



# HOLD MY *hand* EVERY STEP OF THE *way*

What is the one thing that's in common with each of these frustrating sabotaging behaviors?

- ♥ Struggle following through
- ♥ Start things but never finish
- ♥ Procrastinate
- ♥ Get overwhelmed
- ♥ Overthink things
- ♥ Give up



Yes, you are right! The one thing they all have in common is an unwillingness to complete something.

Let's go deeper. When we complete something, then we are in the present moment. Out of control. Susceptible to judgment, or rejection, or peoples' opinions, or failing, or wobbling, or things getting messy, or facing uncertainty, or having to sue the little me, or having to navigate intense emotions. Yes?

Now, is it more clear why my first two videos in the workshop were providing you with the tools required to, not only follow through with this course in a successful way, but also follow through with your relationships in a successful way? To follow through with your life like a rockstar?!



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I'm also providing you with an "*Exponential Results Weekly Success Calendar*" which will support you on a weekly basis with getting things done. This workbook is about the "inner game" required to actually follow through and do what you say you're going to do.

## *Step One:*

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Acknowledge that your behaviors of not following through are simply to protect your wounded heart. To defer rejection. To take yourself out of the game so that you never risk people's unkindness. Acknowledge that your procrastination is killing you off before another can kill you off. And acknowledge that you're doing this not because you're stupid, or evil, or broken, but because you're trying to desperately protect your wounded heart.



## *Step Two:*

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Breathe and open your heart as wide as your body. As wide as the room. As wide as your house, and neighborhood, and country, and the

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world. Go sit way out on the moon looking back at you on the earth, breathing as wide as the solar system. Create lots of space between the molecules of you as you feel the feelings of fear to show up. Be you. Navigate people's opinions of your authentic truth. Breathe in and out. Opening up that little window out the back of your heart. Letting go of any desire to change things. Letting go of wanting things to be different. Letting go of the pain, fear, doubt, and concerns out of your body.

### *Step Three:*

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Keep breathing as wide as the solar system. As you allow, without judgment, the truth that you are stuck in a survival mechanism attempting to protect your wounded heart, forgive yourself. You're just doing your best. You always have, and you always will. Recognize with your kind, tender,

patient, caring allowance that it's simply hard to be with *Little You's* intense emotions of fear. So you've been ignoring *Little You*. You've been procrastinating, or not following through. Forgive yourself. You were just trying to make things better. Now that you recognize it was ineffective, turn towards *Little You* and apologize for abandoning them, avoiding them, leaving them alone, not attending to them when they were scared and wounded.

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### *Step Four:*

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Give *Little You* a big super-duper hug. Hold them safe and sound in your arms while you acknowledge that they have every right to be scared of somebody's rejection. Every right to be nervous if somebody doesn't agree with them. Every right to be timid to follow through and jump into the unknown. Every right to be wobbly as they complete things, show up, and dive into the mystery. Let them know that a big reason for this is because they've been doing it all alone. Yet, now YOU ARE HERE. From this moment forward, you will no longer leave them, or abandon them, or tell them to stop feeling afraid. Instead, you will keep giving them a hug. You'll never forsake them or leave them alone again. Together you will complete things. Follow through with things. Move forward. Be present. Step into the unknown and savor the mystery together.

... CONNECT WITH *Little You* AND *build* THE  
**STRONGEST** RELATIONSHIP *ever...*

