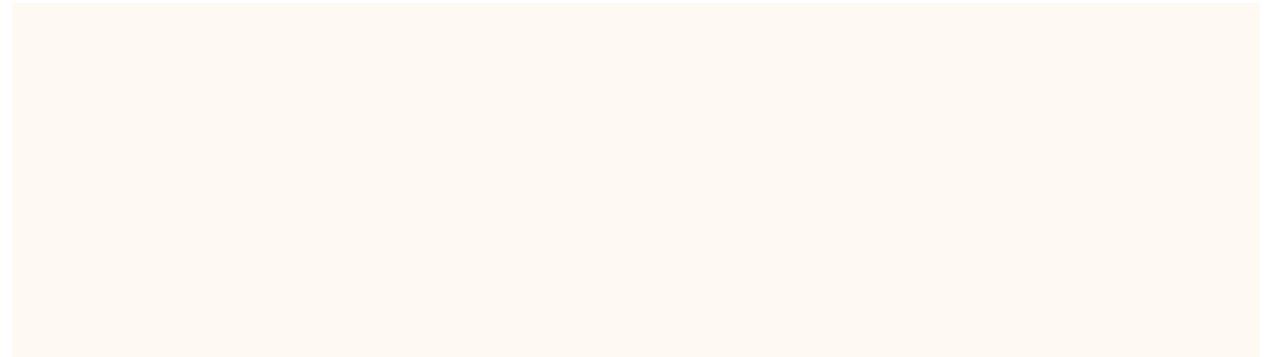
We are mindlessly going through the motions day by day, and are feeling that inner stirring. I am here to experience more than just going to work and surviving the week!!

JOURNALING PROMPTS

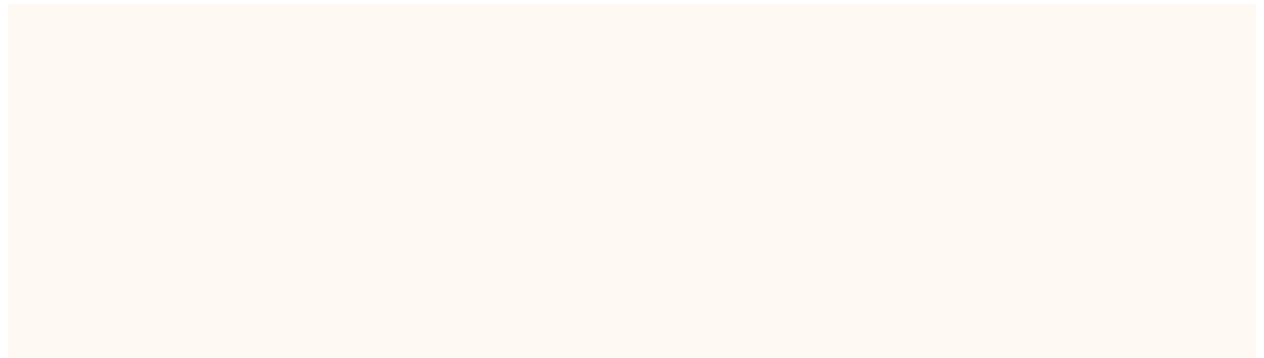
Use these prompts to dive deeper into your story

[Watch the video for more details](#)

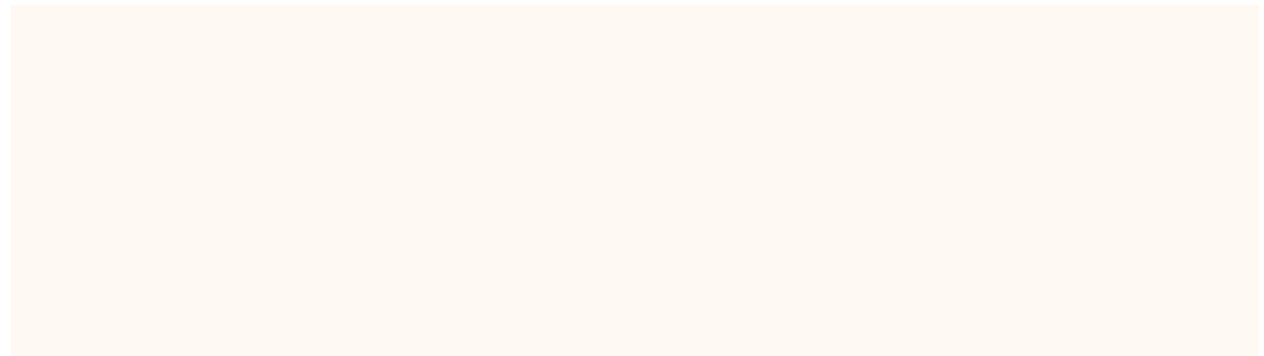
When did I first start feeling unsatisfied
uncomfortable, or unfulfilled in my life?



What emotions or feelings am I
experiencing?



What stories do I tell myself to keep me
in my uncomfortable pattern(s)?



A storm is brewing, shit is about to hit the fan

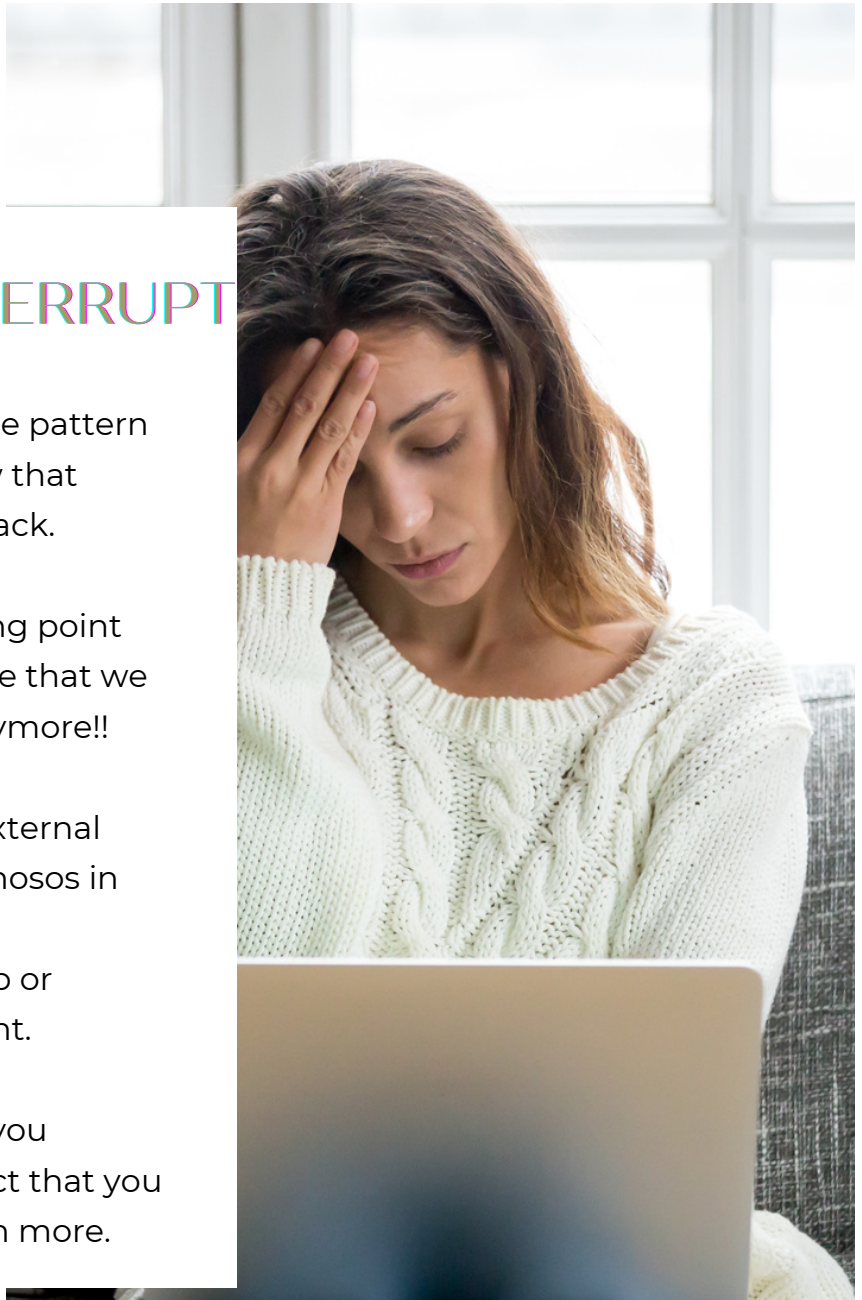
PATTERN INTERRUPT

Then it happens. The pattern interrupt!! The straw that broke the camel's back.

