

SH COURSE WORKBOOK

HOW TO USE THIS WORKBOOK

This workbook is not here to give you all the answers.
The course videos are where I share the knowledge, teachings, demonstrations, and experiences that form the foundation of this journey. The workbook is here for something different: to help you slow down, pay attention, reflect, practice, and make the teachings your own.

I encourage you not to look for the “right” answers here. Instead, listen deeply to each lesson and write down what speaks to you, what surprises you, what raises questions, and what you feel called to explore further.

If something sparks your curiosity, follow that thread. Do your own research, ask questions, and explore different perspectives. Your own discoveries will become some of the most meaningful parts of your learning.

Lesson:

NOTES

Date:

What caught my attention, resonated with me, or felt especially meaningful?

My notes:

What questions came up in me? Is there anything I would like to explore further?

I'm commiting to:

What 1 thing I want to remember from this lesson?