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SACRED**

BREAKTHROUGH

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**Your Sacred
Breakthrough
Self-Reinvention
Workbook**

A Passionista Playbook from SacredBombshell.com

Love University Press | A Passionista Playbook | Abiola Abrams
244 Fifth Avenue #A268 NY, NY 10001 | AbiolaTV.com |
(865) ABIOLA-TV

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WHO EXACTLY NEEDS A SACRED BREAKTHROUGH SELF-REINVENTION? EVERY SINGLE ONE OF US AT ONE TIME OR ANOTHER!

Life is evolution, and self-reinvention is a part of personal evolution. With a few “poor” decisions, your life may feel like it’s off-track. One thing leads to another, and, uh-oh. Suddenly you realize that you’re not living the life you wanted.

Yes, of course self-reinvention seems daunting but here’s the real deal: a few positive, self-loving decisions, a revised plan, becoming aligned with who you were born to be, and time are all it takes to dramatically change your life for the better.

A great life rarely happens by accident. It has to be created with the power of your intention and alignment. Just as a beautiful sculpture doesn’t spontaneously appear, your beautiful life requires the same intention and energy.

Consider what happens to a beautifully sculpted sandcastle over time. Even a gentle breeze will eventually cause enough

disarray to destroy it. Our beautiful lives are very similar. Without self-love and attention, our beautiful lives tend to become more chaotic and disorderly.

Many of us live randomly, by whim and chance. We lack a real direction, alignment, or vision for what we really want. We watch things come and go from our lives. If something enters our life that looks good, we grab it. Sometimes, we're just trading current challenges for what appears to be a lesser challenge. But we can choose to find or create something that's different and better.

Living by random chance isn't the best way to live. Maybe reinvention and evolution hasn't been easy for you in the past. Most of us are creatures of habit. There are internal forces that make change a challenge for many of us. However, following a process can make it easier to change. You'll find a process here that can make it easier to start on a positive path to change.

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

- Harriet Tubman



ASSESSING YOUR CURRENT LIFE; YOUR ‘RIGHT NOW’

You might know that you’re unhappy, but it’s important to figure out how to start fixing that. If you’re like most people, you may feel like you have limited resources. Your valuable resources include your time, your money, and your willpower. It’s practically impossible to try to change everything at once and still expect to experience success, so baby steps are the way to go.

To create the greatest positive impact, identify the main areas of your life where you most want reinvention. This step is critical.

For example, many people quickly identify “a lack of money” as their main issue. While there’s no denying the impact of financial stress, this may not be the area in greatest need of your attention. If you had a meal today, can pay your bills, and you’re comfortable enough to be reading this, money probably isn’t what’s holding you back from happiness. That’s the illusion. There’s usually something way more pivotal that needs to be addressed.

Consider about these key areas of your life for reinvention:

1. **Your Health.** How do you feel? Do you work out regularly and eat healthy foods? Have you been to the doctor lately? How are your teeth? When was the last time you visited the dentist?

- It's challenging to enjoy any part of your life if your health is poor. Minor health ailments have a habit of becoming worse over time, especially if they go untreated.
2. **Your Finances.** How financially comfortable are you? Can you pay your bills and still have enough left over to save, give, and invest the way you would like to?
 - Consider your spending and the role of credit in your life. You may have an income that allows you to live comfortably, but poor spending habits could be causing debt or money challenges.
 3. **Your Professional Life.** Are you inspired and fulfilled by your career or profession? Are you on a positive career path? Do you enjoy getting up for work each day? Most of us spend a lot of our waking hours at work. Enjoying these hours is important to your overall joy.
 4. **Your Family.** How are your relationships with your loved ones? Do you have the family life you desire?
 5. **Your Intimate Relationships.** If you're lacking a romantic partner, would you like one? If you have one, how is your relationship with your significant other?
 6. **Your Social Life.** Do you have the social life you want? Do you have quality friendships with positive people? Do you get out of the house regularly and spend time with people you enjoy? Do your friends encourage and believe in you?
 7. **Your Personal Development.** Life is a wonderful adventure. Are you evolving on a personal level? What exciting activities do you do in your free time? Have you

started those guitar lessons, learned to speak Spanish, or joined that new Meetup.com group? Is your passport fired up and ready to go? Where would you like to travel?

Now consider which area of your life needs the most attention.