We all hit that tipping point that makes us realize that we just can't do this anymore!!

Sometimes it's an external crisis, death or diagnosis in the family, job loss, relationship breakup or planetary alignment.

Sometimes it's just you waking up to the fact that you are here for so much more.



JOURNALING PROMPTS

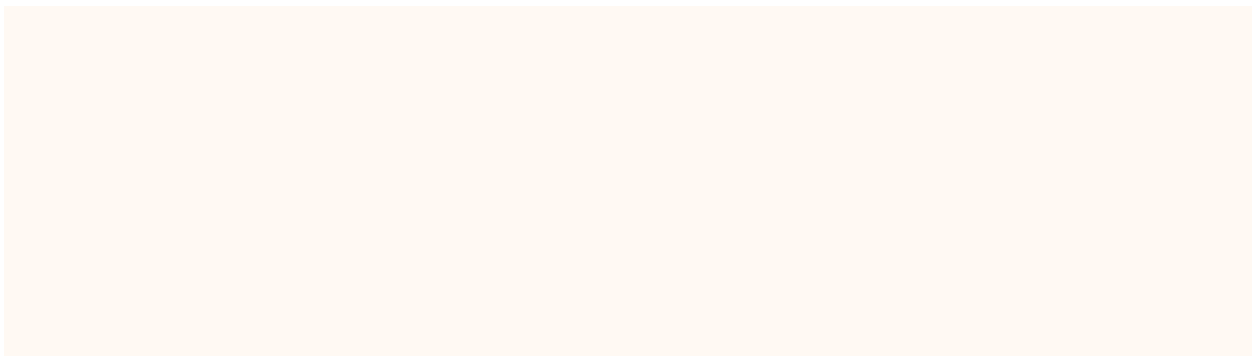
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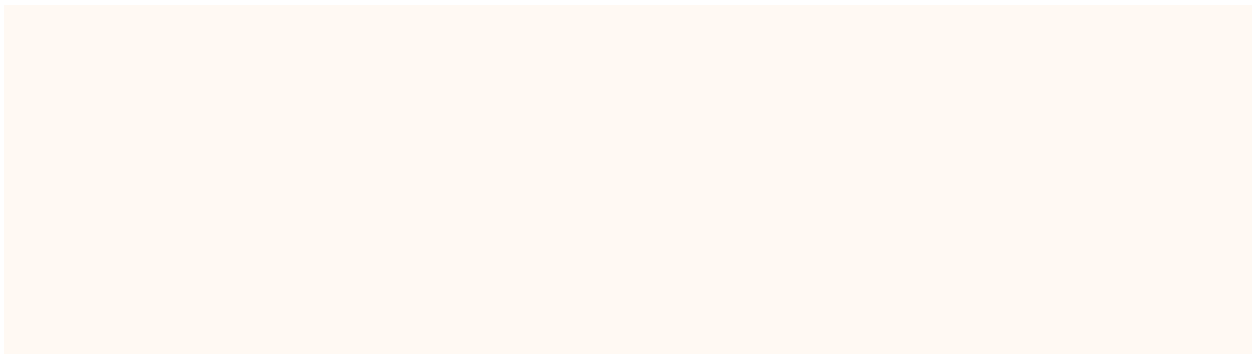
What was the pattern interrupt?



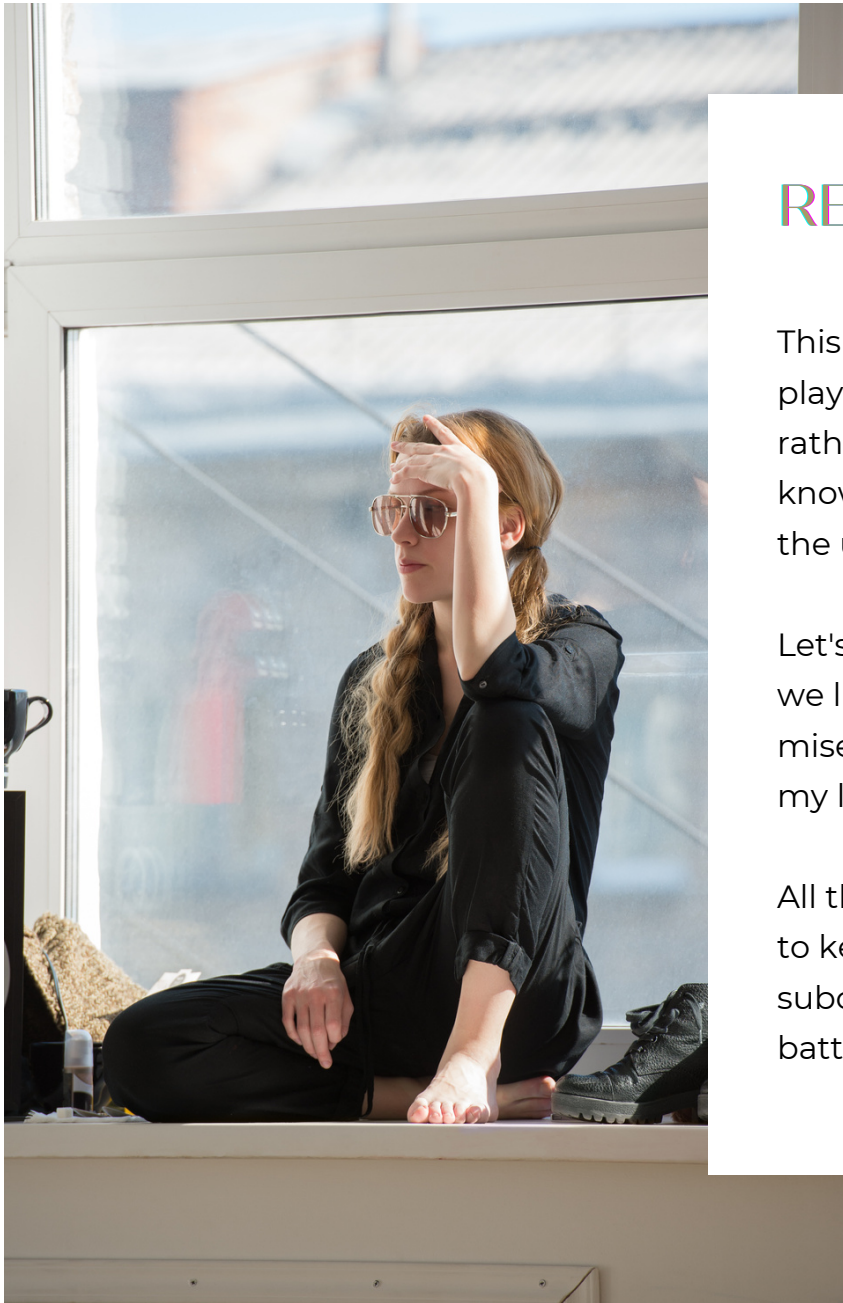
Was it an inner or outer influence?



Do you feel a particular call to action?



*I would rather live the known hell
than an unknown hell*



REFUSAL

This is where fear starts playing with us. We would rather suffer through the known, then step outside into the unknown.

