

KNOW THYSELF

The Complete Workbook

Modules 1 through 12

REBEL Wellness PWA

ROOT-CAUSE EDUCATION FOR BIOLOGICAL & ENERGETIC LITERACY

Personal Wellness Academy | rebelwellnesspwa.org

Welcome

I am so glad you are here. This workbook is your companion through Know Thyself, the first course in the REBEL Wellness Arc, and everything you write in it belongs to you.

Know Thyself was built on the belief that you are a divinely created, self-regulating being who already carries a great deal of wisdom about your own life. Most of us were never taught how to observe ourselves clearly, so we move through our days by default, following patterns we never chose on purpose. This course gives you a way to slow down and see those patterns honestly, with no pressure to fix anything yet.

Over the next twelve modules you will look at eight areas of your health and your life, from movement and water to your emotions and the people around you. By the end, you will have a full snapshot of where you are right now and a clear sense of what deserves your attention first.

Take your time with these pages. Honesty is what makes them useful, and there are no right or wrong answers anywhere in this book.

With care,

Jamie Lynn Caron

Founder, REBEL Wellness PWA

How to use this workbook

This workbook holds all of the slides and reflection prompts from the course, along with the key ideas from each module. The only thing you will not find here is what I share with you as I teach.

As you move through each module, keep this workbook open and follow along with the slides while you listen. The lines beside each slide are yours for anything that stands out, whether it is a word, a memory, or something you notice in your body.

All of your reflections are gathered together in Part Two at the back of this workbook. When a module asks you to pause and reflect, turn to the page listed on the slide and write your answers there. Keeping them in one place was intentional, because learning first and reflecting afterward gives you more clarity and keeps your answers complete.

Modules 11 and 12 bring everything together. You will review what you have written, rate each area of your life, and name your three areas of focus, and those pages become your starting point for Know Thy Design.

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PART ONE

The Teaching

Twelve modules, each with its slides and space for your notes.

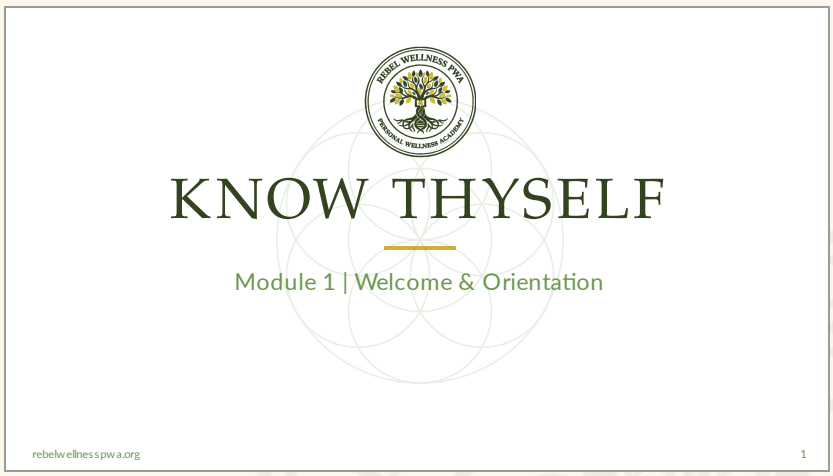
MODULE 1

Welcome & Orientation

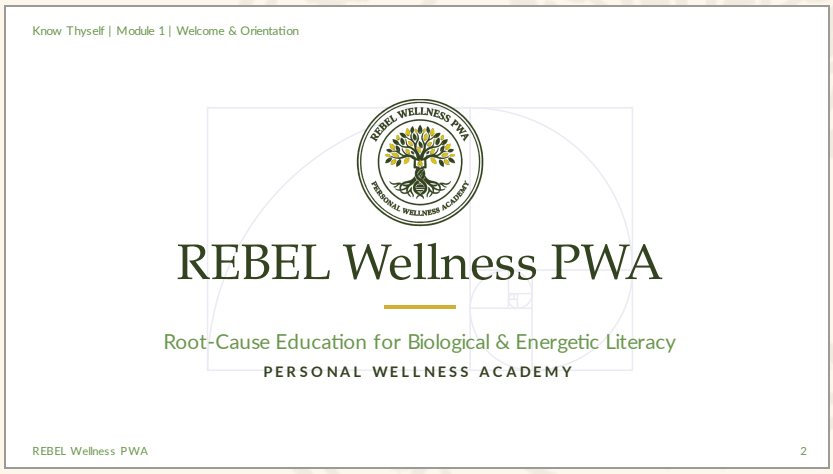
Humans are self-regulating biological systems. Consciousness shapes behavior and perception.

Module 1 | Welcome & Orientation

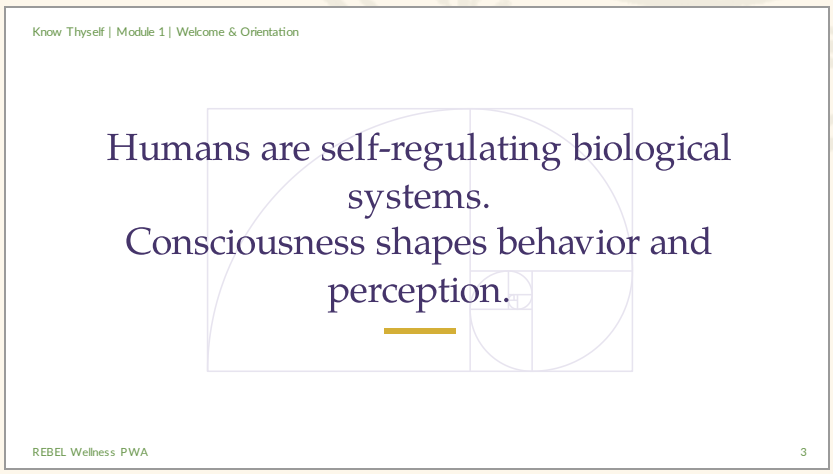
Follow along with each slide and use the lines beside it for anything that stands out to you.



NOTES



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NOTES

Know Thyself | Module 1 | Welcome & Orientation

The REBEL progression

Default → Awareness → Authority → Responsibility → Connection → Living by Design

You are here

REBEL Wellness PWA 4

NOTES

Know Thyself | Module 1 | Welcome & Orientation

This course is designed to help you comprehend yourself clearly.

No action required yet.
You are here to learn how to observe.

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 1 | Welcome & Orientation

How this course is structured

Each module follows a simple structure:

Title → Core idea → Guided teaching → Workbook reflection

REBEL Wellness PWA 6

NOTES

Know Thyself | Module 1 | Welcome & Orientation

Your workbook

Your workbook contains:

- All of the slides
- All of the key ideas
- All of the reflection prompts

The only thing not in the workbook is what I am saying.

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 1 | Welcome & Orientation

How to use this course

As you move through each module:

- Follow along visually in your workbook
- Listen to the module
- Stay present with the material

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 1 | Welcome & Orientation

The reflection system

At certain points, you will be asked to:

- Go to a specific page
- Complete a set of reflections

All reflections are located at the end of the workbook.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 1 | Welcome & Orientation

Why reflections are grouped

This was done intentionally.

- You will first learn and observe.
- Then reflect afterward with more clarity.

This keeps your answers more accurate and complete.

