

YOUR GUIDING LIGHT

A WORKSHOP WITH AMANDA STAR KINGSLEY

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Unveil Your WHY

List 3-5 words that you would describe as:

- your ideal feelings
- your favorite things to feel
- feelings that light you up inside

Which 2 feel most resonant with your ideal feeling?

List 3-5 times that you consistently feel these feelings:

Feeling One	Feeling Two

List 3-5 things that create stress in your life (be specific):

Choose 3 of those to test run your WHY word:

Stressor • situation from above	WHY test: • If I felt _____ what would I do next? • _____ will guide me. • If I felt _____ what would I do next? • _____ will guide me. Which set feels better?
	• If I felt _____ what would I do next? • _____ will guide me • If I felt _____ what would I do next? • _____ will guide me
	• If I felt _____ what would I do next? • _____ will guide me • If I felt _____ what would I do next? • _____ will guide me
	• If I felt _____ what would I do next? • _____ will guide me • If I felt _____ what would I do next? • _____ will guide me

My WHY word might be _____.

SuperWHY test, your WHY Word should support you to survive and to thrive.

• Goal • Dream • Desire	WHY test: • If I felt _____ what would I do next? • _____ will guide me
	• If I felt _____ what would I do next? • _____ will guide me • If I felt _____ what would I do next? • _____ will guide me
	• If I felt _____ what would I do next? • _____ will guide me • If I felt _____ what would I do next? • _____ will guide me
	• If I felt _____ what would I do next? • _____ will guide me • If I felt _____ what would I do next? • _____ will guide me

My WHY word is _____ !!!!!!!!!!!

- How does that feel?
- What does _____ mean to you?

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My inner light is _____.

My source energy is _____.

My fuel is _____.