Let's be honest. Sometimes we like to wallow in our misery. Change is scary, and my life isn't really THAT bad.

All the stories we tell ourselves to keep us playing small, our subconscious winning the battle of the familiar.

JOURNALING PROMPTS

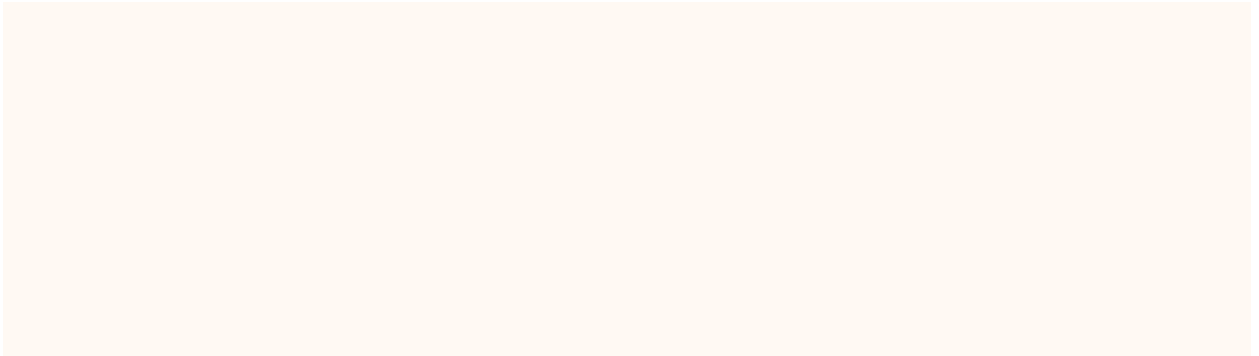
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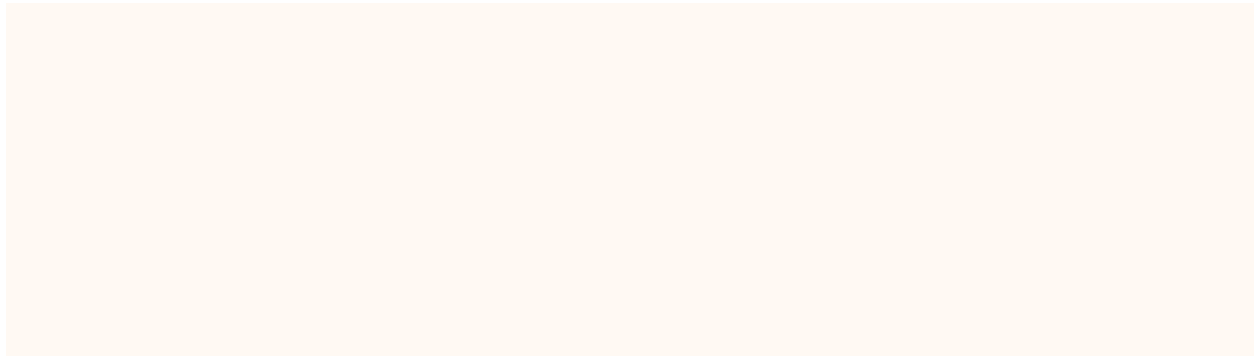
What fears or resistance are keeping you from taking a leap of faith?



Was story are you telling yourself to keep you playing small?



What would it cost you to take a step closer to your desire?



Could this be you in the future?

INSPIRING MENTOR

Who was it? You may have been inspired by someone else who seems to have it figured out. This amazing soul either was inspiring you through living by example, or was offering to guide you.

Sometimes this person is a teacher or mentor who has offered to take you through a course or program that will empower you into your next direction in life.

They can't take the next step for you, but they can be there to support you.

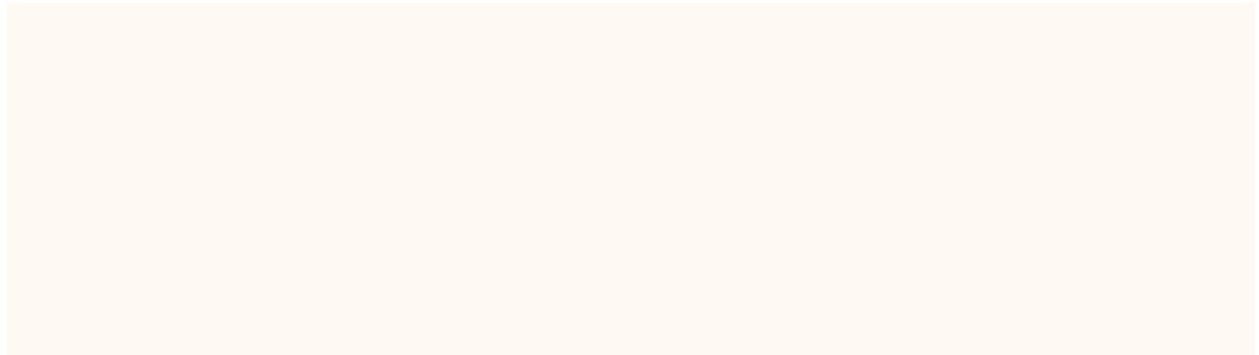


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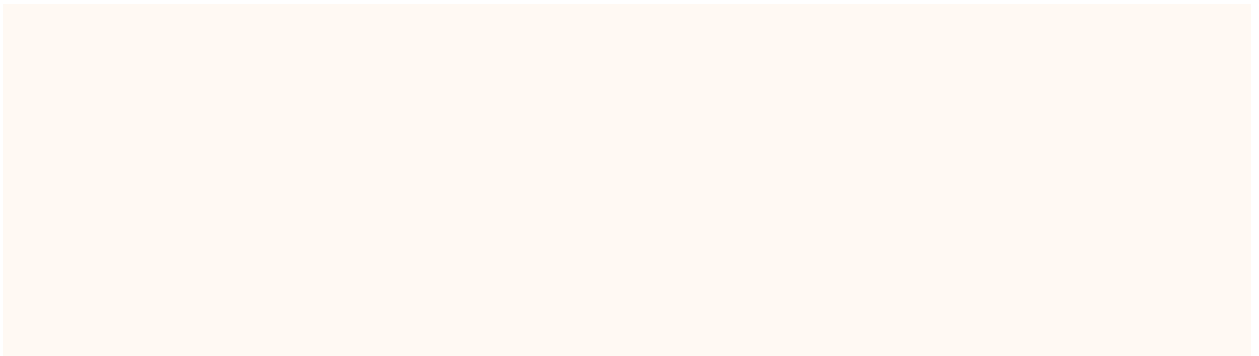
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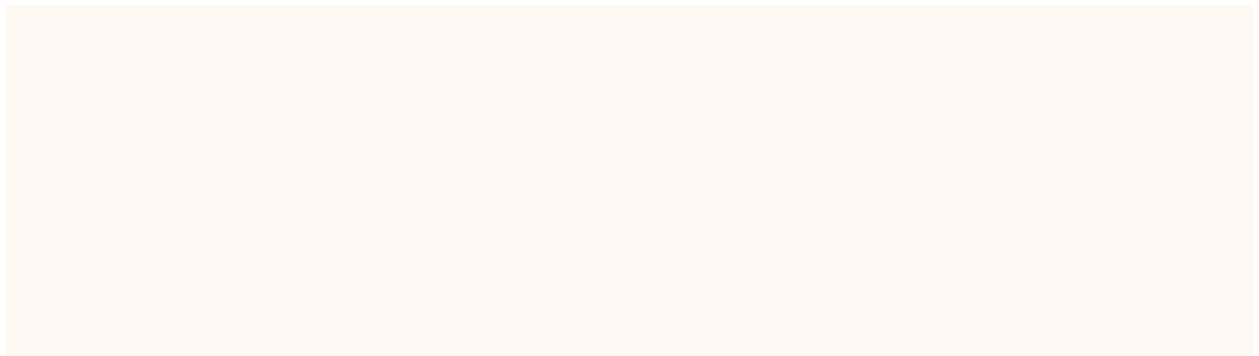
Who do you find inspiring in either your life or on social media?