REBEL Wellness PWA 10

NOTES

Know Thyself | Module 1 | Welcome & Orientation

What you are creating

By the end of this course, you will have:

- A full snapshot of your life
- Organized reflections in one place
- A clear starting point

REBEL Wellness PWA 11

NOTES

Know Thyself | Module 1 | Welcome & Orientation

Course progression

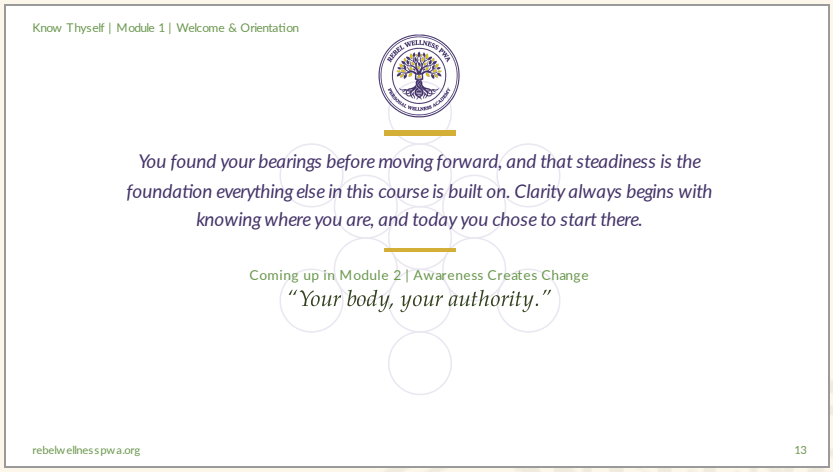
After completing this course:

- You will identify your priority areas
- You will choose your next steps
- You will move into the next course



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NOTES


Know Thyself | Module 1 | Welcome & Orientation
You found your bearings before moving forward, and that steadiness is the foundation everything else in this course is built on. Clarity always begins with knowing where you are, and today you chose to start there.
Coming up in Module 2 | Awareness Creates Change
"Your body, your authority."
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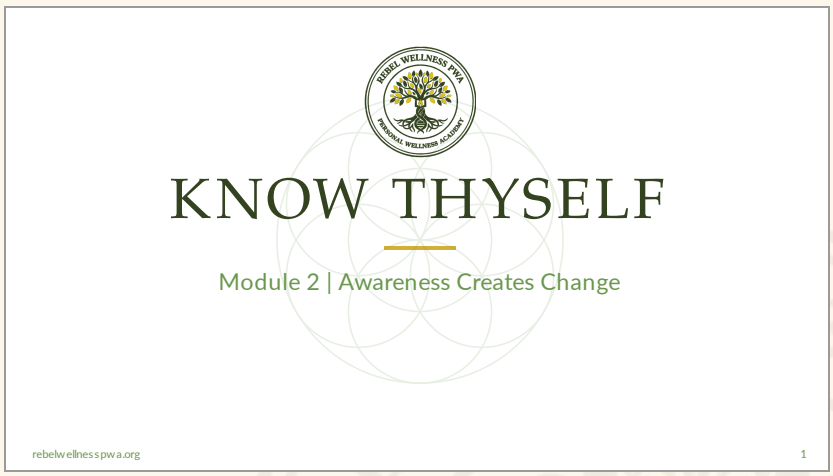
MODULE 2

Awareness Creates Change

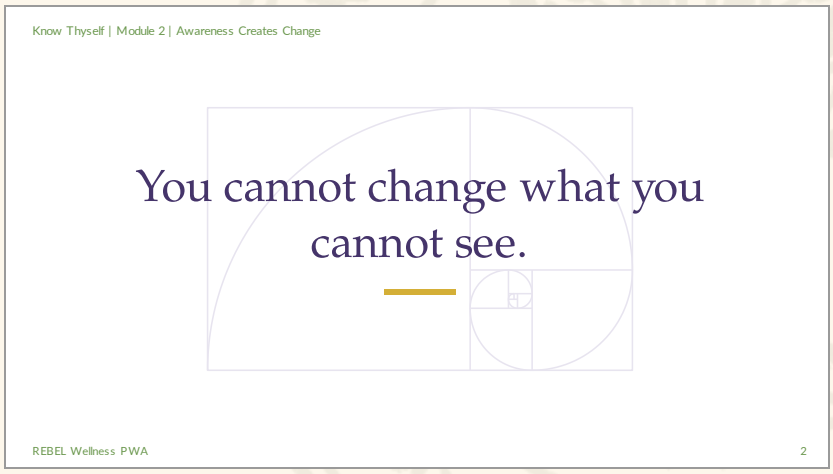
You cannot change what you cannot see.

Module 2 | Awareness Creates Change

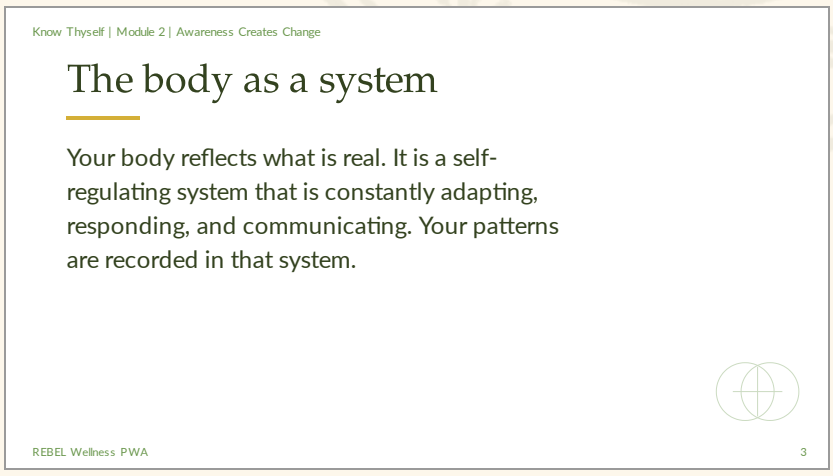
Follow along with each slide and use the lines beside it for anything that stands out to you.



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NOTES

Know Thyself | Module 2 | Awareness Creates Change

Patterns

Your current health and life are the result of patterns.

Patterns of:

- Habits
- Environment
- Inputs
- Decisions

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NOTES

Know Thyself | Module 2 | Awareness Creates Change

Why change feels hard

Most people try to change their life without comprehending it first.

That leads to frustration.

This course helps you see clearly first.

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NOTES

Know Thyself | Module 2 | Awareness Creates Change

Awareness removes guesswork

Awareness removes guesswork.

> When you can see your patterns, your next steps become clear.

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NOTES

Know Thyself | Module 2 | Awareness Creates Change

Seeing clearly begins changing things

Seeing clearly often begins changing things on its own.

You do not have to force change.

Awareness creates movement on its own.

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 2 | Awareness Creates Change

Clarity comes before change

Before you change anything, you need to see it clearly.

That is what this course is doing.

> Clarity comes before change.

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NOTES

Know Thyself | Module 2 | Awareness Creates Change

No judgment

Everything you notice here is information, and information helps you make better decisions.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 2 | Awareness Creates Change

The eight areas of your health

This course moves through eight areas, one module at a time.

1. Movement & Physical Activity
2. Hydration & Internal Flow
3. Nutrition & Nourishment
4. Sleep & Recovery
5. Nervous System & Stress
6. Emotional Health
7. Environment & Inputs
8. Relationships & Community

Notice which areas draw your attention.

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NOTES

Know Thyself | Module 2 | Awareness Creates Change

Pause and Reflect

Now we begin observing your life.

- *What brought you here at this point in your life?*
- *What are you hoping will change?*
- *What areas of your life feel most important to look at right now?*

Go to Workbook Page 68 (Module Workbook Page 7) | Module 2 Reflections

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NOTES

Know Thyself | Module 2 | Awareness Creates Change

You just named some of the most honest things a person can name: what brought you here, what you are hoping will change, and where your attention wants to go. That honesty is exactly where real awareness begins.

Coming up in Module 3 | Movement & Physical Activity

"Your body, your authority."

