



# Reignite.

*This workbook will show you how to heal from your past, embrace the present and reignite your future, so that you can reconnect with the true essence of the woman you are and find*

**JOY, FREEDOM & CLARITY**

*with ease and grace*

**SUZY MALHOTRA**

# Welcome

Congratulations on taking the first step to creating the life you desire by downloading this workbook. It means you are ready to grow and learn and find a way to craft your life as the woman you truly desire to be.

If you are feeling stuck or struggling right now, that's OK. This workbook will help you realise that you have the power over your thoughts and give you confidence to start navigating the next chapter of your life with ease & grace.

# Hello

I'm Suzy and it is lovely to meet you.



For years I've been coaching women to live bold and empowered lives by changing how they see themselves both inside and out. Helping them to reignite their lives, their future and their legacy.

As someone who has completely changed how I see and believe in myself, I know what it takes to find the true essence of who I am and Become HER.

For most of my adult life I had been searching for something that I thought was missing. I always had a nagging feeling but could not put my finger on it.

To avoid facing up to what it was I threw myself into my career, took on responsibilities as the bread winner, worked hard and played hard and was a hardworking mum to 2 young children.

But the crusade to prove I could have it all and do it all, in the end played its toll on me.

In 2016 I was diagnosed with breast cancer. At that time, I was already struggling to cope with my father's terminal illness, a divorce, building a new life and house with my new partner and our blended family, managing the dramas of teenagers and running an exhibition design agency.

If anything was going to go wrong, it seemed to be happening to me and life just seemed to be out of control.

When I got the diagnosis, I knew then it all had to stop. Everything had to be about getting better, being there for my kids and taking back control of my life.

It was time to let go of who I thought I should be, re-align with my purpose and passions and design what I wanted my future life to look like and who I wanted to be in it.

It was time for me to Become HER

I have designed my signature framework Become HER to help you let go of what is holding you stuck where you are, learn to love the person you really are and find your North Star so that you too can reignite your life, your future and your legacy.

*Suzy x*

# My signature BECOME HER framework

*If you feel like you're living a life with no direction or purpose, or if you are bored, overwhelmed, and uninspired, then there is one way to exchange it for a life that is REIGNITED*

*You can BECOME HER*

## BECOME HER

AN EXCLUSIVE COACHING FRAMEWORK FOR RELEASING AND LETTING GO OF WHAT IS HOLDING YOU BACK SO THAT YOU HAVE THE FREEDOM AND CLARITY TO DESIGN A LIFE THAT IS FULL OF ENERGY, HAPPINESS & JOY

BECOME HER dives into the three areas where you can change how you think.  
"The happiness of your life depends on the quality of your thoughts"

### HEAL YOUR PAST

Letting go of your old self and changing your thoughts and habits are the foundation on which change is built. By healing from the past you can give yourself permission to forgive yourself and become free to live a life with abundance.

### EMBRACE THE PRESENT

The art of living a happy life is knowing who we are and being present in the moment with that life. We can find gratitude in what we have now and excitement for what is to come. The spirit of living in the present is to practice self-love and self-care. To grow from the learns of the past and become a more beautiful and refined version of ourselves.

### REIGNITE YOUR FUTURE

We can enrich our lives with happiness and joy by knowing our true values and purpose so when the storms come, we are deeply rooted and will not fall down. With our dreams as our North Star we can take the journey of life in the direction that we want and feel like we are in the driving seat.

heal.

embrace.

reignite.



# Step 1

## Heal Your Past

“ *Never be a prisoner of your past. It was a lesson not a life sentence.* ”

This might sound easy for me to say here in words but will probably be a little bit more difficult for you to actually live at first. But here goes:

*It's done.*

*Everything in the past is done.*

We cannot go back and change things.

Whatever we have done in past, be it good or bad, we cannot fix or change it.