Try this process to target the areas you want to change:

1. **Think about an average day in your life.** *What do you think about when you first open your eyes in the morning? Do you look forward to the people in your life? Are you excited about going to work? How do you feel physically?*
 - Examine a day in your life. What's great and what could be better? Consider a weekday, weekend day, and one of the big holidays. Take notes for each of those days. List your obstacles and anything you might want to change.
2. **Rate each area of your life on a scale of 1-10.** A "1" means it completely sucks, and a "10" means that it's working completely. Be honest with yourself.
3. **Determine what each area would have to look like to become a "10."** How would you feel if that area of your life were close to perfect? Think about the difference between the baseline condition and your imaginary "10" experience. Use your imagination to see this vision.
4. **Decide which area would enhance your overall life the most.** In most cases, it's more valuable to bring a "3" up to a "6" rather than try to get a "7" to a "10."

- Tell yourself the truth. It takes far less for most of us to be truly happy than we think. You're more likely to be miserable because you can't pay your bills rather than because you live in a regular house instead of a mansion. Your disappointments are because your relationship is not what you want it to be and it not because you aren't dating a man that resembles Idris Elba.
- Focus your attention on the lower rated areas of your life. You can work on the other areas later.
- Just because you have things in your life that you want to fix does not mean that you are broken. You are perfect in your imperfections. There is nothing about you that is broken.

5. Pick the area of your life that will create the biggest impact on your juicy joy and happiness.

You may have been feeling stuck for a long time. Realize is that it will take a shift to get “unstuck.”

“If I had to live my life again,
I'd make the same mistakes, only sooner.”
- Tallulah Bankhead

Yes! Designing Your Perfect Day

Another way to get specific about how you want to feel in the life you want to have is to design your perfect day from start to finish. This is your perfect ‘every day’ not vacation day.

Begin with the first moment you wake up. How are you waking up? What time is it? Who is with you? What do you do first?

Then, plan out the rest of your day with a similar level of detail. *What would you have for breakfast? Are you cooking a gourmet meal? Do you have a chef? Where are you eating? Who else is there? Are you driving to work? What are you wearing? What kind of car is it? What type of job do you have?*

By the time you get to the end of planning your perfect day, you'll have a pretty good idea of what steps to take as you move toward that life.

Thinking about your perfect day can be a powerful way to frame what you want. Most of us are too busy complaining and moaning about what we don't want in our lives. Sometimes the path to change and knowing what you want isn't obvious. But keep in mind that you usually have more than two options for most things. We usually have a choice – that's the most powerful self-love tool at our disposal, the ability to choose.

Don't skip this assignment, okay?

“Life is very short and what we have to do must be done in the now.”
- Audre Lorde

DETOX YOUR LIFE: HOUSE CLEANING TIME

One great way to kickstart your big, brave, bombshell life is to clean your “proverbial house.” This means releasing all of the dead weight in your life. We all have people, habits, and other mental and physical clutter that hold us back. It is time to release these burdens so that you can move forward. Negativity of any kind can make it difficult to focus and be truly happy.

[Please note: If you're looking for a whole life detox, try my Love-Body-Spirit 28-Day Detox Program at: abiolaabrams.com/detox.html]

This sacred process will help you eliminate negativity:

- 1. Make a list of the people who have a negative impact on your life.** We all have a friend, coworker, neighbor, family member, or other person that makes life harder for us. It could be a spiritual vampire-- someone that takes and takes, but rarely gives to others. It could also be a negative person who provides little emotional support for your goals and happiness.
 - Evaluate and make decisions about how to evolve or eliminate this relationship. Communication is always the healthiest way to start. Maybe you need to discuss how you're feeling. Or perhaps it's time for you to do a better job of sticking up for yourself. You may need healthier boundaries.

- If necessary, do what you can to eliminate this person from your life or at least minimize their involvement.
2. **Free yourself from the unnecessary things in your life.** For example, is there a picture on your wall that you're tired of? Toss it, sell it, or give it away. Go through all of your possessions. If you aren't in love with it or have little use for it, get rid of it.
3. **Make a master list of all of the "to do" things hanging over your head.** These are the things that are annoying or that weigh on you. Maybe you've been meaning to put buttons on that dress or the vanity drawer sticks. Perhaps you've been avoiding doing your taxes, cleaning the attic, or de-cluttering your dresser. Is it time to think about a new job? Do you have a stack of unpaid bills?
- Make a master list of all of the little things that are constantly on your mind.
 - Address them one by one. Work from biggest to smallest, easiest to most difficult, or pick them randomly. You'll be shocked at how much better you'll feel without these little things weighing you down.

