



# *Soft & True*

## WORKBOOK 6: THE CONTINUING

KEEP ENGAGING

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BUILD YOUR OWN  
UNDERSTANDING

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BUILD YOUR  
ROUTINE

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BUILD YOUR  
AFFIRMATIONS

---

UNCONDITIONAL  
MEDITATION



# THE CONTINUING

## MODULE 6



A great surge of energy accompanies the phrase "it's time". And last week? It was time. It was time to truly engage with the big things, with what's really important, with what scares you.

This week? Is even harder. This week you're asked to continue, to learn from doing, to stabilize and find your own way.

You're building mastery of "the flow": Telling the truth (and unblocking), Putting that truth into action (and alchemizing) and then softening as you adjust to your new reality. As you do, you learn to hold the outcome LIGHTLY, to engage with your big dreams as incredible portals into what really matters: **you staying unconditional with yourself.**



# KEEP ENGAGING

## MODULE 6: THE CONTINUING

"Rome was not built in a day" and your big dreams will require thousands of baby steps.

Keep taking them.

Do especially the uncomfortable unfamiliar ones. Stay willing to leave your comfort zone.

Get comfortable being uncomfortable.

Don't get confused. The outcome is a direction you've chosen based on what you value, nothing more, nothing less. The real magic is happening on the way there - as you're becoming more soft & true as you dismantle all the illusions that kept you from the outcome. Stay unconditional with yourself on the way there.

What to do:

- 1) Stay aligned with the new truth.
- 2) Take the next baby step action.
- 3) Soften.

Rinse, lather, repeat.



# BUILD YOUR UNDERSTANDING

## MODULE 6: THE CONTINUING

In the last five weeks, you've taken in an enormous amount of information and used a lot of new tools. Use this week to integrate and build your OWN understanding.

These are tools that you're going to want to keep using for the rest of your life, taking the time now to consolidate them is a big gift you give yourself.

### What to do

#### **Journal on these questions:**

What have I learned so far on my Soft & True journey?

What can I see now that I didn't see before?

Which tools are particularly important for me to keep using?

Where have I gotten into all or nothing thinking?

If I had to explain what I'm learning to a 5 year old, what would I say?





# BUILD YOUR ROUTINE

## MODULE 6: THE CONTINUING

Each day has the potential to be a work of art.

As you continue to engage with your values and your dreams and your soft self-expression in the world, and you prepare yourself for the long haul (because this isn't just something you do for a week...!), you want to start building up routines that support you day in day out to stay Soft & True, capable of moving towards your dreams without becoming consumed by them..

### What to do

In the morning, carve out some time (can be 1 minute or 2h), to reaffirm your intention to become soft & true and to be unconditional with yourself..

Anchor this intention in a practice that feels nourishing and supportive to you.



## EXAMPLES

- Adding some lemon to your water in the morning.
- Journaling
- Dancing
- Meditation
- Picking a tarot card
- Walk outside
- Affirmations while washing your face...

# BUILD YOUR UNCONDITIONAL ITY

## MODULE 6: THE CONTINUING

Everything can be built, including our unconditional relationship to ourselves.

Practice makes practiced ;).

Mindfulness meditation teaches us to keep coming back to the present moment, without judgment.

THIS is essentially the invitation here.

Come back to yourself. Again and again and again and again. When it gets uncomfortable, come back. When you want to abandon yourself, come back.

### What to do

- 1) Create the intention to stay with yourself no matter what.
- 2) Do the unconditional body scan within your portal.







FALL IN LOVE  
with the process  
with the repetition  
with the boredom  
SUCCESS WILL FOLLOW

LET THIS BECOME YOUR NEW  
NORMAL.

INGE BROER