



“ My current situation is  
not my final **destination.**”



Discover what you can embrace ●

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Workbook 5.    Saying 'Yes'

1.     Reflecting on the previous session
2.     What do you say 'YES' to?
3.     Thinking in possibilities
4.     Action!
5.     Start moving...
6.     Dream team and cheerleaders

Reflecting on the previous session

Feel how much space you've already created! Wow! ...You have taken some huge and brave steps. How does it feel thrown all that 'weight' off of you?

Reflect on you insights from the previous module:

This image shows a single sheet of white paper designed for handwriting practice. It features ten sets of horizontal ruling lines. Each set consists of three lines: a solid black line at the top, a dashed black line in the middle, and another solid black line at the bottom. These sets are repeated vertically down the page, providing a guide for letter height and placement. The margins are consistent throughout.

You probably already feel a lot more energy to start moving: excellent, because that's what we are going to do this week.

We're going to say *Yes*! and take action!



# Saying 'Yes'

Last module, you have been given the opportunity to let go and clean up. This module allows you to take in everything that is - and isn't yet present into your life.

Let's play!

Today is the day to say **'Yes'** to all your desires.

To everything that makes you happy and what feels light to you. Write down everything – and I mean everything – you want to say ‘Yes’ to. What are your biggest and naughtiest dreams?

What if everything is possible?

[illegible]

# 03

## Thinking in possibilities

Believe that everything is possible. From now on, we don't think in No's, but only in Yes's, possibilities and opportunities.

Make a list of things you thought were impossible. All those limitations you came across while you were working in these workbooks and during the sessions.

But when you're really looking for a solution and give it a chance, which things are actually possible?

Use your transformation goals as gateway for this exercise.

Examples\*

1. *I don't know  
where to begin*

*I will adopt an open attitude:  
I'll start sharing my story  
and speak with people today.*

2. *I don't have  
enough money*

*I will do everything that is  
needed to make money, and I  
will start earning money today.*

3. *I'm not happy  
with my body*

*I will work out today, and make  
sure I'll take the first steps  
towards a healthier body.*

4. *I don't have  
enough time*

*I will make a schedule today  
to find the first free moment  
I have this week.*

Work with this list  
on the next page :)



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What reminders will help you to internalize these new opportunities in your life?

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# 04 *Action!*

We will start with one thing, what are you going to **DO now** to start realizing your desires? Describe this in a tangible goal.

Stretch yourself, but keep it realistic for yourself!

Example: *"In one month, I will have a job interview for the job that totally fits me."*

My goal is:

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Don't worry about all the details of your goal! Do whatever feels right for you. The important thing is that you learn to take steps from a place of true joy. The steps that your heart tells you to take.

Today you will only do things you enjoy. You may find this scary and maybe you think 'Wooo this is a bit intimidating. Having fears doesn't mean you can't enjoy something. You will even notice that when you start doing things that are slightly out of your comfort zone, it will give you a great feeling!

**"A ship is always safe at shore  
but that is not what it's **built for.**"**



Start

MOVE is the key word. And it doesn't come from willpower, but from a place of love and inspiration. Come out of your comfort zone! Which first steps can you think of to realize your goals?

*Example: 'I will put myself out there and start a vlog. In this vlog, I will share my life mission, my talents, core values and what my dream job looks like. And for the finishing touch I will share this vlog on all of my social media channels!'*

"Yeeeeee aaaaaahhhh Exciting!!!"

**To reach my goal, today I will...:**

[illegible]

*"Whenever you feel a 'YES BUT', figure out for yourself how you can turn this around. Make us of your supporting crewmembers! Don't let anything distract you any further. Don't look at what other people are doing. Let your actions flow from within you."*

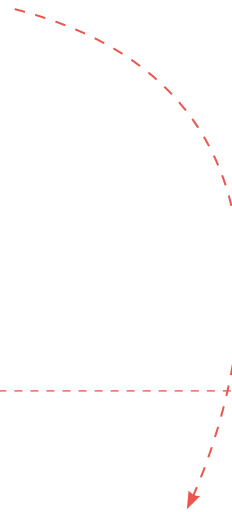
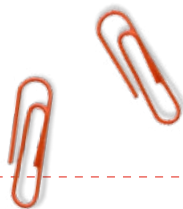


## Dream team & cheerleaders

It's extremely important to create social support in your own network! It is incredibly helpful to surround yourself with people who support you. Create a team of your biggest cheerleaders. Below, write down the names of people who play a big role in realizing your true desires. It doesn't matter who they are: people from work, the gym, family, friends – but also your teachers, celebrities, superheroes and comic figures. **Be creative!**

Specify in what way these people are important to you and how you can increase their impact on your network.

**Example:** *Oprah Winfrey – she inspires me to connect with my heart again and again. I could enlarge her impact on my own network by following her posts on Instagram.*



Name

Added value in  
realizing purpose

Way to increase  
impact (on own  
network)

# My Dreamteam




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You can be really proud of yourself! What a transformation... Wow!  
Write down how this felt for you. What was it like to work from inspira-  
tion, from a deep desire and from a **YES** mindset?

“The biggest adventure you can take  
Is to live the **life of your dreams.**”

- Oprah Winfrey

Several stylized green leaves and branches are scattered around the page, some on the left and some on the right, adding a natural, organic feel to the design.

A series of horizontal dotted lines for writing, spanning the width of the page.



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**pause to play**  
know yourself, live your mission