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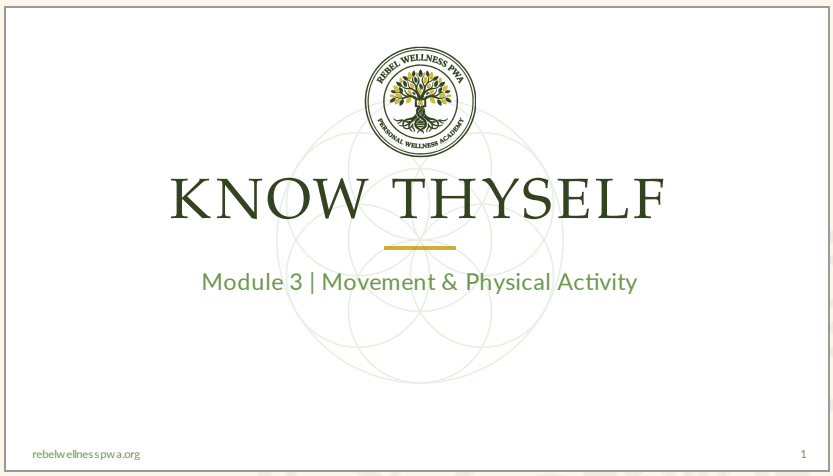
MODULE 3

Movement & Physical Activity

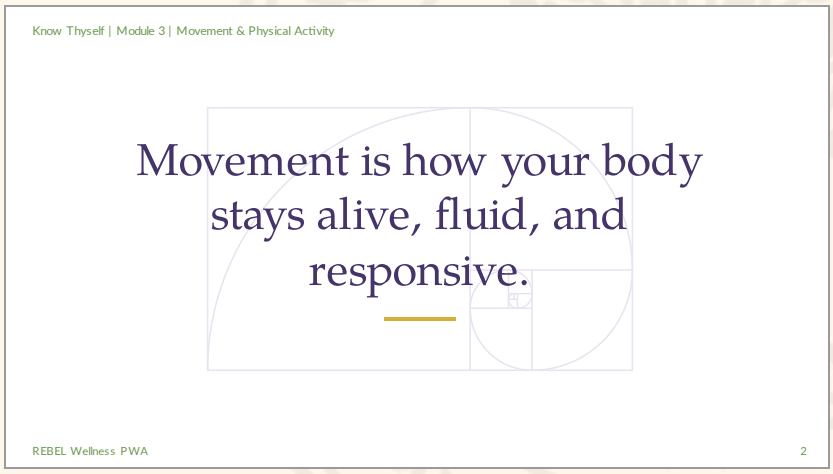
Movement is how your body stays alive, fluid, and responsive.

Module 3 | Movement & Physical Activity

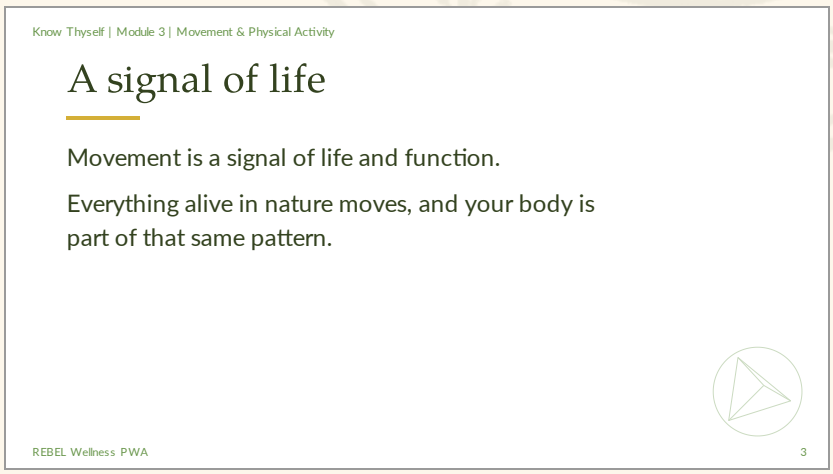
Follow along with each slide and use the lines beside it for anything that stands out to you.



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NOTES

Know Thyself | Module 3 | Movement & Physical Activity

Many systems rely on it

Many systems in your body rely on movement.

- Circulation
- Lymphatic flow
- Digestion
- Joint health
- Mood and focus

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NOTES

Know Thyself | Module 3 | Movement & Physical Activity

Designed for daily movement

Your body was designed to move throughout the day.

- Walking
- Bending and reaching
- Carrying
- Resting in between

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 3 | Movement & Physical Activity

Consistency over intensity

Small, consistent movement matters more than intensity.

Small and steady

Ten minutes of walking each day supports your body, day after day.

Occasional and intense

One intense workout a week still leaves your body sitting still for the other six days.

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NOTES

Know Thyself | Module 3 | Movement & Physical Activity

Stiffness is information

Stiffness and restriction are information.

> Your body shows you where movement is missing.

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NOTES

Know Thyself | Module 3 | Movement & Physical Activity

Movement shifts your state

Movement shifts more than your body. It shifts your mood, your clarity, and your energy.

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NOTES

Know Thyself | Module 3 | Movement & Physical Activity

Observation without judgment

You are not here to judge how much you move.

You are here to notice your relationship with movement, with kindness toward yourself.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 3 | Movement & Physical Activity

Pause and Reflect

Now we observe your relationship with movement.

- *What does movement look like in your daily life right now?*
- *How often do you intentionally move your body?*
- *What types of movement feel good to you?*
- *What types of movement do you avoid?*
- *Where in your body do you feel stiffness or restriction?*
- *How does your body feel after you move?*
- *How does your body feel when you do not move?*
- *What is one small way you could increase movement in your day?*

Go to Workbook Page 69 (Module Workbook Page 7) | Module 3 Reflections

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NOTES

Know Thyself | Module 3 | Movement & Physical Activity

You looked honestly at how your body moves through its days, and that awareness is already beginning to shift how you see it. Movement is one of the simplest ways your body stays alive and responsive, and now you can see your own pattern clearly.

Coming up in Module 4 | Hydration & Internal Flow

"Your body, your authority."

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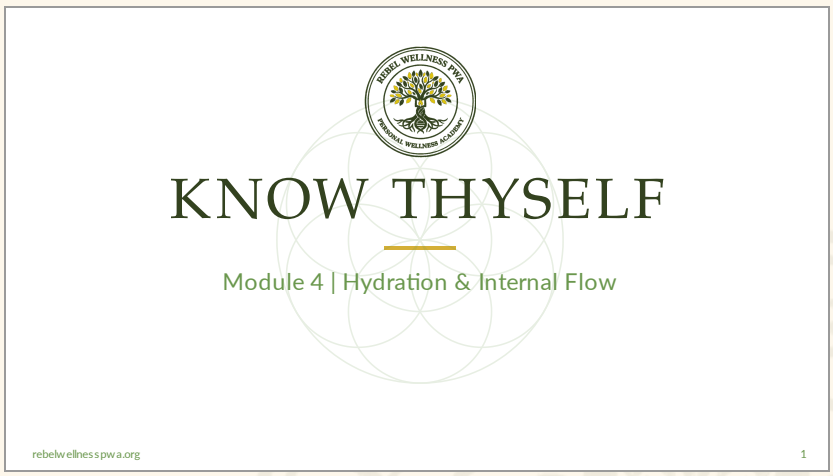
MODULE 4

Hydration & Internal Flow

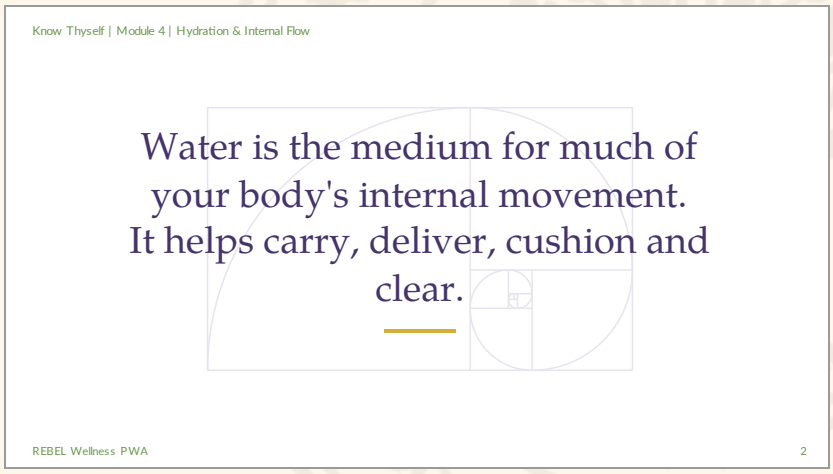
Water is the medium for much of your body's internal movement. It helps carry, deliver, cushion and clear.