Are you currently working with a mentor, coach, or teacher right now?



Who in the past has really inspired you? What was it about this person?



Ready to take the quantum leap into the unknown



THRESHOLD

That's it!! No more!! This is where we really take a quantum leap into the unknown. We trust that we are supported by the universe. We know that we are only going forward, never back, even if we stumble, life is a dance. Two steps forward one step back. We are grateful for all the lessons we have learnt, but we are ready to move on. We are ready to start our quest. We are going to name it and declare it!!

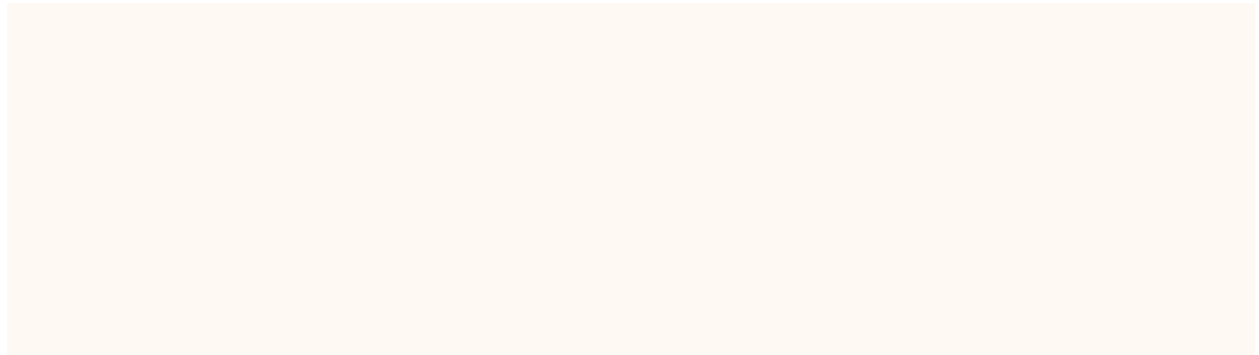
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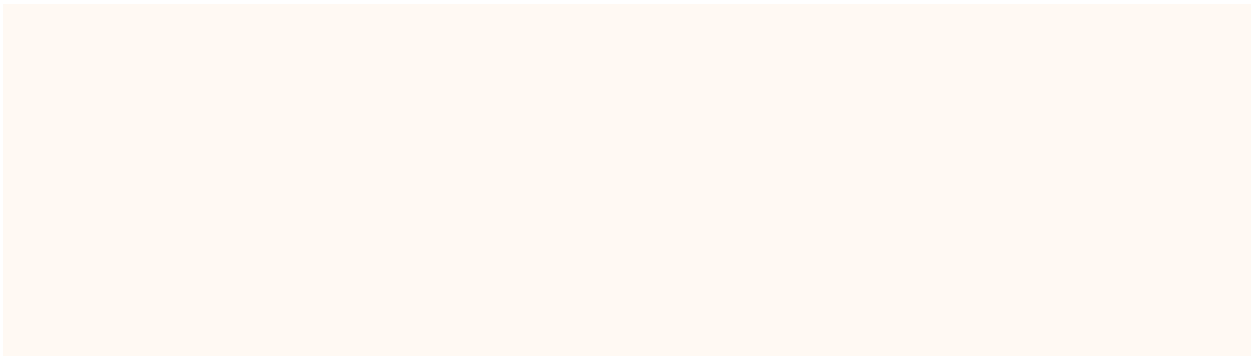
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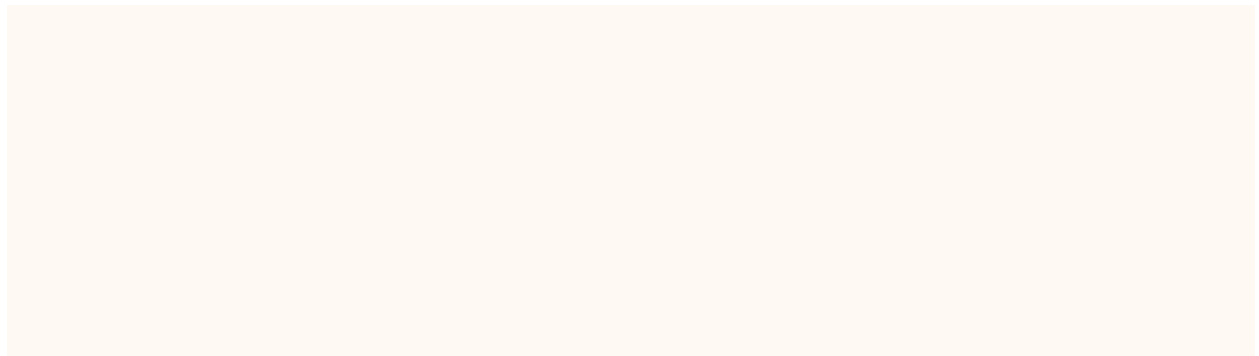
If you were to take a quantum leap into the unknown, what would it be?



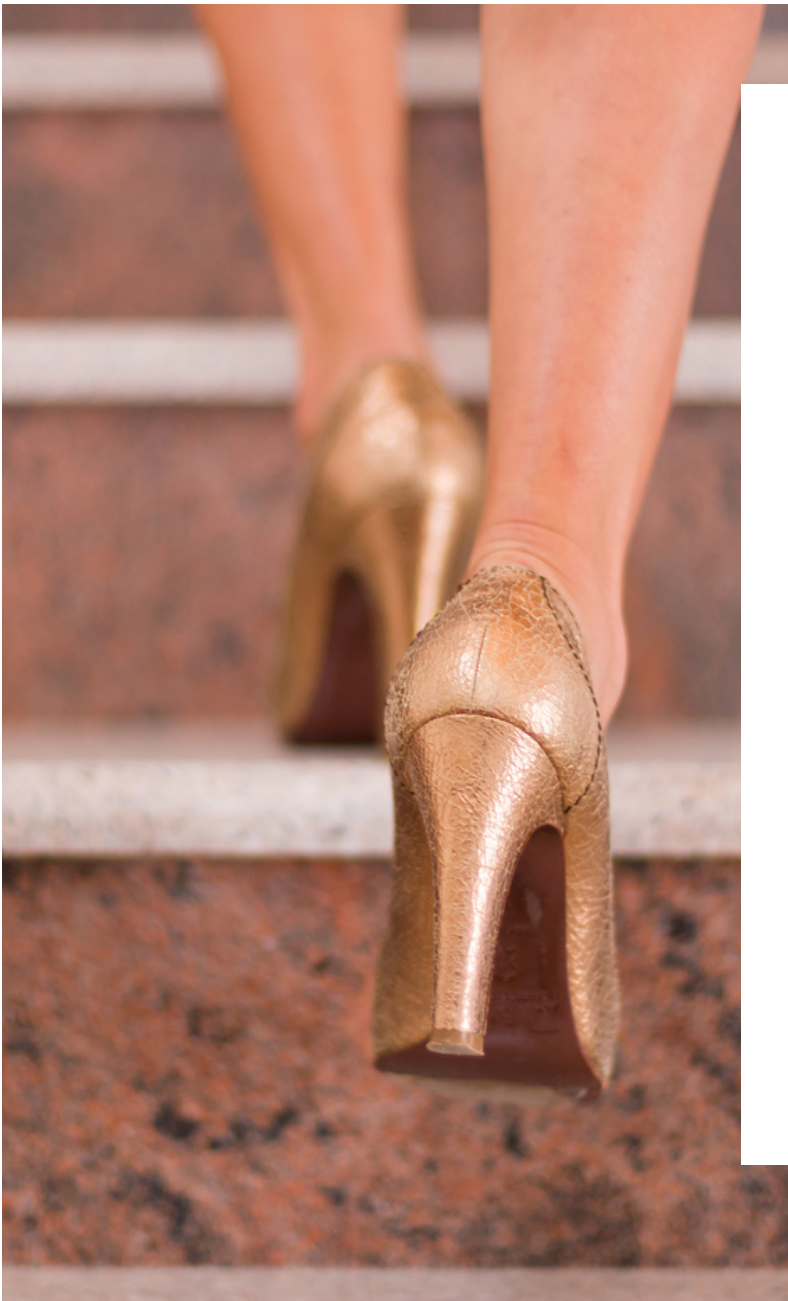
What would be a small step that you could take today to start your journey?



