

ALIVENESS ACTIVATION WORKSHEET

JUNE 2, 2025 · WICHITA, KS

From Numb to Alive

An embodiment experience
for high-achieving moms

01 — Your Current Energy Snapshot

On a scale of 1-10, how alive do you feel today?

1

2

3

4

5

6

7

8

9

10

What emotion has been most present this week?

02 — Your Desire Drainer™

☐ The Inner Critic☐ The Story Spiral☐ The Fear Filter☐ The Limiting Lens

How does this show up in your daily life?

03 — The 60 Second Reset

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This is how you interrupt the pattern and return to yourself.

After the breathwork — what shifted in your body?

What did you notice?

04 — Pleasure Activation

After the intentional dance — what emotion came alive?

Where did you feel energy in your body?

05 — Your Aliveness Intentions



ONE SMALL PLEASURE
I CHOOSE TODAY



ONE BOUNDARY
I WILL HONOR THIS WEEK



ONE DESIRE
I AM READY TO CLAIM

06 — Your Closing Reflection

What would your life look and feel like
90 days from now if you fully said yes to yourself today?
