



# Healing Beyond The Diagnosis

GROWTHWORK JOURNAL





# Healing Beyond The Diagnosis

## GROWTHWORK



# Healing Beyond The Diagnosis

## GROWTHWORK

### Part 1: The Journey Begins

*Thank you for giving me the signs that I can see,  
Thank you for the signs I am yet to be able to see.*

#### Chapter 1: The Wake-Up Call My Body Gave Me

Scan the QR code to watch a short video where I guide you through the Cycle Of Growth & Evolution, or [CLICK HERE](#)



SCAN ME

Which pillar of the growth and evolution cycle are you ready to work on?

Take a moment to check in. Is it time to process emotions, listen for the message, or create your vision?

Your body already knows the answer.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

*It's not complex,  
It's emotional.*

### Chapter 2: What Most Healing Approaches Overlook

Do you often feel like you need more time to be heard?

- ☐ Yes      ☐ No

Reflect on a time when you followed a healing approach that didn't work for you.  
Was it the wrong method, the wrong timing, or something else?

This is why emotional processing becomes the Missing Link. It's not just about what you do externally – but what you're willing to release internally.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

*Embrace conventional,  
Embrace alternative,  
Embrace energetics,  
But never give your power away.*

### Chapter 3: Embracing All Paths

Make a list of all the different practitioners you see.  
Ask yourself, do I feel supported?

If you prefer natural healing check in with your intention, is it still coming from a 'fix-it' energy?

- ☐ Yes      ☐ No

This is why emotional processing becomes the *Missing Link*. It's not just about what you do externally – but what you're willing to release internally.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES





# Healing Beyond The Diagnosis

## GROWTHWORK

*I immerse myself in experiences that allow me to feel –  
loved, happy, free and that anything is possible.*

### Chapter 4: Where Are You On Your Health Journey?

Scan the QR code, explore the Reactive-Responsive Framework, and pinpoint exactly where you are on your journey, or [CLICK HERE](#)



SCAN ME

Which stage do you see yourself in?

What is your next step?

How can you shift from reacting to responding in your healing?

Please note it's normal to move between all of these stages. Eventually we want you to dance between the Happy & Healthy, and Manifestor state for longer and more frequent periods of time.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

### Part 2: Foundations For Healing

*The more space I create,  
The more creative I get.*

#### Chapter 5: Emotional Cup Metaphor

On a scale of 1-10 how full is your emotional cup? 1 is the lower end, 10 is almost overflowing.

1      2      3      4      5      6      7      8      9      10

What's in your cup ready to spill out?

It's not about avoiding the bumps in life (because they will happen), but changing what's inside your cup so that when life shakes you, what spills out is something you want.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

*When you don't make decisions for yourself,  
Decisions will be made for you.*

### Chapter 6: The Undesirable Manifestations

List out some of your own Undesirable Manifestations, you can use the categories for guidance.

Physical

Mental

Behavioural

Energetic

Spiritual

Your symptoms are not random. They are the messages your body has been trying to deliver, over and over again, finding a way to speak to you.

The question is are you ready to finally listen?



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

*I know more than I believe,  
I trust more than I know.*

### Chapter 7: Two Phases Of Discomfort

Am I in the *First Phase Of Discomfort* — avoiding the work of emotional processing?

Am I in the *Second Phase Of Discomfort* — stepping into something new and expanding into the unknown?

Or am I stuck between the two — avoiding both?

Wherever you are, know this — you are capable of moving through it. On the other side of this discomfort is a life that feels aligned, free, and fully yours.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES





# Healing Beyond The Diagnosis

## GROWTHWORK

### Part 3: Go Beyond Awareness

*It's simple,  
Not easy.*

#### Chapter 8: Why Identifying Emotions Isn't Enough

Only if you feel safe to explore this question: Are you able to recall memories or events linked with when you first experienced an emotion that may be stored in your body?

You've now seen why simply identifying an emotion isn't enough. awareness is important, but transformation happens when you process the experiences tied to those emotions.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

*I find my way,  
I always find my way,  
All will be ok.*

### Chapter 9: Why It's Not About The Condition Or Diagnosis

What have you tried to heal? How do you feel about the results?

If your body could speak, what do you think it would say?

Are you open to exploring what else might be beneath your symptoms?

☐ Yes      ☐ No

When you identify the emotion, what is the important next step that takes you deeper?

When we stop trying to define a condition or state of being by labels and diagnoses? We begin to see the bigger picture, one that leads to deeper understanding, real transformation, and lasting change.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

### Part 4: Master Your Emotional Landscape

*Fear doesn't go away,  
You learn to walk with it.*

#### Chapter 10: The 5 Biggest Fears

Which fear resonated with you the most?

What belief is keeping you from stepping forward?

Can you choose faith over fear today?

☐ Yes      ☐ No

Have faith that your emotions are guiding you. Faith that you will know what to do when the time comes. Faith that even if you don't have all the answers, you can still take the next step.