Declutter, detoxify, and de-stress!

"We are used to cleaning the outside house, but the most important house to clean is yourself - your own house - which we never do."

- Marina Abramovic

1-2-3, GOAL SETTING

Goal setting focuses your attention and creates a target. We know this BUT most of us resist the formal process of goal writing. Writing down your goals can help you see things differently. This also helps you to become clear on what you truly want and create a blueprint, rather than just relying on luck.

Here's an easy process to create a goal:

Limit your goal to the area you're focusing on. It's easier to start with only one goal. After you have some success with achieving it, you can aim for 2 or more goals simultaneously.

1. **Establish a clear endpoint.** Some goals are easier to quantify than others. For example, setting money and bodyweight goals are easy. You simply choose a number of dollars or pounds and go from there. Other goals can be more challenging to quantify.
2. **Set a deadline.** Without a deadline, your goal will lack a sense of urgency. Then you could drag it out forever.
 - A helpful time frame is four to twelve weeks. Set your deadline within this time period. Less than four weeks may not provide enough time to achieve anything significant, and more than twelve weeks will commonly result in a loss of focus.
3. **Make your goal challenging, yet achievable.** Attempting to release 75 unhealthy pounds in 12 weeks isn't very realistic. On the other hand, trying to release 3 unhealthy pounds in 12 weeks may not be challenging enough.

4. **Write out your goal.** A simple, but effective, format is, “On or before (date), I will have done whatever is necessary and appropriate to have (goal).”
5. **Create an endpoint success image.** Write a paragraph or two describing what you think it will be like when you accomplish your goal.
 - Most of us think in pictures. Use your powers of visualization to your advantage.
 - For example: “I’m on the scale and I’m thrilled to see that I have released 23 unhealthy pounds! I feel so proud of myself! I really did it! All my clothes are too big, so I’m going to call Nikki to see if she wants to go shopping with me today. It feels great to have so much control over my life, and I feel so much healthier, too.”
 - Keep improving your image of success until it’s a “10” for you. Creating a desirable image will motivate you.

Keep your goal and endpoint success image in your mind.

“Greatness is not measured by what a man or woman accomplishes, but by the opposition he or she has overcome to reach his goals.”

- Dorothy Height

INCREASING YOUR ODDS

What do you need to be successful in reaching your goal?

- 1. Are there people you want to add to your life?** If you're writing your debut novel, you might need an agent, editor, or even a friendly English professor. Big goals require resources. Let go of the expectation that you need to do everything alone.
- 2. What new knowledge do you need?** If you want to become an investor, you might want to acquire some knowledge about your local financial and securities laws. Regardless of your goal, you'll likely need some information that you don't currently possess.
- 3. What habits do you want to change or add to your life?** Our lives are ultimately the result of our habits. Eating pizza once in a while doesn't make you overweight. Leaving the towel on the bed once in a while doesn't make your house a mess. It's the things we do on a regular basis that move our lives forward or backwards. *(The healing modality EFT, Emotional Freedom Technique, can be helpful in this area. Check out the helpful EFT videos at SacredBombshell.com.)*
 - Which habits do you want to release probably? If you want to earn a new degree, you may need to eliminate your procrastination habit.
 - What habits do you want to add? If you're trying to lose weight, then maybe you'd like to add an exercise habit. If you want to write a novel, consider making it a habit to write for an hour each day. If

you're looking for more friends, you might want to add a hobby to your life that involves others.

4. **Create a new routine that incorporates the behaviors necessary for success.** Embrace your new routine and stick to it. Just like a goal, a routine will only be successful if it's achievable and you work at it.

Your routine could include a daily morning walk, saving \$20 a week or eating more plant-based foods. Or you may choose to meditate every night, keep a gratitude journal, or go to a weekly support group.

“There are still many causes worth sacrificing for,
so much history yet to be made.”

- Michelle Obama

Your Rise, Your Shine: Creating a Morning Ritual

Baby steps can change your life. The positive actions you take daily add up over time and give you the results you desire.

We all have a morning routine. The way you begin your day has a huge impact on the rest of your day. If you get off to a good start, you'll probably have a good day. If Monday goes well, the rest of your week will likely follow suit. A good week often leads to a great month!