Whatever is done, is done and I know that's one of those things that might be a cliché to say but like a lot of clichés it is absolutely true. It is so important that we embrace this fact and we move it from just an idea to an actual experience. If we stay stuck mentally in the past this drags on the present moment and it affects our future.

Our past can impact on us in many ways: our happiness, our wellbeing, our physical health.



Many of us beat ourselves up over things in the past. Maybe you shouted at your kids, or you made a bad decision at work. Maybe you were unfaithful in the past. Maybe you had habits there were not serving you. It is time to put all the emotions associated with the thoughts in a box and put them away. The guilt, the shame, the anger. Put them away.

The more we hang onto the past the more unhappy we're going to be because the past does not add value to our life right now. We can learn from it, but staying stuck and focused on the past will never add value to your life. Remember this mantra every day:

**Where your focus goes your energy flows .**

This is a powerful mantra to live by. When we focus on our past especially when we focus on the negative things not only do we drag on our present moment, on our happiness and our emotional well-being but we draw more of that into our life today because what we focus on we attract more of. We are programming ourselves to attract more of those same things.

We've got to let go of the past in order to move into the future.

And it takes a conscious choice to do that. A conscious choice to say ok I will learn the lesson that I need to learn and then I am going to let it go.

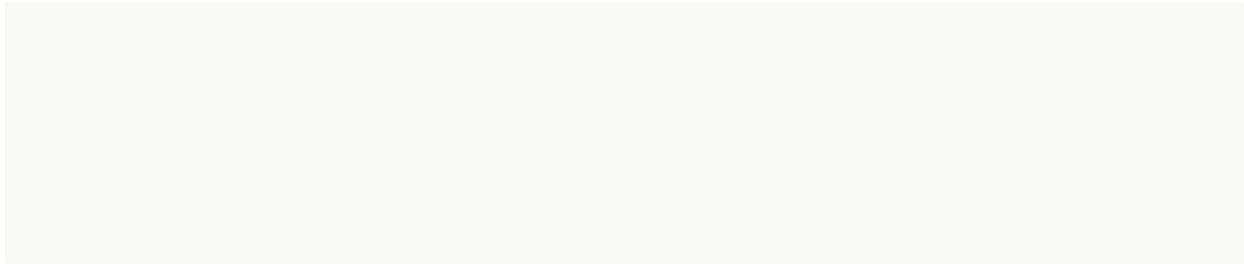
Be willing to let stuff go whether it is good or bad.

# Step 1

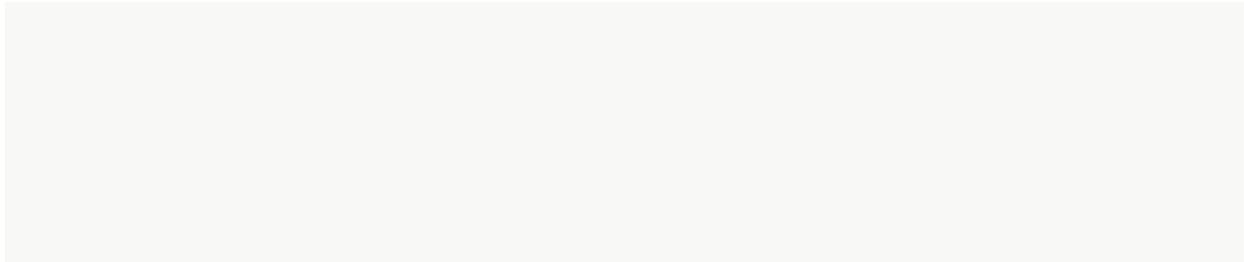
## HEAL YOUR PAST

*By healing from our past we let go of how we see ourselves, what is holding us back and we are liberated to move forward and live a life full of joy with freedom and clarity. By continually avoiding our past and the emotions they create our life becomes an unhealthy and a repetitive pattern.*