Module 4 | Hydration & Internal Flow

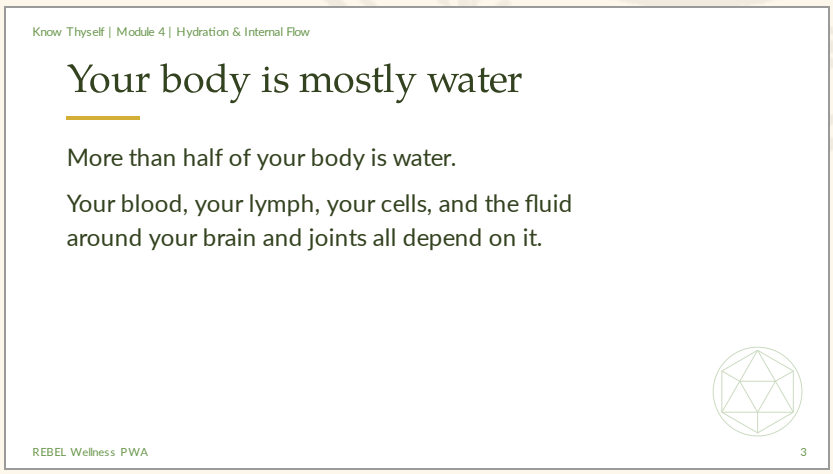
Follow along with each slide and use the lines beside it for anything that stands out to you.



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Know Thyself | Module 4 | Hydration & Internal Flow

Everything moves through water

Water carries nutrients in and waste out.

- Delivery
- Elimination
- Temperature
- Digestion
- Cushioning

REBEL Wellness PWA 4

NOTES

Know Thyself | Module 4 | Hydration & Internal Flow

The quiet signals

Hydration affects far more than thirst.

- Low energy
- Headaches
- Trouble focusing
- Cravings
- Sluggish digestion

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 4 | Hydration & Internal Flow

Timing matters

When you drink matters too. Your body loses water overnight, and steady sipping throughout the day supports steady flow.

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NOTES

Know Thyself | Module 4 | Hydration & Internal Flow

Quality matters

The quality of what you drink matters too.

- What is in your water
- What you drink in place of water
- The minerals that help your body hold on to it

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 4 | Hydration & Internal Flow

Intuitive drinking

Your body tells you what it needs.

Intuitive drinking begins with listening.

> Notice dryness, energy, and how you feel after you drink.

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 4 | Hydration & Internal Flow

Notice your pattern

There is no number to hit in this module.

You are here to notice your own pattern with water.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 4 | Hydration & Internal Flow

Pause and Reflect

Now we observe your relationship with water.

- *How much water do you typically drink in a day?*
- *When during the day do you usually drink water?*
- *Do you feel thirsty often, or rarely notice thirst?*
- *How do you feel when you are well hydrated?*
- *How do you feel when you are not well hydrated?*
- *What types of fluids do you consume regularly?*
- *Do you notice any patterns with energy, digestion, or focus related to hydration?*
- *What is one small way you could improve your hydration habits?*

Go to Workbook Page 72 (Module Workbook Page 7) | Module 4 Reflections

REBEL Wellness PWA 10

NOTES

Know Thyself | Module 4 | Hydration & Internal Flow

You took an honest look at the water that moves through you, and that awareness is the beginning of supporting your internal flow.

Coming up in Module 5 | Nutrition & Nourishment

"Your body, your authority."

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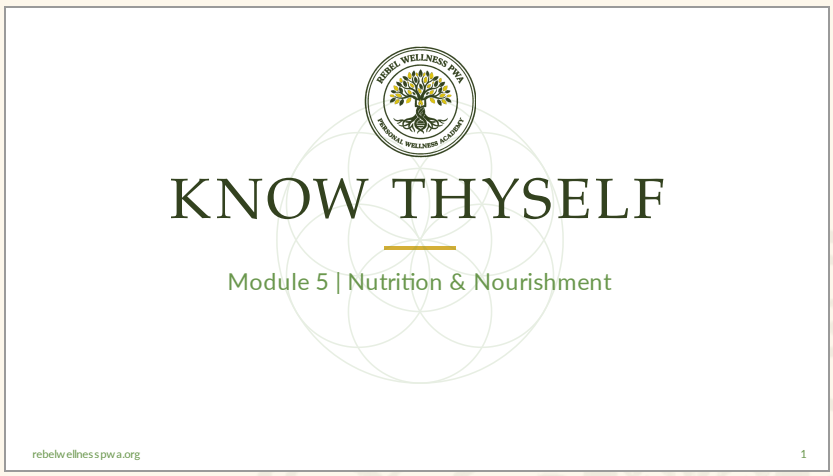
MODULE 5

Nutrition & Nourishment

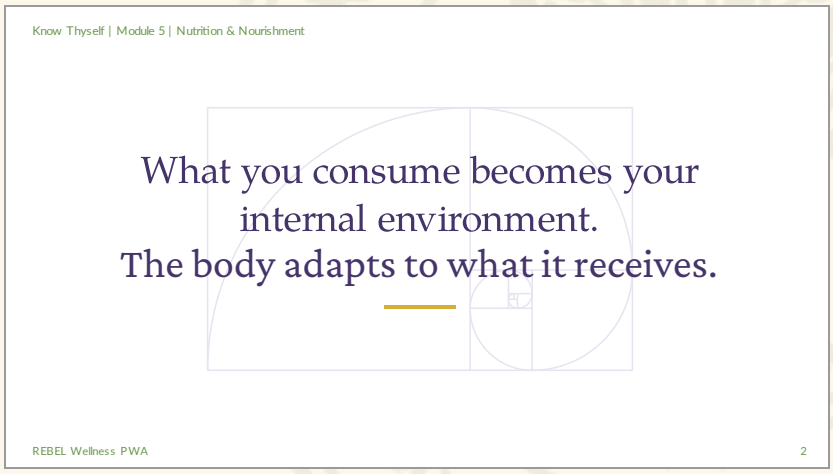
What you consume becomes your internal environment. The body adapts to what it receives.

Module 5 | Nutrition & Nourishment

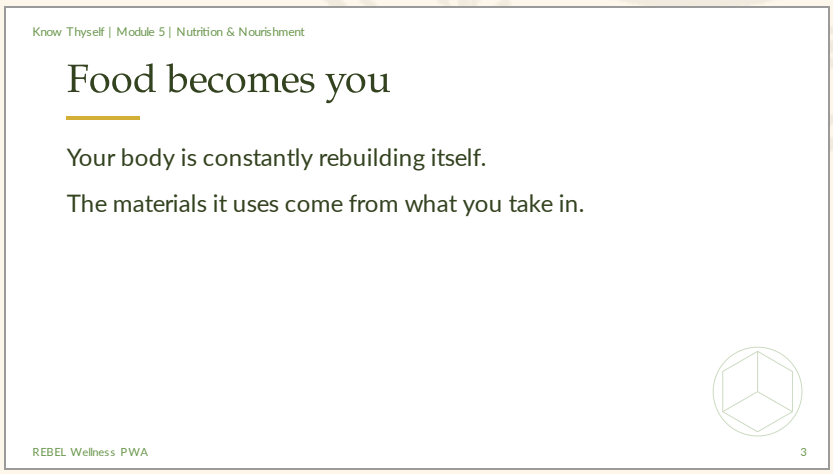
Follow along with each slide and use the lines beside it for anything that stands out to you.