Consider these suggestions when building a new morning ritual. Of course you begin with joy and gratitude for waking up to a new day before anything else.

- 1. If you want to be on time for work, make getting ready a priority.** This is a simple concept that many people ignore.
 - It's easy to drop the latter parts of your routine if you're running late. If getting ready for work is the last part of your routine, you're in trouble.
- 2. Review your intentions before getting out of bed.** Take two minutes to daydream about achieving your goals each morning. The perfect time to review your goal is during that time when you're half-awake and half-asleep.
- 3. Drink water as soon as you wake up.** You haven't had anything to drink for approximately 8 hours. You're most likely dehydrated. Have a glass of water. You'll be surprised by how much better you feel.
- 4. Workout your beautiful body.** If you want to go for a 5 mile run each morning, that's great. However, it doesn't have to be that strenuous. Instead, take a 20-minute walk to get your blood flowing. Lifting weights or doing calisthenics and cardio are other good ideas.
 - This doesn't have to be your main workout. But if you get moving early on, you'll be more alert and have a better morning at work.
- 5. Eat a healthy breakfast.** If you start out the day eating healthy, you're more likely to eat well for the rest of the day.

- 6. Participate in a meaningful or relaxing activity after getting ready for work.** Meditation is always a powerful way to get into the right mindset. Read a few pages of an inspirational book or spend 15 minutes dancing to positive music. It's completely up to you!

A few simple changes to your morning routine can have a positive impact on the rest of your day and enhance your life. You'll be on time for work, feel more relaxed, and have a healthier lifestyle.

Take the time to create a morning routine that works for you. When you have an efficient morning ritual, you can gain an extra 15 minutes each day. That adds up to over 90 hours in a year. Imagine how much you can accomplish with 90 extra hours!

“When you arise in the morning, think of what a precious privilege it is to be alive—to breathe, to think, to enjoy, to love—then make that day count!”

— Steve Maraboli

Your Bombshell Power Hour: Creating a Daily Evening Ritual

It's also a GREAT idea to have a positive evening routine. For example, you could spend 15 minutes meditating, journaling, or reading. Review your goal again.

Creating a relaxing routine will allow you to sleep soundly.

Sleep experts recommend that the bed be used for nothing other than sleeping and sexy time.

Here's one way to know if you're well rested. Think about what time you'd get up if you didn't have an alarm. If it's more than 30 minutes later than your current wake-up time, you probably need more sleep.

“Never limit yourself because of others’ limited imagination.
Never limit others because of your own limited imagination.”

-Mae Jemison



YOUR TIME IS PRECIOUS

We all waste time sometimes. (By the way, a balance of leisure and wellness is not wasting time.) However, self-reinvention requires that you use your time wisely. The more time you have available, the more quickly you can achieve your goal.

Many of us believe that we have an inadequate amount of free time to accomplish anything relevant. But typically, that's untrue. You'll likely have enough time to focus on your goal if you eliminate your time-wasting behaviors.

Try these tips to get on track toward your goal:

- 1. Make a list of the activities you tend to do when you're procrastinating, stressed, or bored.**

Some self-reinvention blockers (time wasters) can include:

- *Surfing Social Media*
- *Texting*
- *Watching TV*
- *Mindless Eating*
- *Watching YouTube*
- *Napping*

- 2. Recognize when you're engaging in time-wasting behaviors.** This will be challenging at first. We habitually turn to the same coping behaviors when we're uncomfortable.

3. **Create mental space when you catch yourself wasting time.** Instead of letting yourself continue with your time-wasting activity, just stop. Interrupting the behavior is an important step to regaining control.
 - Ask yourself what you could be doing instead. Reflect on what will happen if you start wasting time.
 - Sometimes, you just need a minute to stop and process so you can get back on track. Give yourself a chance to make a better decision, rather than acting on autopilot. Remember that acting impulsively has led to your current situation.
4. **Start doing what needs to be done.** Do whatever is necessary to get started because that's the biggest challenge. Many times, if you just begin, it's easy to keep the momentum going.

Think about all the time you're wasting on non-productive activities each day. If you waste an hour a day, that's 365 hours per year. That's the equivalent of more than nine 40-hour workweeks! What could you accomplish with that kind of time?

“If you don't understand yourself you don't understand anybody else.”

— Nikki Giovanni

YOUR DAILY REINVENTION PRACTICE

Each day, review your self-reinvention goal and create a practice process. This keeps your goal in your awareness. It also helps you spot potential obstacles and assess your daily progress.