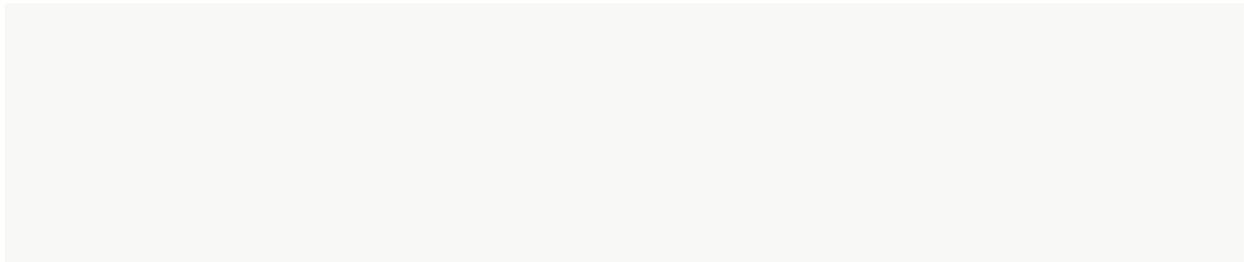
01. *What stories are you telling about your past self?*



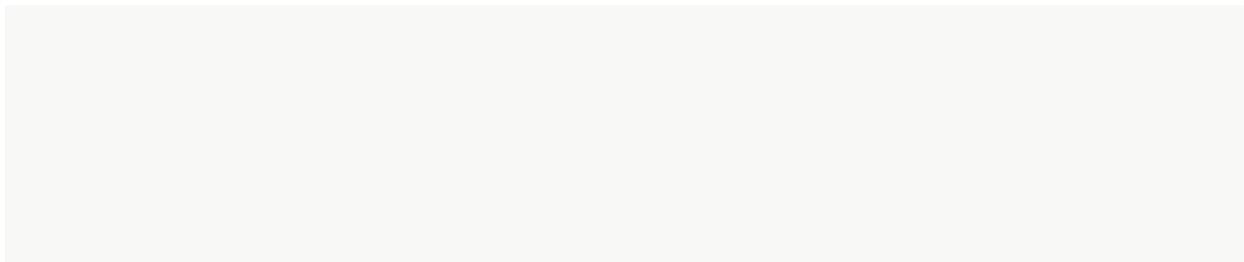
02. *Who was your former self?*



03. *In what ways are you different from your former self?*



04. *How would your life be different if your past was something happening for you rather than to you?*



# Step 2

## Embrace The Present

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*We cannot hang onto the past or it will drag us down so make a conscious choice to let it go.*

The next step is to think about how we can bring ourself to embrace the present moment . Being powerfully, truthfully right now. If we can be right now fully then we can let the past go. And when we let the past go we open up a world of possibilities for our future.

Being in the now is really the secret when it comes to letting our past go. It's not something that we can force. We can't push it away. We can't make your past go away by thinking about it more. We can

***Let the past go by being fully present right now.***

“ Forget yesterday, it has already forgotten you. Don't sweat tomorrow, you haven't even met. Instead, open your eyes and your heart to a truly precious gift: today

Think about a time when you've been fully completely engaged in kind of a flow state. Just totally in the moment. Maybe you were reading, or taking part in an activity. I used to love scoring for my son's cricket team. I was totally focussed on the game and could not afford to let my mind wander off.

One of the keys to being our best self is to bring that kind of presence more frequently into our life. If we only feel this full presence occasionally then we really are missing out.

To let go of our past in order to create a future that we want we have got to bring that type of presence more often into our life. Because when we are fully present not only do we let go of our past but we allow the full, real best version of ourselves to come out.

In a different way, we can't touch the future either. We can plan for it and make impacts that send ripples into the future.

***But in reality all we have is the present.***

We learn from the past by shifting to the present and we make lasting impacts on the future by focusing on the present as well.