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NOTES

Know Thyself | Module 5 | Nutrition & Nourishment

From ingestion to adaptation



REBEL Wellness PWA 4

NOTES

Know Thyself | Module 5 | Nutrition & Nourishment

How you eat matters

How you eat matters too.

> A calm body digests more fully.

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 5 | Nutrition & Nourishment

Designed differently

Every body is individually designed.

The same food can create different responses in different people.

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NOTES

Know Thyself | Module 5 | Nutrition & Nourishment

Your body responds

Your body responds after every meal.

- Energy
- Fullness
- Digestion
- Mood
- Focus

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 5 | Nutrition & Nourishment

Hunger and fullness

Your body has built-in signals for hunger and fullness. Many of us have learned to eat by the clock, the plate, or the mood instead.

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 5 | Nutrition & Nourishment

Curiosity with food

There are no food lists here and no diet to follow.

You are here to become curious about your own experience with food.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 5 | Nutrition & Nourishment

Pause and Reflect

Now we observe your relationship with food.

- *What does a typical day of eating look like for you?*
- *How do you usually feel after eating?*
- *Which foods leave you feeling nourished or energized?*
- *Which foods leave you feeling heavy, tired, or uncomfortable?*
- *How often do you eat in a rushed or distracted state?*
- *Do you notice consistent meal times, or do they vary?*
- *Do you feel connected to your hunger and fullness signals?*
- *What is one small shift you could experiment with in how you eat?*

Go to Workbook Page 75 (Module Workbook Page 7) | Module 5 Reflections

REBEL Wellness PWA 10

NOTES

Know Thyself | Module 5 | Nutrition & Nourishment

You looked at your relationship with food with curiosity, and that openness is where real comprehension begins.

Coming up in Module 6 | Sleep & Recovery

"Your body, your authority."

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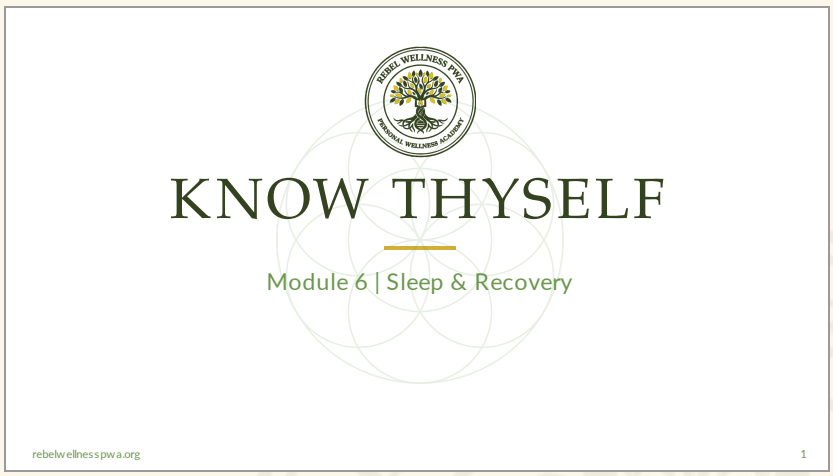
MODULE 6

Sleep & Recovery

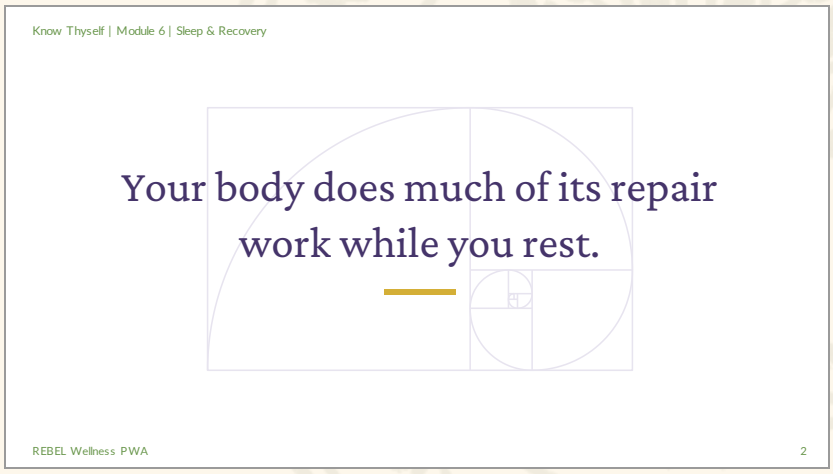
Your body does much of its repair work while you rest.

Module 6 | Sleep & Recovery

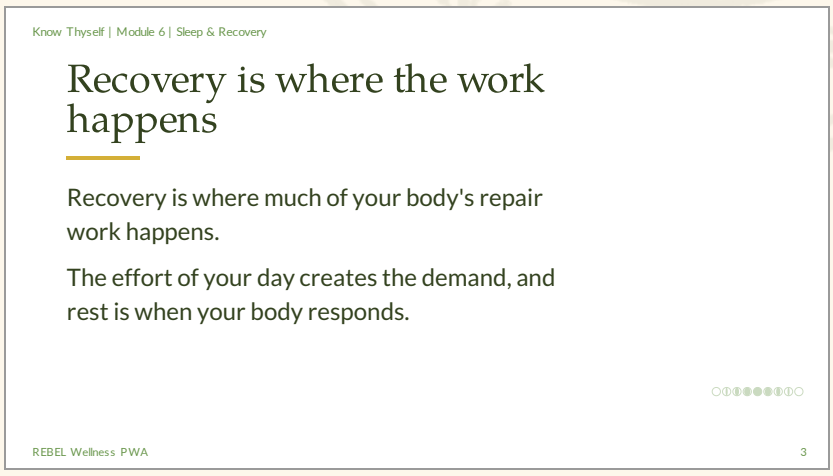
Follow along with each slide and use the lines beside it for anything that stands out to you.



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Know Thyself | Module 6 | Sleep & Recovery

What happens while you sleep

While you sleep, your body is repairing and restoring.

- Tissue repair
- Brain cleansing
- Memory sorting
- Hormone balance
- Immune support

REBEL Wellness PWA 4

NOTES

Know Thyself | Module 6 | Sleep & Recovery

Quality matters as much as hours

The quality of your sleep matters as much as the number of hours.

Deep, uninterrupted rest allows your body to complete its cycles.

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NOTES

Know Thyself | Module 6 | Sleep & Recovery

Your body follows the light

Your body has an internal clock that follows the light. Morning light helps it wake, and evening darkness helps it prepare for rest.

REBEL Wellness PWA 6

NOTES

Know Thyself | Module 6 | Sleep & Recovery

Rhythm supports rest

Your body loves rhythm.

> Consistent sleep and wake times help your internal clock settle.

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 6 | Sleep & Recovery

Recovery beyond sleep

Recovery happens during the day too.

- Pauses
- Quiet moments
- Time outdoors
- Slow breathing

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 6 | Sleep & Recovery

Notice your pattern

You are here to see your sleep pattern clearly, exactly as it is today.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 6 | Sleep & Recovery

Pause and Reflect

Now we observe your sleep and recovery.