What matters most is allowing yourself to experience this work, knowing that every shift, every realisation, and every release is moving you toward the expansion you desire.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

*Understand yourself first,  
Before you try to understand others.*

### Chapter 11: How You Engage With Emotional Work

Which emotional personality do you resonate with the most?

How has this influenced your approach to healing?

Does your environment have more of an impact than you realise?

No matter your emotional personality, no matter how you tend to show up in this work – fast or slow, fiery or steady – you are capable of holding it all. You are ready for more.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES





# Healing Beyond The Diagnosis

## GROWTHWORK

*Patterns that hurt you are here to be broken,  
Until you create patterns that you look back at and love.*

### Chapter 12: The 4 Milestones

1. Feel less triggered
2. Be more present
3. See the space in between
4. Experience the serendipity and coincidence aka 'the magic'

Which of these milestones have you already experienced?

What would it feel like to experience all four?

Every lighter breath, every softened reaction, every peaceful moment is proof that you're already living the change you came for. Your only job is to keep going.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

### Part 5: Create Emotional Safety

*The more space I create,  
The more creative I get.*

#### Chapter 13: Creating Safety

Do you tend to push yourself too hard or avoid emotional work altogether?

- ☐ Yes      ☐ No

Are you ready to create more space to begin? Or space for more success?

- ☐ Yes      ☐ No

What do you need to feel safe enough to start?

Emotional work is about discerning what's truly supportive for you in this moment, in this season of your life.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

*Pain is sensation,  
Amplified by emotion.*

### Chapter 14: Grounding Techniques

Have you tried grounding exercises before?

- ☐ Yes      ☐ No

Are you willing to try one of these?

- ☐ Yes      ☐ No

Which one will you commit to experiencing?

- ☐ 3x3      ☐ Tuning into sensation      ☐ Body scan

Take a big breath in, and exhale with a big sigh. You are safe.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

### Part 6: Process Your Emotions

*Speak your truth,  
Handle the truth.*

#### Chapter 15: The Missing Link To Activate Healing

Is the way you've been working with your emotions working for you?

- ☐ Yes      ☐ No

What new insights have you gained in this chapter?

Every time something surfaces — a trigger, a sensation, an emotion — it's simply an invitation to practice.

To expand. To strengthen your ability to hold more of what you desire. The more you lean in, the more capacity you build — not just for the challenges, but for the joy, the success, and the freedom that are already on their way to you.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES





# Healing Beyond The Diagnosis

## GROWTHWORK

*It's simple,  
Not easy.*

### Chapter 16: Decipher The Message

Be honest, have you asked your body for a message then decided it was too hard, or inconvenient to honour?

☐ Yes      ☐ No

What might the message be that your body is trying to communicate with you right now?

Can your body trust you to act on the message it's ready to give you?

☐ Yes      ☐ No

Your experiences are here to help you grow into the version of yourself you know you're meant to be. Your body is ready when you are.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

*With masculine structure,  
Comes feminine flow.*

### Chapter 17: The Release Process®

What areas of your life could you declutter and make more space in?

Do you have capacity to receive everything you desire?

- ☐ Yes      ☐ No

Do you need support to truly embody this Release Process®?

- ☐ Yes      ☐ No

This is the moment where you decide. Will you keep holding onto the weight you've carried? Or will you trust yourself enough to let it go? You don't have to know how it will unfold. You just have to make a decision that sets you free. The more you say "yes" to this work, the more your body will trust you. The more your body trusts you, the clearer the messages become. The clearer the messages, the more your life flows. This is how you create freedom. One release. One truth. One next step at a time.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

### Part 7: Reclaiming Your Power

*Access your past,  
To access your future.*

#### Chapter 18: Expand Your Capacity

Can you commit to learning a new skill like processing your emotions?

- ☐ Yes      ☐ No

Where in your life do you feel you'd like to create space for more to land? Think health, relationships, career, finances and friendships.

Are you ready to experience holding the success you desire?

- ☐ Yes      ☐ No

It's only now you're looking at everything through a different lens. Right now, your work is simply to notice what's stirring. To feel the quiet shifts already happening within you, even if they're subtle.

Maybe, for the first time in a long time, you've allowed yourself to wonder, "What if life didn't have to feel like this?"

Everything starts with a desire, followed by a decision to make yourself a priority.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES



# Healing Beyond The Diagnosis

## GROWTHWORK

*Pain is the gateway,  
To liberation.*

### Chapter 19: Reclaim Your Power

Who or what have you been waiting for to change before you reclaim your power?

What truth are you holding back, and what becomes possible when you speak it?

What would it look like to reclaim your power today – in the smallest, most grounded way?

Take a breath.

Connect to the version of you who already knows how this ends.

The one who has reclaimed their power.

The one who trusts themselves deeply.

The one who leads without hesitation.

The life you came here for is already waiting.



# Healing Beyond The Diagnosis

## GROWTHWORK

### NOTES





# Healing Beyond The Diagnosis

## GROWTHWORK