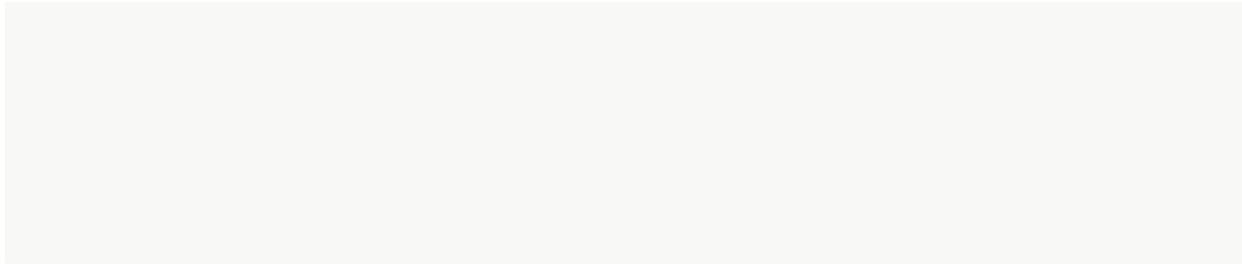


# Step 2

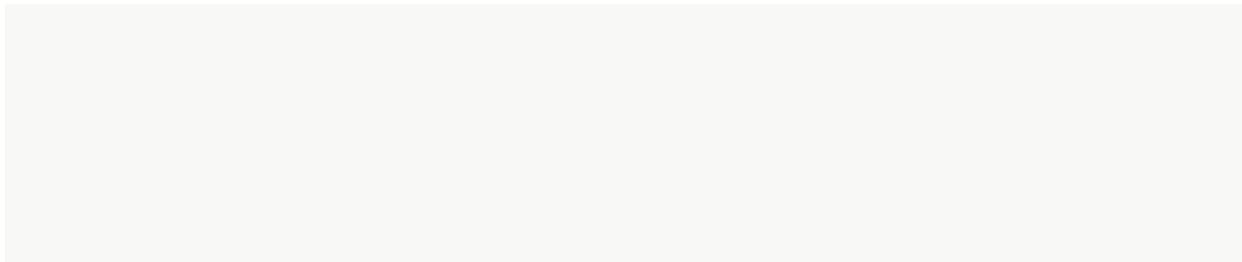
## EMBRACE THE PRESENT

*It is the changes on the inside it will change your outside. By seeing what you have, and who you are with fresh eyes and a new way of thinking you will become stronger and more empowered.*