- *How many hours of sleep do you typically get each night?*
- *Do you fall asleep easily, or does it take time?*
- *Do you wake up during the night?*
- *How do you feel when you wake up in the morning?*
- *Do you follow a consistent sleep schedule?*
- *What does your evening routine look like?*
- *What factors do you think affect your sleep the most?*
- *When during the day do you feel the most tired?*
- *What is one small change that could support better rest?*

Go to Workbook Page 78 (Module Workbook Page 7) | Module 6 Reflections

REBEL Wellness PWA 10

NOTES

Know Thyself | Module 6 | Sleep & Recovery

You took an honest look at how you rest, and that awareness honors the deep work your body does every night.

Coming up in Module 7 | Nervous System & Stress

"Your body, your authority."

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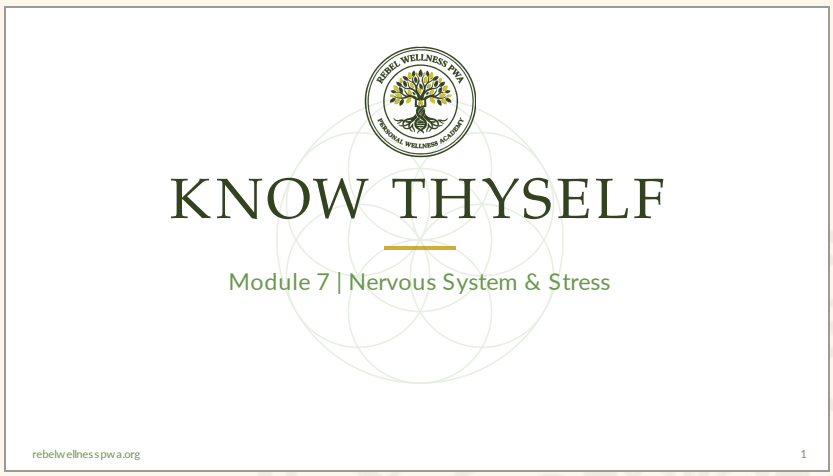
MODULE 7

Nervous System & Stress

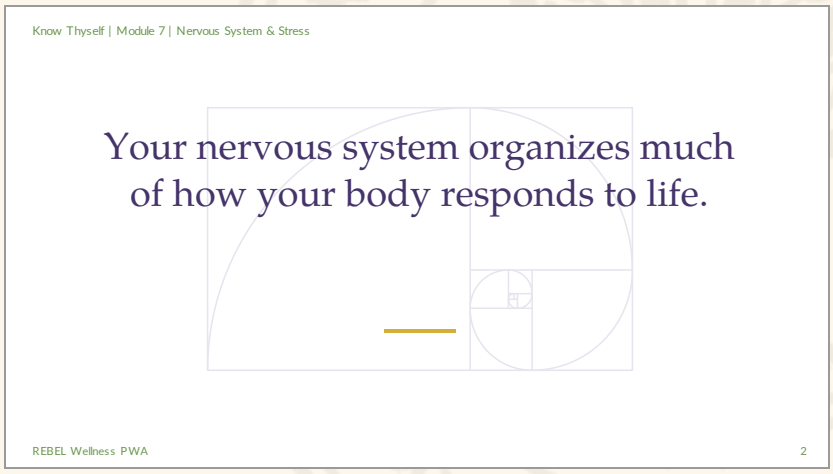
Your nervous system organizes much of how your body responds to life.

Module 7 | Nervous System & Stress

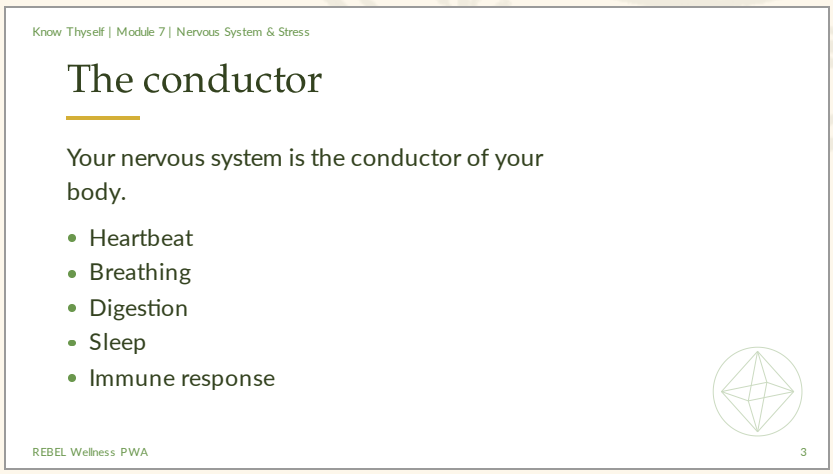
Follow along with each slide and use the lines beside it for anything that stands out to you.



NOTES



NOTES



NOTES

Know Thyself | Module 7 | Nervous System & Stress

Two states, one system

Your body moves between two main states.

Mobilize

Fight or flight

Rest and digest

Repair and restore

REBEL Wellness PWA 4

NOTES

Know Thyself | Module 7 | Nervous System & Stress

Stress is a biological state

Stress is a biological state, and it lives in the whole body.

- Faster heartbeat
- Quicker breath
- Tense muscles
- Slower digestion

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 7 | Nervous System & Stress

When stress stays on

When stress stays on for long periods, it touches everything else.

- Sleep
- Digestion
- Energy
- Cravings
- Tension

REBEL Wellness PWA 6

NOTES

Know Thyself | Module 7 | Nervous System & Stress

Signals of your state

Your body shows you what state it is in.

When your system is working hard

- Racing thoughts
- Shallow breath
- Tight jaw or shoulders
- Feeling wired and tired

When your system feels settled

- Slow breath
- Soft belly
- Steady focus

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 7 | Nervous System & Stress

What helps you settle

Your nervous system is always looking for signals of safety.

- Slow breathing
- Time in nature
- Trusted connection
- Rhythm and routine

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 7 | Nervous System & Stress

Notice your pattern

Stress is part of being alive.

You are here to notice how it moves through your body and your life.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 7 | Nervous System & Stress

Pause and Reflect

Now we observe your nervous system and stress.

- *What are the biggest sources of stress in your life right now?*
- *How does your body respond when you feel stressed?*
- *Do you feel like you are able to relax easily?*
- *When do you feel the most calm and at ease?*
- *What environments or situations make you feel overwhelmed?*
- *Do you feel like your mind is often busy or racing?*
- *What helps you feel grounded or settled?*
- *How often do you feel fully present in your body?*
- *What is one small way you could support your nervous system?*

Go to Workbook Page 81 (Module Workbook Page 7) | Module 7 Reflections

REBEL Wellness PWA 10

NOTES

Know Thyself | Module 7 | Nervous System & Stress

You looked honestly at the system that shapes how your body responds to life, and that awareness connects everything you have observed so far.

Coming up in Module 8 | Emotional Health

"Your body, your authority."