### *Step Five:*

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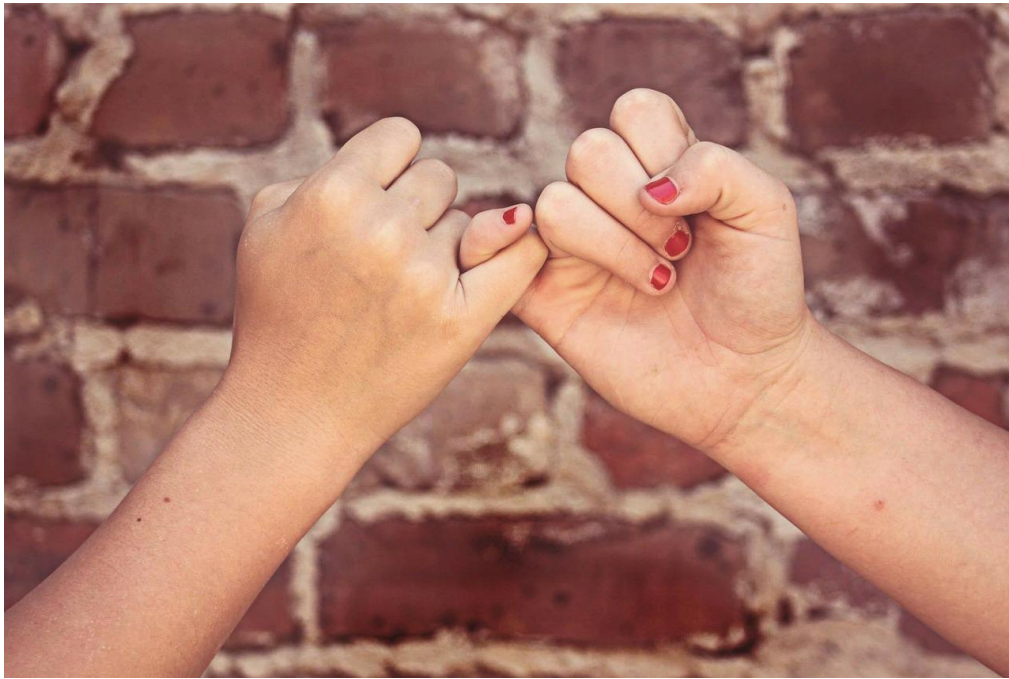
Every single day of this journey together through the "*Heart Splayed Wide Open Course*", you will connect with *Little You* and build the strongest relationship ever. Look *Little You* in the eyes and commit to them that you will do all the homework. You will watch all the videos.

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## HOLD MY *hand* EVERY STEP OF THE *way*

You will show up on the Facebook private group page. You'll ask any questions you have. You will step into the unknown together and let me love you. You will step into the mystery together. Sit in the fire together. Heal anything in the way with my help. Have complete communion with *Little You*, with the Divine, and your beloved. Whether you've already met them or they're on their way to you right now :-)



### *Step Six:*

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Imagine that *Little You* is still in your lap and you're reading through this declaration and at the end. The two of you are going to sign it:

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## Declaration of Soul Shaking Conscious Relationship with Myself

I, \_\_\_\_\_ [state your name], choose to destroy, dissolve, let go, and melt into the nothingness from which it came. All procrastination, overwhelm, overthinking, giving up, never finishing things or never following through.

I choose to show up in the present moment and BE ME.

I choose to be in complete communion with *little me* and always have their back. I'll never leave them again so that together we sit in the fire. We step into the unknown. We embrace the mystery and receive our glory. A soul shaking conscious relationship with our self, with the Divine, and with our beloved.

I give my word to do my very best in this agreement. Even if I fall or wobble, I'll get right back up with non-judgment, total unconditional love, a slap on my ass and a smile on my face (and a tickle/snuggle to *Little Me!*)

## Signatures

You \_\_\_\_\_

Little you \_\_\_\_\_

Date \_\_\_\_\_





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## *Step Seven:*

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Print this declaration out. Put it on your mirror in your bathroom, beside your bed, on the fridge, or everywhere! Wherever you'll see it the most :-)

This is the core relationship that will allow me to hold your hand every step of the way. Because you are holding *Little You's* hand every step of the way. Together. The three of us. In fact, the thousand or more of us in this course together.



Together we are all going to move past where we have always stopped. We are going to dive into the unknown and receive our dreams.

Another name for the unknown is the Field, Source, the Divine, God, the 99.9% we don't see. This energy is FOR US, not against us. Yet it can only respond based on our vibration. It gives us complete free will.

So it is our job to raise our vibration. To keep our heart splayed wide-open. To put out vibrations of gratitude, joy, self-love, and delicious curiosity for what is possible. It is our job to let go of other people's opinion defining our worth. Let go of circumstances defining our peace. Cultivate that sense of love, joy, peace, and truth on the inside forever and always. Amen! How? By staying in communion with *Little You*. By allowing *Little You* to exhale into your arms. Feeling totally HOME with you.





HOLD MY *hand* **EVERY STEP** OF THE *way*

I love you, love you, love you! I am holding your hand every step of the way. You are in my energy field and entraining to my very vibration.

You are in my heart. I love you to the core. You are wisely in this course, having made the best decision you could. I honor you.

Let's begin :-)

HUGE love,

*Allana*

*Xoxo*