The self-reinvention practice process consists of these steps:

1. **Assess your progress toward the goal.** Calculate how many days have passed and analyze your progress. Are you ahead of or behind schedule? It's important to measure where you stand relative to your goal. If you're doing well, keep it up. Otherwise, figure out what needs to change.
2. **Read and rewrite your goal and endpoint success image.** Look over both, read them out loud, and then rewrite them. You get the reinforcement of reading, hearing, and writing. Maybe even record them and listen as you drive or workout.
3. **Visualize your endpoint success image.** Notice what you see, smell, think, and feel physically and emotionally. The more senses you include, the more effective it will be.
4. **See how you feel.** Do you feel confident you can achieve it or do you get that knot-in-your-stomach-feeling? If you feel anything but excited and confident, your mind is trying to tell you something. You might want to adjust

your goal a bit so it's closer to what you really want or learn other ways to eliminate your resistance.

It's important to practice this each day. Without it, you're much less likely to achieve your goal.

"If you don't like something, change it.
If you can't change it, change your attitude."

- Dr. Maya Angelou



DEALING WITH RESISTANCE

Your body can give you great insight into your subconscious.

Those uncomfortable feelings are signs that something is amiss.

Learning to eliminate them is a powerful way to almost guarantee your success.

Analyze your resistance and learn to deal with it:

1. **Figure out why you're feeling resistance.** Typically, it's either an issue with your deadline or a mental block about how to achieve your goal. If it's the former, consider moving your deadline back until that feeling subsides.
2. **If it's the latter, read on.** If your goal requires a task or step that's causing you stress, there are several things you can try.
 - Meditate. Try meditating about the step of your process that makes you uncomfortable.
 - Just do it. Use your willpower to get past the tough spot.
 - Find a different solution. Maybe there's a way to work around the part that's bothering you.

Nearly every goal will have some tasks that cause you stress and discomfort. Otherwise, you probably would have accomplished the goal a long time ago! Successful people are better at dealing with psychological discomfort than the average person.

Learn to move forward when you feel uncomfortable. Those that look for excuses to quit when faced with discomfort often struggle throughout life.

After achieving your first self-reinvention goal, it's time to start over. Reassess your life and choose another aspect of your life that you'd like to change. When you've eliminated all of the lower-rated parts of your life, you'll be much happier!

When each part of your life is at least an 8, you'll doubt that life could ever get much better.

Regardless of how great your life gets, it's worthwhile to continue to set new intentions and accomplish them.

Consistently working toward an even better life brings you even greater rewards.

“If you take responsibility for yourself you will develop a hunger to accomplish your dreams.”

- Les Brown

THE JUICY BOTTOM LINE

Reinventing yourself and your life can be challenging, but it's worthwhile. Remember that your life veered off-track by making poor choices on a consistent basis. You can reverse that process by taking charge and moving in a positive direction.

Take the time to find the most pivotal area of your life that will have the greatest impact once it's changed.

It can be overwhelming when you decide to change your life, especially when everything seems to be working against you. The best advice is to get started. Fix one area of your life and then move on to another. It's like eating an elephant. You attack it one bite at a time.

Even the most challenging of circumstances can be overcome with a process that moves you forward!

Use this workbook to start reinventing your big, brave, beautiful life.

“Never work just for money or for power.
They won't save your soul or help you sleep at night.”

- Marian Wright Edelman

4. What is my goal for the area of my life that I'm focusing on?

5. What resources will I require to accomplish my goal?

6. What would be the ideal time of day to perform the practice process? When do I have some peace and quiet for 30 minutes?

7. What can I incorporate into my evening routine to ensure I'm making the best use of my time and also getting enough sleep?



Has this book been helpful to you?

Connect with your coach Abiola Abrams on [Facebook.com/abiolatv](https://www.facebook.com/abiolatv). Go deeper by purchasing Abiola's award-winning book, *The Sacred Bombshell Handbook of Self-Love* on Amazon or Barnes and Noble. Find more free and helpful content at [AbiolaTV.com](https://www.AbiolaTV.com) or [SacredBombshell.com](https://www.SacredBombshell.com). You can also inquire about Abiola's coaching or speaking services.

**Wishing you love, magic,
miracles, and much success
on your Sacred Bombshell
Self-Love journey,
gorgeous!**