What would you name your journey or quest? Give it a name.



Time to Tango, Two steps forward one step back



THE WINDING PATH

The path to success is a never a straight line. Sometimes it looks more like a never ending cycle. You will experience victories and defeats.

The mastery is finding the wisdom in those moments of perceived failures. When we can start learning from these teaching situations, we see that we are growing through every challenge.

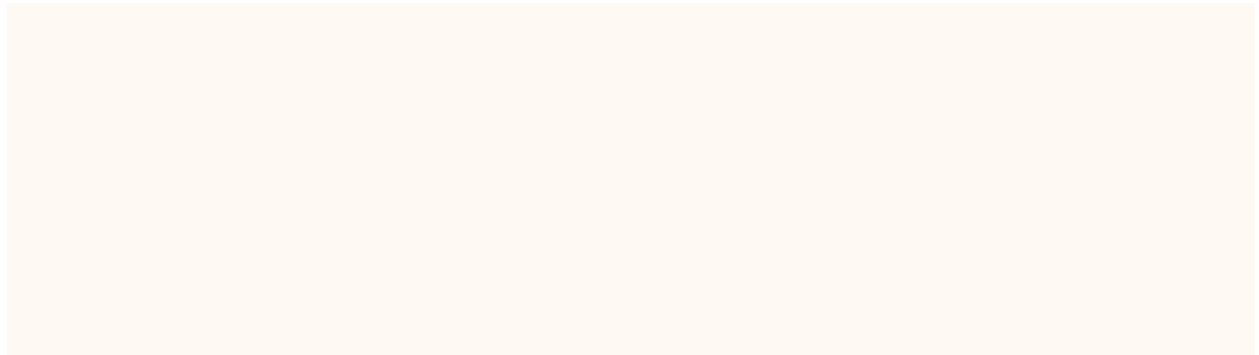
We incarnated to experience ALL OF IT, and when we are moving past our comfort zone, we will experience a wide array of situations that bring us the wisdom to do better.

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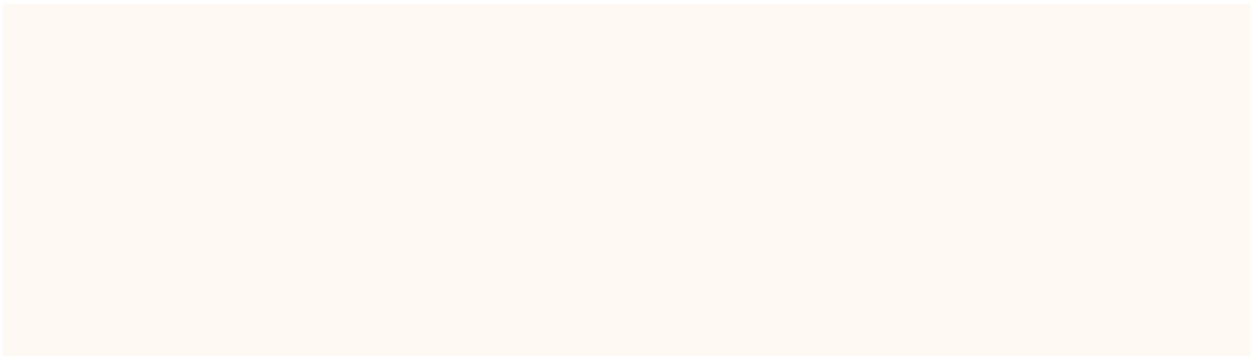
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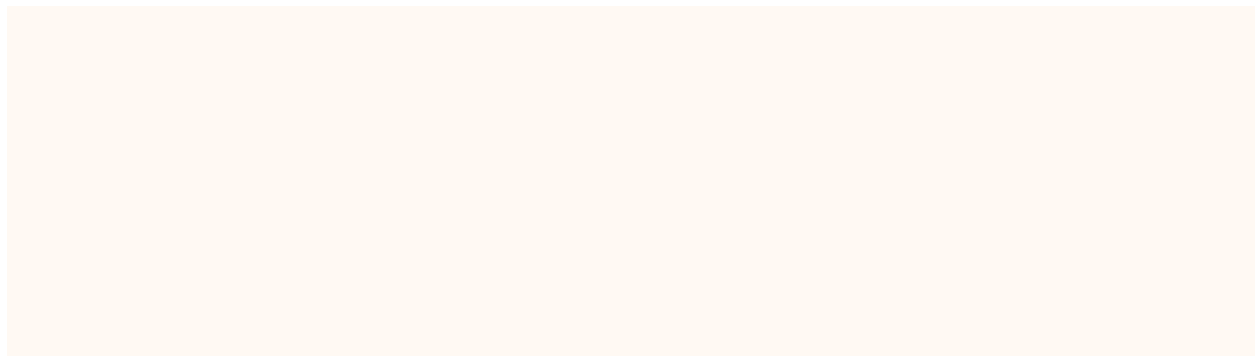
What challenges are you facing in your new path?



How is your commitment to creating a new life experience been tested?



Have you made any new connections, friends or co creators to support you in your new journey?



