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THE WORK- BOOK

A TWICE-DAILY RITUAL TO
SUPPORT YOU IN DEVELOPING
A DEEPER CONNECTION TO
YOUR OWN WISDOM WITHIN

[@nomapsamber](#)



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Hey there!

Welcome to the Work-Book. On these pages, I offer you a daily practice designed to strengthen your connection to your own Inner Voice. This practice isn't as much about getting answers from your Inner Voice, though that will happen too. It's more about familiarizing yourself with what it feels like to turn to your Inner Voice for answers and to observe how much quicker and easier it becomes to do so as you check-in with it on a daily basis.

The daily practice involves a morning check-in and an evening reflection. On the following pages, you'll find a template for each. You're welcome to print off each page daily, duplicate the pages and fill them in with a PDF editor, or simply re-create them in your personal journal. It's entirely up to you.

To allow for the maximum benefits, I recommend that you commit to a specific number of days to do this practice. Perhaps a week to start or a month if you're more ambitious. And always know that this practice and these pages are here for you to return to whenever you need to strengthen this connection to your wisest self.

With love,
Amber



How to Connect to Your Inner Voice

Step 1: Place your awareness into the spot inside yourself where you've heard or felt an intuitive nudge before.

If you're unsure about where this spot is for you, I suggest doing a full body scan while allowing your breath to calm any thoughts that may be crossing your mind.

Tapping into your Inner Voice requires shutting down the noise of the mind temporarily. Start at your feet and slowly move your awareness up to the crown of your head. Pay attention to any points where you feel a sense of juicy stillness and utter calm. Then maintain your awareness in this spot. It's okay if it's not *the* spot. The true purpose of this step is to help draw the attention away from any distracting thoughts.

Step 2: Exhale, exhale, exhale.

Don't worry about the inhale. The exhale is what matters because, when your mind holds a thought, it tends to hold the breath at the same time. This exhale is what will help you get out of the mind and into the place of peace and stillness where your Inner Voice lives and speaks.

Step 3: Repeat Steps 1 and 2 until you feel connected to your Inner Voice.

You'll know when you're connected because it will start to feel slightly or significantly different within the spot in your body where you hear or feel your Inner Voice. You'll also start to notice your mind's thoughts are fewer and far between and that an overall sense of stillness and peace has taken over. When you do feel your version of this, you can begin to answer the questions on the check-in pages that follow. It's okay if it doesn't feel extremely deep and strong in the very beginning. It will get stronger the more you tune into it.



Date:

MORNING CHECK-IN

TAKE A FEW DEEP BREATHS, CALM YOUR MIND, AND ALLOW YOUR INNER VOICE TO ANSWER THE FOLLOWING QUESTIONS:

What part of my life should I bring more awareness to today? Scan the following themes with your eyes and feel into which one your Inner Voice is pulling you towards. Then circle it.

- Health + Well-Being
- Home Environment
- Career + Personal Growth
- Money + Finances
- Spirituality
- Joy + Fulfillment
- Creativity + Play
- Movement + Exercise
- Love + Intimacy
- Sexuality + Pleasure
- Family + Close Relationships
- Community + Connections

What can I do to create more balance in this area of my life today? Let your Inner Voice answer.

Why is it important that I focus on this area of my life today? Let your Inner Voice answer.



Date:

EVENING REFLECTION

TODAY I FOCUSED ON: _____

**How did it feel to bring awareness to this part of my life today?
How did this theme show up today? (Allow the mind to answer)**

How do I feel about this area of my life now? (Allow the mind to answer)

**Deep breath...what does my Inner Voice have to say about today
and what came up around this theme?**



Book a Session

If you'd like to go even deeper, I do offer a variety of Inner Voice sessions, ranging from 2-hour deep dives with your Inner Voice to emotional release sessions, and sessions geared towards life's transition moments (like birthdays, the new year, and any other endings/beginnings). These sessions allow you to shut off the mind completely while I hold the space for you to go deep and get answers to your deepest questions from your own Inner Voice.

For more information and to book a session, visit:

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