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NOTES

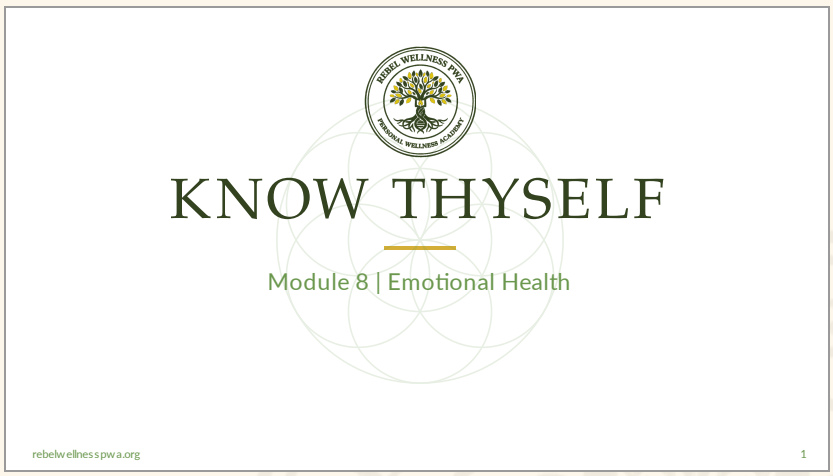
MODULE 8

Emotional Health

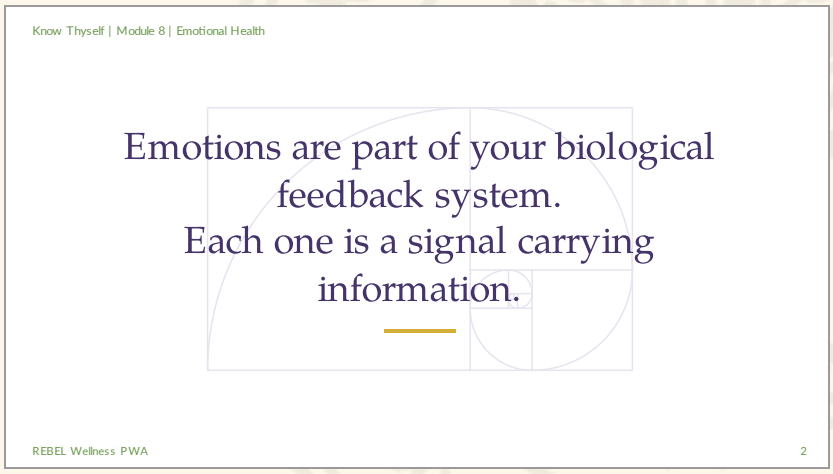
Emotions are part of your biological feedback system. Each one is a signal carrying information.

Module 8 | Emotional Health

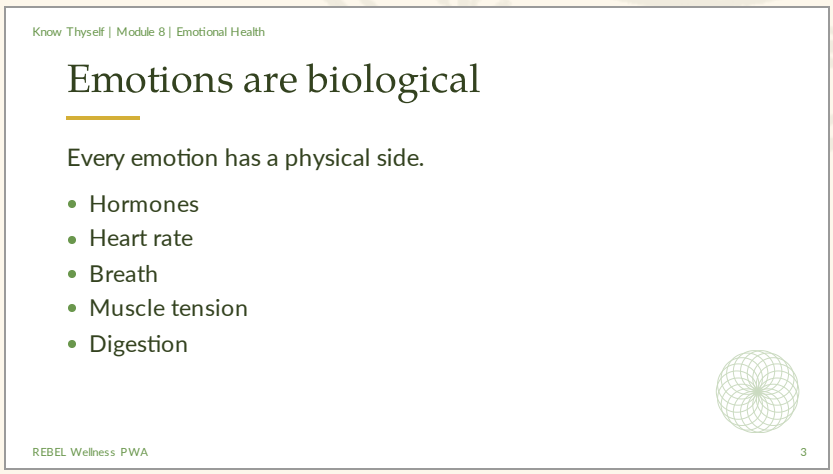
Follow along with each slide and use the lines beside it for anything that stands out to you.



NOTES



NOTES



NOTES

Know Thyself | Module 8 | Emotional Health

Every emotion carries a message

Each emotion often carries a message.

Fear
often points to safety

Anger
often points to a boundary

Sadness
often points to what matters

Joy
often points to what nourishes you

REBEL Wellness PWA 4

NOTES

Know Thyself | Module 8 | Emotional Health

Emotions live in the body

You can feel emotions in your body.

- A tight throat
- A heavy chest
- A knot in the stomach
- Warmth spreading through you

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 8 | Emotional Health

When emotions are held in

Holding emotions in takes energy. Over time, many people notice unexpressed feelings showing up in the body as tension or fatigue.

REBEL Wellness PWA 6

NOTES

Know Thyself | Module 8 | Emotional Health

Patterns you learned

Your emotional patterns were shaped by your experiences.

How emotions were handled around you became part of how you handle them now.

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 8 | Emotional Health

Emotions move like weather

Emotions rise, move through, and pass when they are allowed to.

> Like weather, each one has its own rhythm.

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 8 | Emotional Health

Observation only

You are here to notice your emotional patterns with kindness.

There is nothing to process or resolve today.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 8 | Emotional Health

Pause and Reflect

Now we observe your emotional patterns.

- *How do you usually respond when you feel strong emotions?*
- *Are there emotions you tend to avoid or suppress?*
- *What situations tend to trigger emotional reactions for you?*
- *How comfortable do you feel expressing your emotions?*
- *Do you notice emotions showing up in your body? If so, where?*
- *What helps you feel calm, grounded, or supported emotionally?*
- *Do you feel like you have space in your life to process emotions?*
- *What is one small way you could begin paying more attention to your emotional patterns?*

Go to Workbook Page 84 (Module Workbook Page 7) | Module 8 Reflections

REBEL Wellness PWA 10

NOTES

Know Thyself | Module 8 | Emotional Health

You looked at your emotions as information, and that shift opens the door to trusting what your body has been telling you all along.

Coming up in Module 9 | Environment & Inputs

"Your body, your authority."

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NOTES

MODULE 9

Environment & Inputs

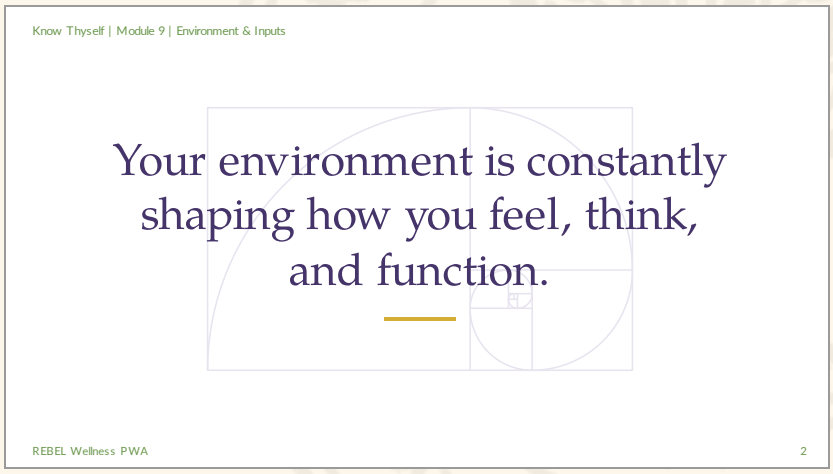
Your environment is constantly shaping how you feel, think, and function.

Module 9 | Environment & Inputs

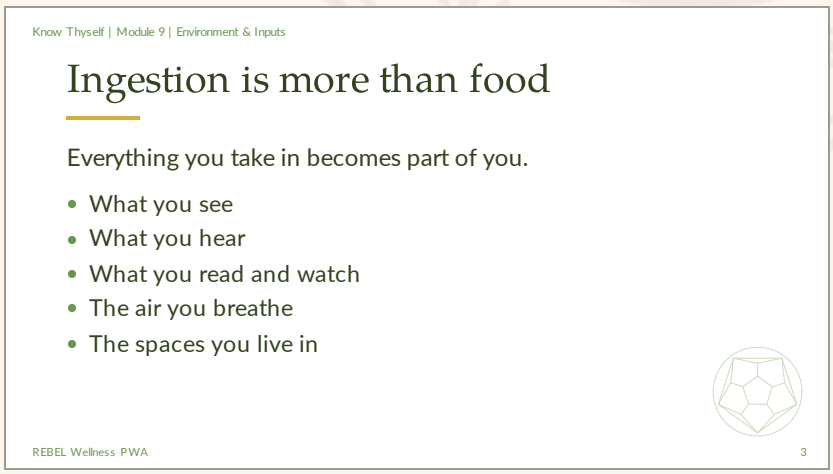
Follow along with each slide and use the lines beside it for anything that stands out to you.