Dark Night of the Soul

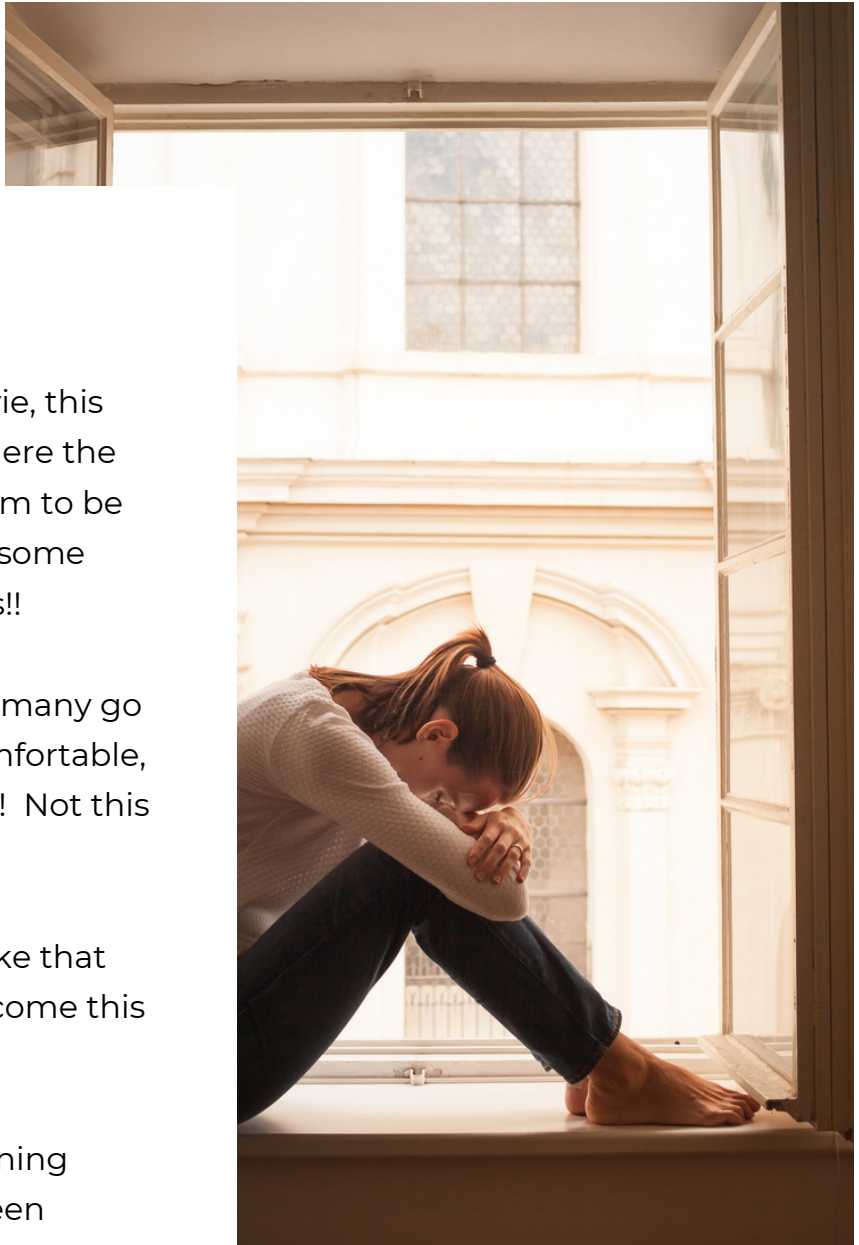
PAIN CAVE

IF your life was a movie, this would be the part where the crisis hits. Things seem to be going fairly well, and some sort of disaster strikes!!

This is a time where many go back to the more comfortable, old life. But not YOU!! Not this time!!

This is where you make that decision. You didn't come this far to only go this far.

It's usually an underlining issue that we have been avoiding this whole time. The one old story that we have clung to that's holding you back.

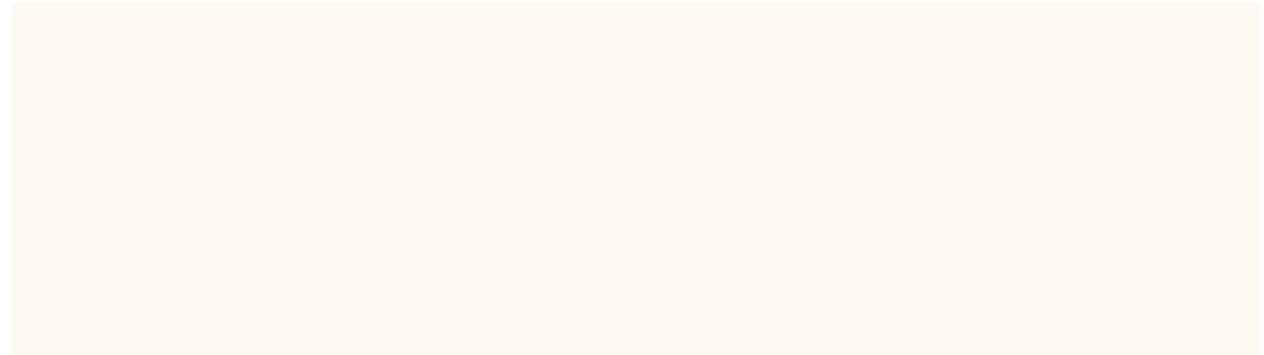


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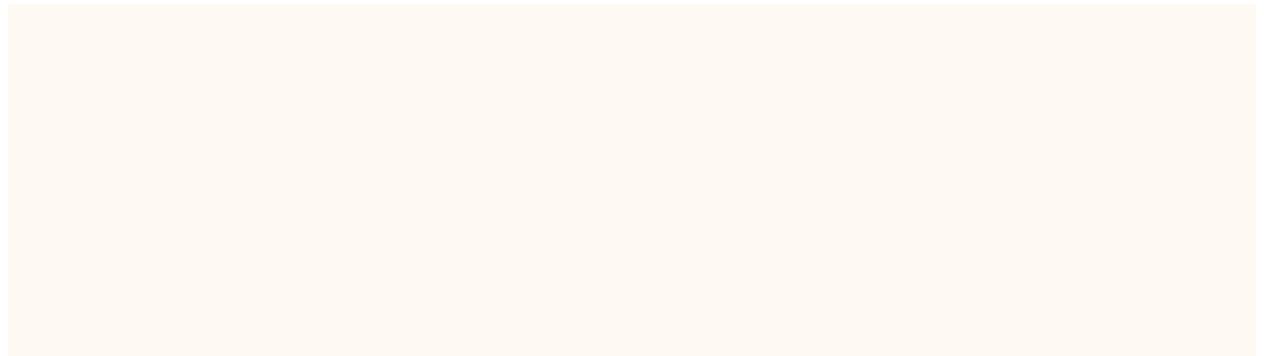
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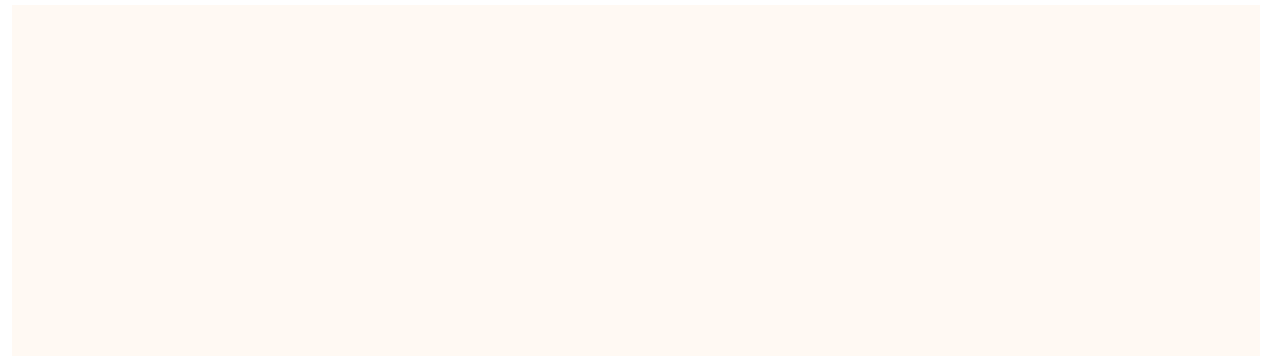
What is that old conditioning belief
that's holding you back?



