

10  
MEDITATIONS  
INCLUDED



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WORKBOOK

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**Liberate the  
True You**



# Welcome

I am a curious person.

In my day-to-day conversations, I've always leaned into discussions about how we survive, how we make peace, how we learn, and how we grow.

My instinct to pursue humanity led to my career as an award-winning documentary director where, over the past 10 years, I've had the unique privilege of consciously listening to over 500 strangers.

I am a Guinness World Record holder, an Australian Directors Guild award winner, a voice-over artist, and the co-creator of the mental health app *Onlyhuman*.

I wish to share the knowledge I have garnered in life so far, from my experiences as a documentary director and as a woman. These ruminations have helped me to heal and find a home within. I share them with you now in the hope they, too, will serve you.

*from epiphany.*

Evocative Meditation Guide | Docobites Founder

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01  
DAY

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# Stories to Surrender



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This practice is a daily reminder of who you really are,  
the you at your root.

Every conscious decision you make, towards more understanding, forgiveness,  
compassion, towards greater love in your life,  
will bring you closer to this sacred, grounded, peaceful, all-knowing part of you,  
until this part of you makes up your whole.

*from epiphany.*

# Worksheet #1

What are three stories (core beliefs) you have that are negatively impacting your life? That are causing you harm?

1.

2.

3.

How would your life be different if you were free of these stories?

## Today's Practice

Today, practice surrendering your stories.

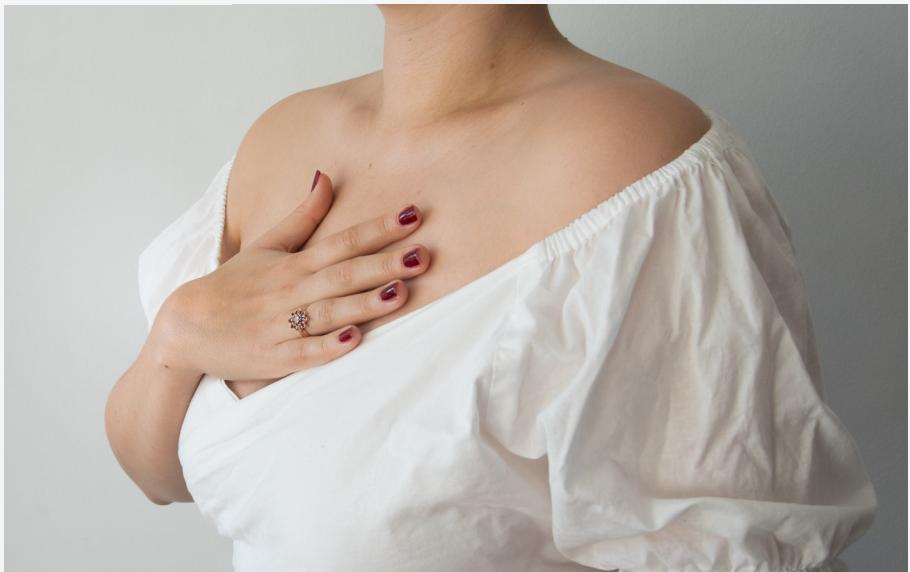
Come back to whichever image in today's meditation helped you to surrender. Such as handing something over at airport security, watching your stories board a train and waving goodbye, or swaddling them up and handing them over to something greater than yourself.

Remember, this is a practice.  
Go slow and be gentle with yourself.

02

DAY

## Changing Allegiance



### Today's Practice

Like a wave, let fear rise, and then watch it fall.  
Without judgement or resistance, you can effortlessly acknowledge it,  
see it, and here, in this moment of consciousness,  
instead of falling further into fear's tempting darkness,  
breathe, observe, and look for an opportunity to lean into love.

Be gentle, be kind, forgive yourself, and try again.

# Worksheet #2

Love is our purpose, our gift, our intention;  
it is our beginning, our middle, our end;  
it is what we give, what we receive, and who we are.

In what ways is fear driving your life?

How has living from the side of fear let you down? (e.g., broken relationships, loss of career, damaged health)

Alternatively, what would living from love look like to you?

Day

# Things That Matter

Knowing we will all one day die  
doesn't make life meaningless,  
it's what makes it meaningful.

How are you going to live the rest of your life,  
paying attention to that which matters?



# Worksheet #3

What things/behaviours/priorities strip you of your peace and tranquillity?

What are you grateful for in your life right now?

## Today's Practice

Today, give less time to distraction and more to boredom.  
Find your spiritual practice in emptiness.

# Your Small Things

List 10 small things that matter to you.

(e.g., sitting with a loved one, holding hands, reading, sunlight, giggling with a friend)



## The Measurement of Time

When timekeeping stops, there is no height your spirit  
can't soar to, no cap on how deep you can experience life.

All lengths you thought you could not go to now seem  
walkable in the time it takes to decide YOU'RE going there.

