

Workbook For Healing



Authenticity

The only way to create vibrant health
and a life of freedom

BY JENNIFER DAVIS



About me

Welcome to my world! With over a decade in the health industry, I've dedicated myself to helping men and women globally find their path to creating exceptional health and a vibrant life. Whether it's demystifying hormones, revving up metabolism, or balancing thyroid function, I'm here to walk alongside you as a mentor through it all.

But it's not just about the physical stuff. I also help people find their balance, harmony, and deeper connections in life. Together, we tackle those mental roadblocks that might be holding you back from feeling your best and living an authentic life. My goal is to provide an authentic experience that feels real and meaningful.

Before diving into health, I spent time in nature, hanging out with amazing creatures like horses, dolphins, lions, and tigers. Those experiences taught me a lot about the beauty of life and how we're all connected.



How to use this workbook

Welcome to your journey towards separating from your ego and begin the process of connecting to your authenticity. In **section 1**, I give you reflective questions to help you clarify what has been holding you back and making you feel judged, fearful, and ashamed about yourself, your health, and your life.

This step is vital if you find yourself:

- Starting diets and then struggling to finish.
- Feeling blocked in knowing what to do or have been avoiding improving your health altogether.

This is important because Let's face it... your health affects the quality of your life.

In **section 2** that is where you will begin the process of connecting with your authenticity, learning what makes you happy and how you prefer to be and live.

Enjoy!

A handwritten signature in black ink that reads "Jennifer". The signature is written in a cursive, flowing style.

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Give yourself
permission to dive
deep into your soul and
see the limitless power
that lies within.

Let's Discuss...

Hey there, I am so proud of you for answering those questions, I know it wasn't easy! So let's discuss why I had you answer those questions.

Like I said before, your past, your beliefs, and patterns, are affecting your whole body.

Let's dive into how those pesky negative emotions like anger, self-judgment, and anxiety can mess with your hormones, sleep, weight, and mental health. Plus, we'll chat about why your brain loves sticking to these patterns, even when they're doing you more harm than good.

Negative Emotions and Health:

Okay, so science says that when you're stressed out or upset all the time, your body pumps out this hormone called cortisol like nobody's business. And guess what? Too much cortisol can throw your hormones out of whack, mess with your sleep, and even make you pack on the pounds around your middle. Yep, chronic stress is like the ultimate recipe for a hormonal rollercoaster ride that you definitely don't want a ticket for.

And speaking of sleep, ever noticed how those nights when you just can't turn off your brain are the worst? Turns out, negative emotions like worry and rumination can mess with your sleep big time. It's like a never-ending cycle – you feel anxious, so you can't sleep, and then you're even more anxious because you didn't get enough shut-eye, which creates more stress hormones. Talk about a vicious cycle! Oh, and let's not forget about how holding onto grudges and constantly judging yourself or others can seriously mess with your mood. There's science to back this up too – studies have shown that feeling left out or rejected can send you spiraling into a funk, making you more prone to depression and anxiety.

Discussion cont...

Subconscious Patterns and Ego Maintenance:

Now, here's where things get really interesting. Ever wonder why it's so freaking hard to break free from these negative emotional patterns? Blame it on your brain – seriously! See, your brain is wired to resist change like it's the plague. It's like your brain's way of saying, "Hey, sticking to what we know is safe, even if it's making us miserable."

And then there's your subconscious, pulling the strings behind the scenes. It's like your brain's little puppet master (Ego) keeping you stuck in those same old patterns even when you're trying your hardest to break free. Your brain's default mode is all about self-preservation, even if it means staying stuck in a rut, and not living authentically.

Conclusion:

So, there you have it – holding onto negative emotions, and being controlled by the past, isn't just a mental game, it's a full-body experience. From messing with your hormones and sleep to tanking your mood, those negative feelings can wreak havoc on your health. And as if that wasn't enough, your brain is doing everything it can to keep you stuck in those same old patterns.