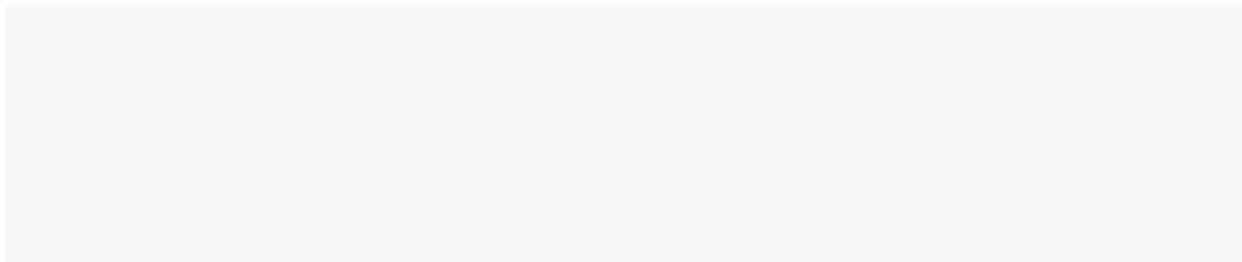
01. *What is your story?*



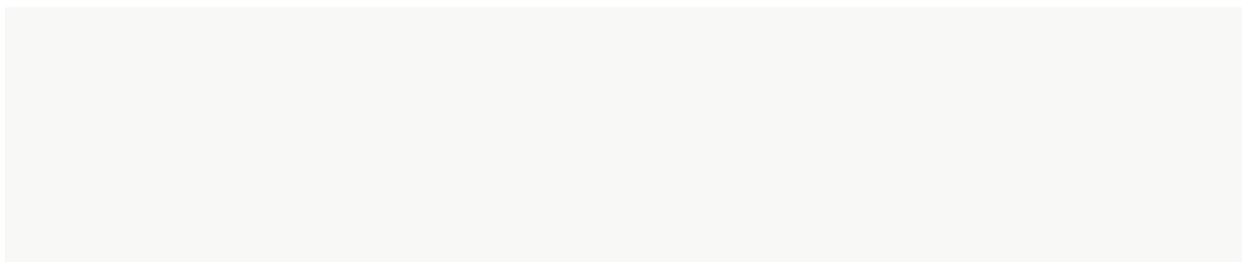
02. *What is it you tell yourself all the time?*



03. *What do you see when you look in the mirror?*



04. *What do you think others see?*



# Step 3

## Reignite Your Future

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*The secret to letting go of the past is to live fully in the present.*

In order to create the future that we want to create it is absolutely critical to get in touch with that place of presence more often and be in that place of presence where it is our default state.

By doing this you will: feel better, take better actions, move forward on the path you want to be on because it's unblocked.

When our mind is in the past or even when it's in the future it creates this blockage where the real you doesn't flow.

Think about a time when you've been really stressed about the future, maybe worried about some future event in your personal life, or worried about something at work.

*If you are in the past mentally you are creating a blockage that prevents life from truly flowing in and out of you.*

So by coming into the now fully you remove those blockages.

And it lets you be at peace. It lets you be happy and it empowers you to create the life that you want to create because those blockages that are created from being stuck in the past or worrying about the future are released. If you feel stuck right now in any aspect of your life it is most likely due to being stuck in the past or worried about the future.

If you are holding onto your past you will never create the future that you want to create. You will stay stuck and you will make the same mistakes over again. You will draw more of that into your life. If you want to create a new path, and you want to move along and create a new future, create a better you, create experiences and relationships that you want to create, the only way to do that is to let go of the past.

***Do what you need to do to make that happen***

“ It doesn't matter what's been written in your story so far, it's how you fill up the rest of the pages that counts

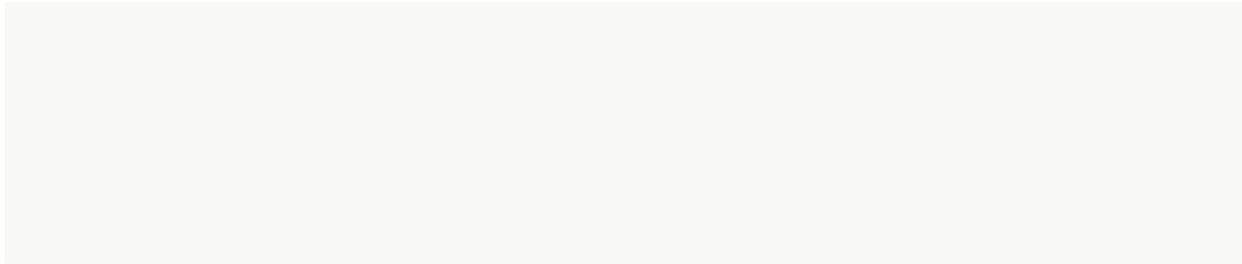
*Take some time to reflect and consider how you can bring more presence into your life.*