*from epiphany.*

# Worksheet #4

Select the social constructs that you feel pressure to comply with:

Appearance

Family

Gender Roles/Stereotypes

Money/Career

Spirituality/Religion

Friends

Social Posting

"Success"

How would you experience your life differently if you no longer bought into this pressure?

Even if it goes against what everyone else thinks, what is one social rule/expectation that - if you let go of right now - would give you room to breathe?

05  
DAY

# Defrocking the Ego

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To surrender your ego,  
surrender your effort.  
Let go of all your efforts.

*from epiphany.*

# Worksheet #5

My Ego is a pit of snakes...

STORIES: What is one story you believe in, that was written by your ego?

SUFFERING: Where in your life do you see yourself as a victim?

SHAME & I SHOULD: What do you give yourself a hard time about?

## Today's Practice

Presence.

When an egoic thought rises, do your best to breathe into the present moment. Remember WHERE you are and that you don't need to be anyone else other than WHO you are right now. Let go of your efforts to harm yourself and revel in presence.

# 06 DAY

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# OPEN



## Today's Intention

Today I am open.  
I seek nothing but what  
is given to me,  
whatever that may be.

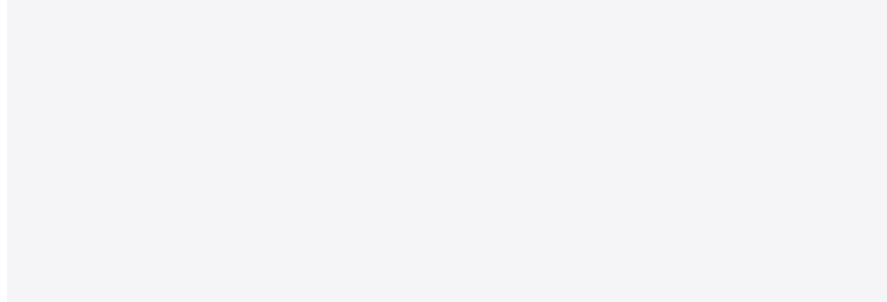
# Worksheet #6

01

How do you use  
control and  
perfectionism to  
avoid pain?

02

Does it work?



03

Are you open to your  
life looking differently  
than you expected?

“

Step down as the conductor of your life and  
instead learn to dance to its music.

Day

# Misplaced Care

“ You can never be truly accepted when you’re not being who you truly are. Your heart knows better, so does everyone else.

# Worksheet #7

How content are you?

-10    -9    -8    -7    -6    -5    -4    -3    -2    -1    0    1    2    3    4    5    6    7    8    9    10

How do you let other people's expectations, perceptions, opinions, and judgements impact your decisions?

Where is there an opportunity in your life to prioritise your needs first?

Liberate the True You



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08

DAY

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# Straying

It is never too early or too late to navigate.



# Worksheet #8

## 01

Think of a recent time  
you mucked up, fell  
down, failed, or made  
a mistake?



Accountability empowers you.

## 02

Now, instead of letting  
it drag you down, what  
lesson can you garner  
from it? How can you  
USE it to boost your  
true self up, out, and  
into your life?

09  
DAY

## Fears Truth

Truth is something you've been trying to hide

because of the fear it will uproot your life,

but Truth can't be denied.

The fear you allow to fester around it will only multiply

until you decide to chop it down,

to uncover and embrace the Truth that lies within.

*from epiphany.*

# Worksheet #9

Have you been avoiding a feeling that you hope - if you ignore it well enough - will cease to exist?

My fear is about...

I am afraid of....

What is the worst-case scenario you are trying to prevent?

Set that boundary. Start that adventure. Say sorry. Speak your truth.  
Keep going. Know your worth.  
Love the messy, imperfect brave you that you are.

My Truth is telling me to...

What do you need to do now, after acknowledging what your fear is about? After owning what you are afraid of, what is left for you to do?

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10  
DAY

## LIBERATE

*You* **have** everything you need,

you **always** did.

*You* **are** everything you need to be,

you **always** have been. 99

# Worksheet #10

Finish the below sentences:

*I have been able to let go of...*

*I have found some healing around...*

*I am proud of myself because...*

This is the moment the truest you steps forward into your life.  
You are you.

What's your favourite practice/perspective/tool from this course? The one you're going to take with you to help you stay grounded, connected and liberated.

# Final Words

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CONGRATULATIONS

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It's time to celebrate!

Please reach out to me if you have any questions or comments, I'd love to hear from you.

So others might find this course too, your review and rating of it would be greatly appreciated. Please head to the Community Classroom to share your experience.

I'd also like to invite you to subscribe on Patreon if my work has resonated with you and you have found value in it.

Thank you for spending this time with me, and with yourself. As you continue on your self-healing and self-empowering journey, remember, we're in this together.

*from epiphany.*