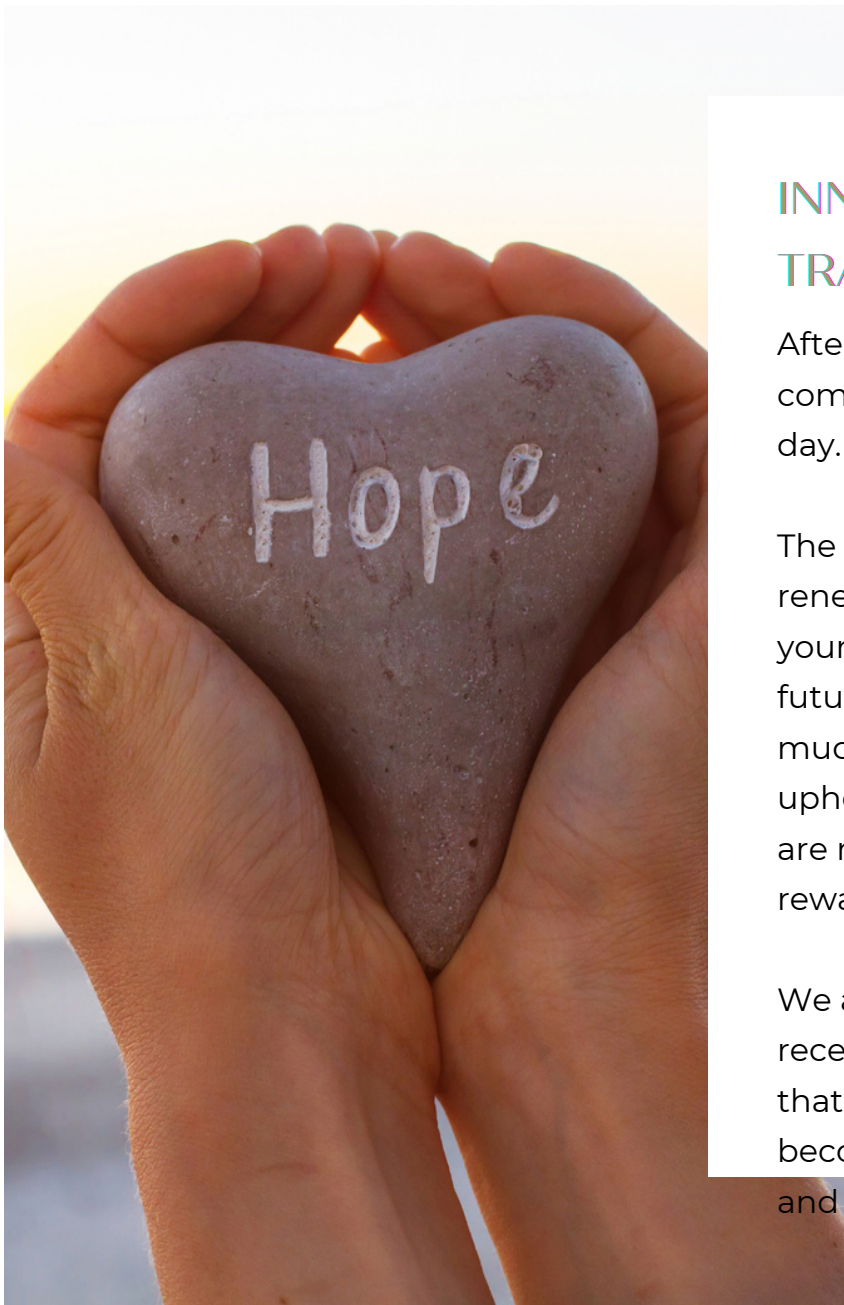
If your future self could give you advice,
what would it be?



Reflect on your journey. What is one
amazing win so far?



The Rise of the Phoenix and Rebirth



INNER TRANSFORMATION

After the darkest hour of night comes the dawning of a new day.

The change is an inner one, a renewed sense of trust in yourself, and faith for your future. You have grown so much during this time of upheaval in your life and you are ready to start seeing the rewards.

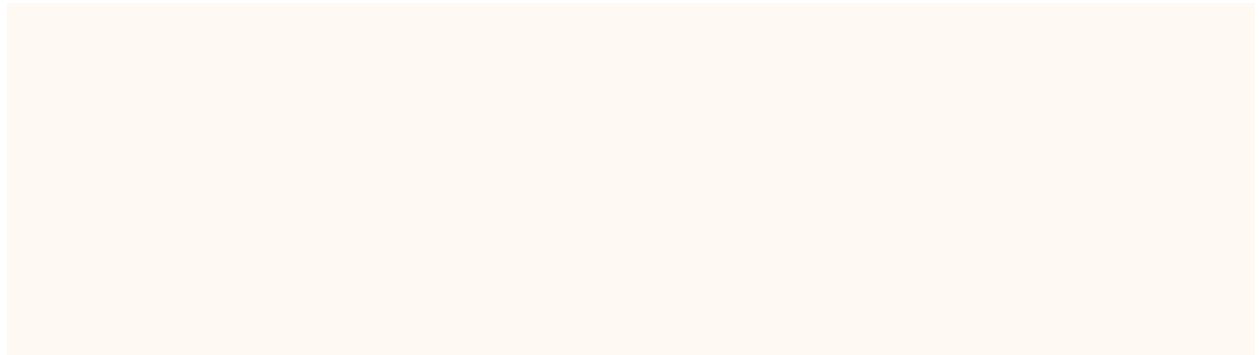
We are designed to give and receive, and when we are have that inner alignment, we become magnets of success and fulfilment.

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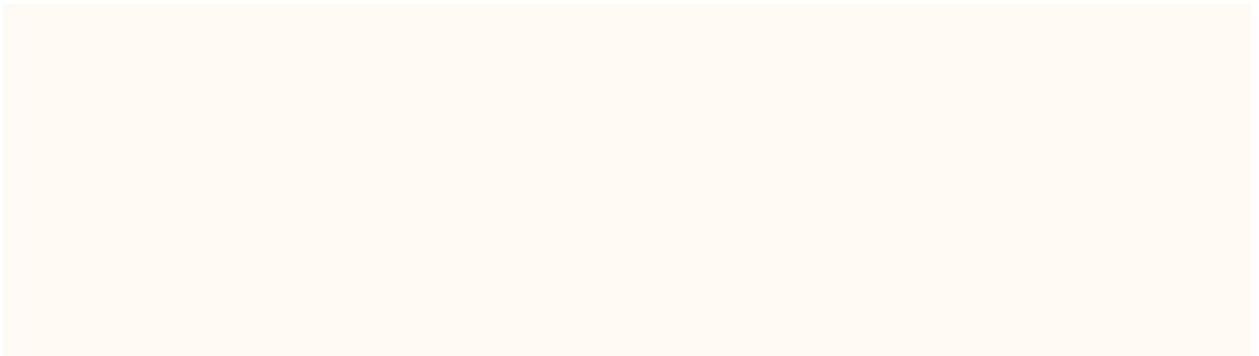
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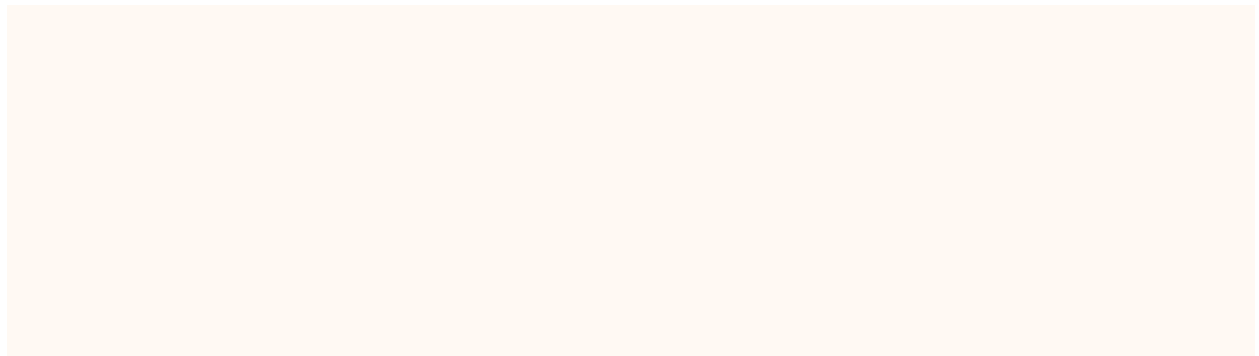
In what ways do you feel different from the start of your journey?



Is there any change in your outer environment? Friends, living space?



Are there any new changes that you are really loving?