# Step 3

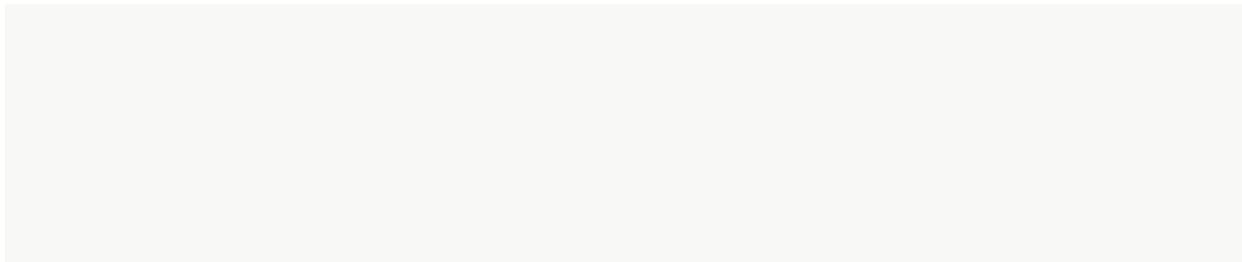
## REIGNITE YOUR FUTURE

*Your past and your history are all your experiences. They are what has made you become the person you are today. But they do not have to define you. You get to choose how you want to live the rest of your life. You get to design the next chapter.*

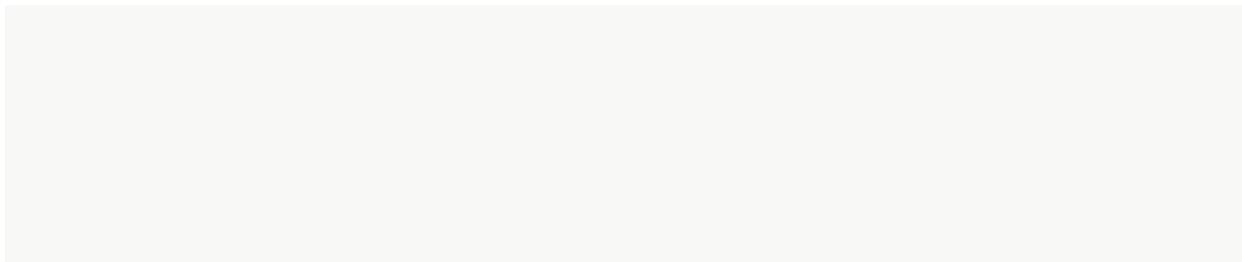
01. *Who do you really want to become?*



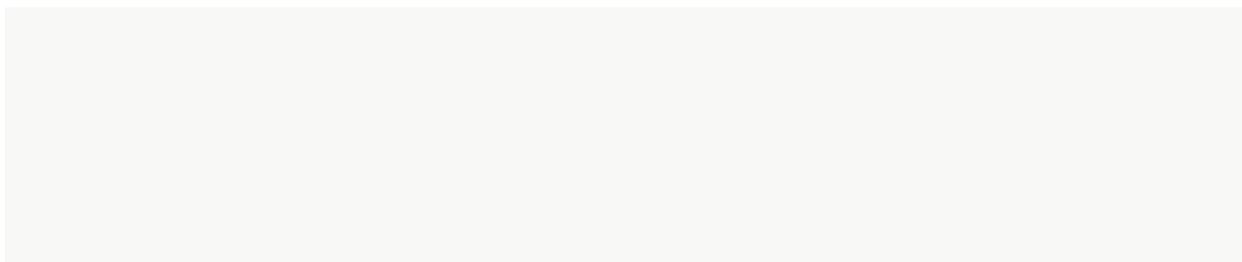
02. *Who would you be if you could creatively design yourself? (You can!)*



03. *What would happen if you became the woman you really wanted to be?*



04. *What would happen if you allowed yourself to feel good more often?*



# Goal Setting

*Write out in the table below who you want to be, what you want to do, and what you want to have*

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Be. Do. Have

**TIMEFRAME: 1-4 WEEKS**

**TIMEFRAME: 4-8 WEEKS**

**TIMEFRAME: 8-12 WEEKS**



If you have a desire for change and you are ready to make those changes, I have developed a programme especially for you.

It is a programme based on my signature framework that will reignite your desires and the true essence of you and give you the confidence and clarity to prepare for the next chapter of your life full of joy, freedom and clarity.

It will teach you how to



## BECOME HER

*Book your REIGNITE call here to find out more*

BOOK NOW



SUZY MALHOTRA