Good news! Recognizing that what you're doing now is the first step toward breaking free and living your best, most emotionally and physically healthy life. So, chin up, and take a deep breath, I'm here for you – you've got this!

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Section 2

The first section was about becoming aware of negativity and emotions you're holding onto, and its effect on your health.

Now you're about to start a much happier section. This will start you down the path to tapping into who you are, without being chained to the past or negative beliefs, that the ego uses to influence your daily behavior.

This work is my favorite part of being a health mentor! Get ready to embrace your strengths and all the wonderful gifts you bring to this world.

Doing these exercises has helped my clients, lose weight, get out of pain, and improve hormone levels.

It helped them become published authors, move to a new place, find love, and even detach themselves from toxic people.

6 Exercises

To break free from the Ego and tap into your authentic self!

Please don't feel overwhelmed by these different exercises. I want this to feel fun, playful, and a time for exploration in your day. You can try these one at a time and just go down the list, or choose 1 that pops out at you. The goal is to eventually try each exercise.

- **Practice Detachment:**

- Action: Spend 5-10 minutes each day in mindful observation. Sit quietly and observe your thoughts and emotions without getting caught up in them. Imagine them as clouds passing by in the sky. When a thought or emotion arises, acknowledge it, then let it go.

- **Embrace Imperfection:**

- Action: Make a list of three things you perceive as imperfections about yourself. For each one, write down one positive aspect or lesson you've learned from it. Remind yourself daily of these positives to shift your mindset towards self-acceptance.

- **Let Go of Comparison:**

- Action: Create a gratitude journal. Each day, write down three things you're grateful for about yourself or your life. Focus on your unique strengths and experiences rather than comparing yourself to others.

- **Cultivate Inner Stillness:**

- Action: Dedicate 5 minutes each morning to a simple mindfulness practice. Sit comfortably, close your eyes, and focus on your breath. Whenever your mind wanders, gently bring your attention back to your breath. This helps cultivate inner peace amidst the busyness of daily life.

- **Practice Self-Inquiry:**

- Action: Set aside 15–20 minutes each week for journaling. Write freely about your thoughts, feelings, and experiences. Then, reflect on what you've written, asking yourself probing questions like "Why do I feel this way?" or "What beliefs are influencing my actions?"

- **Live Authentically:**

- Action: Choose one small action aligned with your inner truth and values, even if it feels uncomfortable. It could be expressing your opinion in a group discussion or trying a new hobby that resonates with you. Each time you take a step towards authenticity, you reinforce your connection to your true self.

Bonus!

Just in case you felt like you wanted some more, I've added some extra worksheets to help get you closer to connecting with your truth.

At the end of this workbook, you'll also see a special invitation! I want to make sure you have the support needed for your healing journey.

Keep going! You've got this!



What Do You Admire

ABOUT YOURSELF?

*Make a list of different things you admire about yourself. Pay attention if any negative thoughts enter your head... if they do...tell them it's perfectly fine for you to do this exercise, and **to knock it off!***































WHO AM I?

List every adjective you've heard regarding yourself or believe about yourself.

You are...



"Everyone will be scared of getting lost, and of not being as strong as they once were. But trust your life's timing because everything happens for a reason."

NOAH SCHUMACHER

ABOUT YOUR STORY

My favorite childhood memory was:

I've always wished for:

What would I love to do as a hobby, but tell myself I can't for whatever reason?

My favorite way to rest :

My greatest fear is:

What makes you
feel strong?

What makes you
feel loved?



Find out more

Would you like to continue your journey towards exceptional health and a vibrant life alongside a community of like-minded individuals?

Join my private Facebook group: **True Health Community** where you'll find support, inspiration, and valuable resources to guide you on your path. Click here to request access and start connecting with us today!

Congratulations on taking the first step towards healing and creating a life filled with vitality and joy. Remember, you are worthy of all the goodness that life has to offer. Embrace your authentic self, and watch as miracles unfold.

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