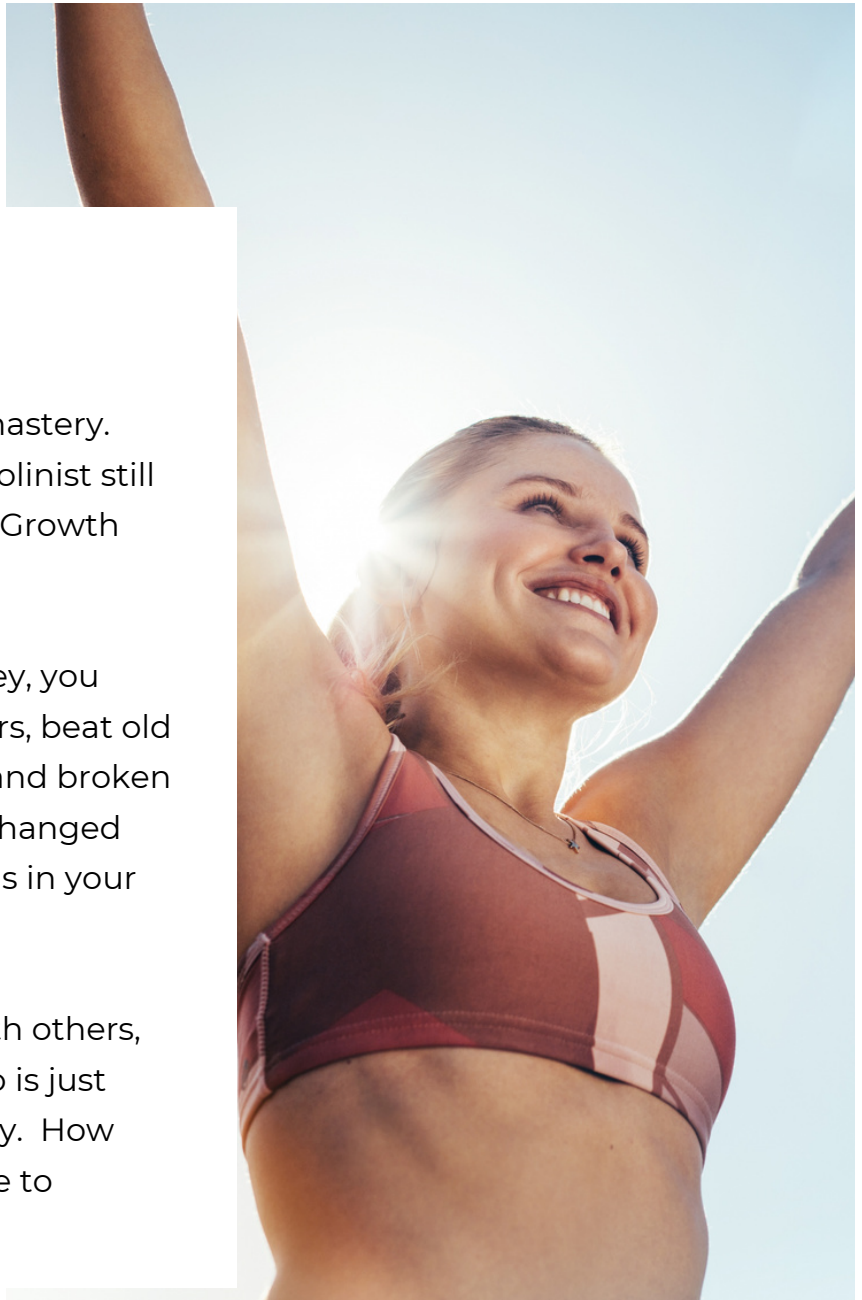
The Golden Elixir of life

MASTERY

There is no end to mastery. Even the greatest violinist still practices every day. Growth never ends.

Through your journey, you have conquered fears, beat old self limiting beliefs and broken patterns and even changed the gene expressions in your body.

It's time to share with others, lift someone up who is just starting their journey. How can you be of service to others?

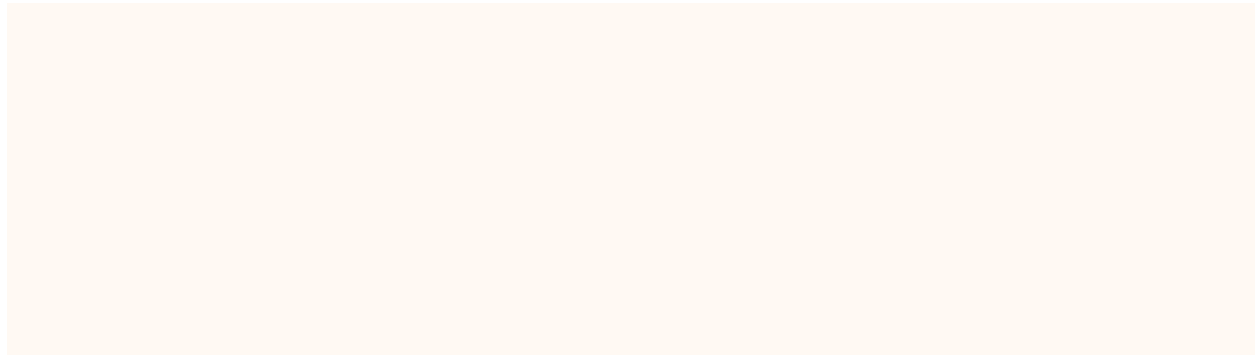


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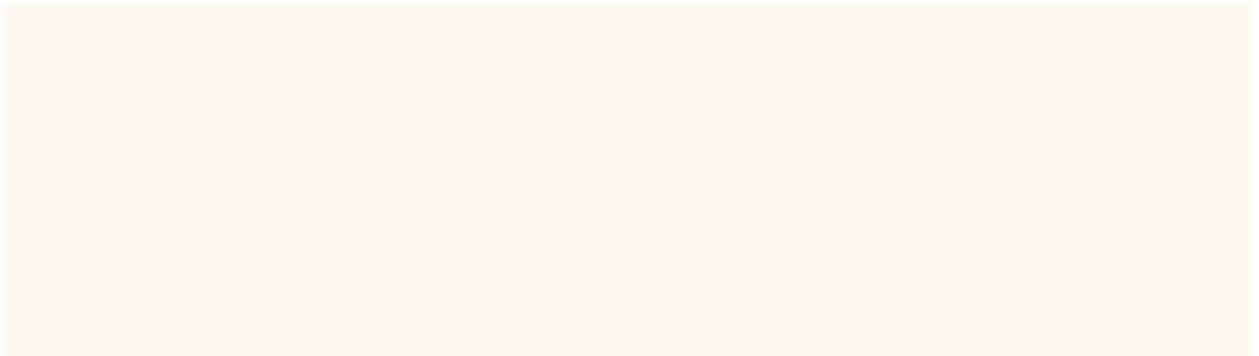
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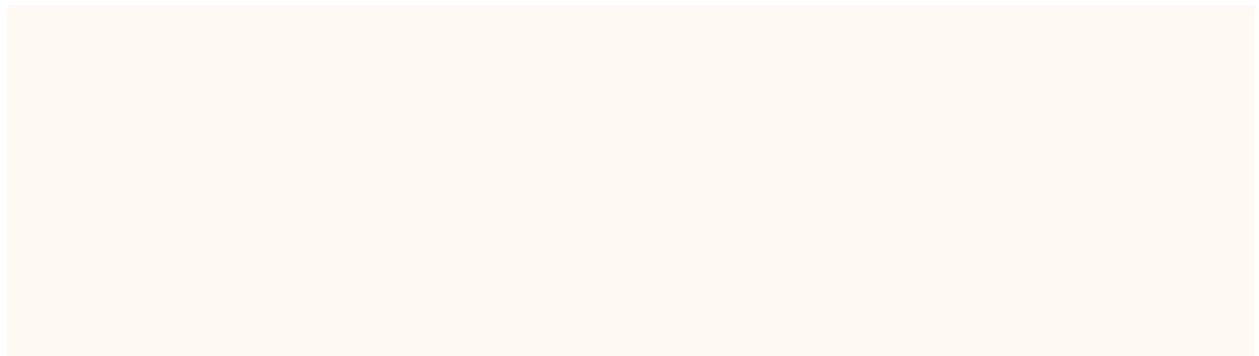
What is your new truth that you can share with others on a similar path?



What is one piece of advice you can give to those just starting out?



What is the biggest challenge or lesson that you learnt?





THANK YOU

If this has piqued your interest, or you have any questions, comments or feedback, I would love to continue to support you in your journey of self - discovery, love and transformation.

Tammy Mack