NOTES



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NOTES

Know Thyself | Module 9 | Environment & Inputs

Your spaces shape you

The spaces you spend time in affect your body.

- Light
- Clutter
- Sound
- Air
- Comfort

REBEL Wellness PWA 4

NOTES

Know Thyself | Module 9 | Environment & Inputs

Your information diet

What you read, watch, and scroll through is an input too.

Your nervous system responds to the information you take in.

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 9 | Environment & Inputs

Sound, light, and air

Your senses are always taking in your surroundings.

- Background noise
- Artificial light
- Air quality
- Temperature

REBEL Wellness PWA 6

NOTES

Know Thyself | Module 9 | Environment & Inputs

Nature as an input

Time in nature is one of the most supportive inputs available.

> It is free, and your body recognizes it.

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 9 | Environment & Inputs

From default to design

Most of our inputs arrive by default.

Awareness allows you to begin choosing them by design,

one intentional input at a time.

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 9 | Environment & Inputs

Notice your inputs

You are here to notice what you take in and how it affects you.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 9 | Environment & Inputs

Pause and Reflect

Now we observe your environment and inputs.

- *What does your daily environment look like? Consider your home, work, and spaces you spend time in.*
- *What types of media or information do you consume regularly?*
- *How do you feel after spending time in your usual environments?*
- *Are there environments where you feel more calm or more stressed?*
- *What sounds, lighting, or surroundings affect you the most?*
- *How much time do you spend in natural environments?*
- *Do you feel overstimulated or overwhelmed by your surroundings?*
- *What is one small change you could make to your environment?*

Go to Workbook Page 87 (Module Workbook Page 7) | Module 9 Reflections

REBEL Wellness PWA 10

NOTES

Know Thyself | Module 9 | Environment & Inputs

You looked at the world you take in each day, and that awareness is the first step from living by default toward living by design.

Coming up in Module 10 | Relationships & Community

"Your body, your authority."

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NOTES

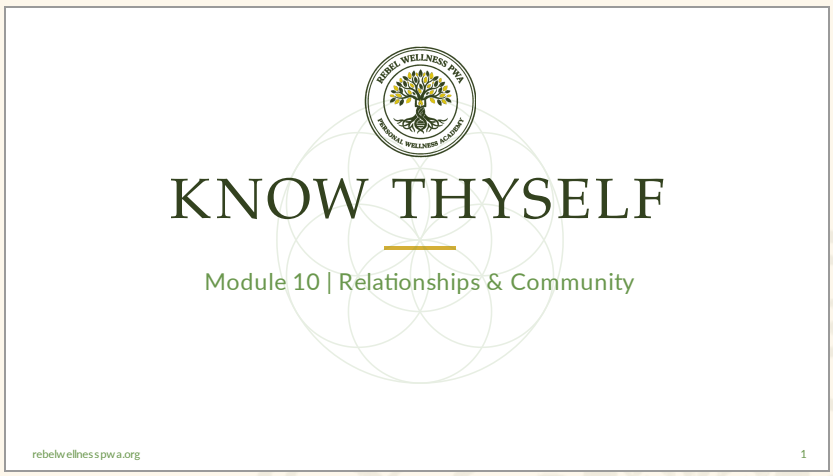
MODULE 10

Relationships & Community

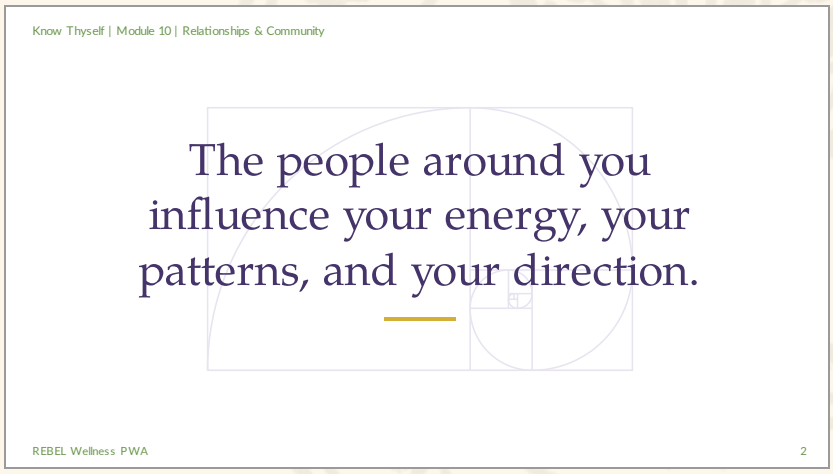
The people around you influence your energy, your patterns, and your direction.

Module 10 | Relationships & Community

Follow along with each slide and use the lines beside it for anything that stands out to you.



NOTES



NOTES



NOTES

Know Thyself | Module 10 | Relationships & Community

Co-regulation

Your nervous system is influenced by the nervous systems around you.

> This is called co-regulation.

REBEL Wellness PWA 4

NOTES

Know Thyself | Module 10 | Relationships & Community

Connection is biological

Humans are designed for connection.

Belonging supports your health.

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 10 | Relationships & Community

Patterns travel through people

The habits and patterns of the people close to you tend to shape your own.

- Eating
- Moving
- Resting
- Speaking
- Coping

REBEL Wellness PWA 6

NOTES

Know Thyself | Module 10 | Relationships & Community

Your body knows

Your body tells you how a relationship affects you.

Notice how you feel before, during, and after time with someone.

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 10 | Relationships & Community

Being yourself

Feeling safe to be yourself is a form of nourishment, and it allows your nervous system to rest.

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 10 | Relationships & Community

Observe with compassion

Relationships are complex.

You are here to observe them honestly and with compassion, for others and for yourself.

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 10 | Relationships & Community

Pause and Reflect

Now we observe your relationships and community.

- *Who are the people you spend the most time with?*
- *How do you feel after interacting with them?*
- *Which relationships feel supportive and aligned?*
- *Which relationships feel draining or challenging?*
- *Do you feel comfortable being yourself in your relationships?*
- *How do your relationships influence your habits and choices?*
- *Do you feel a sense of community or belonging?*
- *Where in your life do you feel supported?*
- *What is one small way you could improve your relational environment?*

Go to Workbook Page 90 (Module Workbook Page 7) | Module 10 Reflections

REBEL Wellness PWA 10

NOTES

Know Thyself | Module 10 | Relationships & Community

You looked honestly at the people who shape your life, and you have now observed all eight areas with care and without judgment.

Coming up in Module 11 | Integration & Self-Assessment

"Your body, your authority."

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NOTES

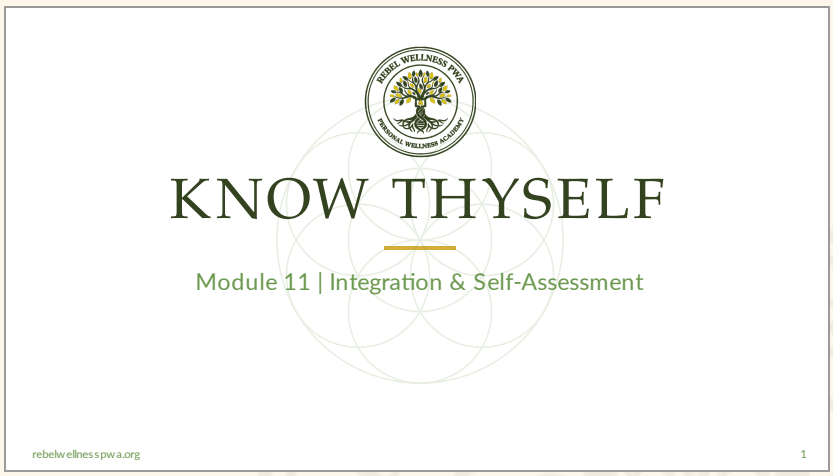
MODULE 11

Integration & Self-Assessment

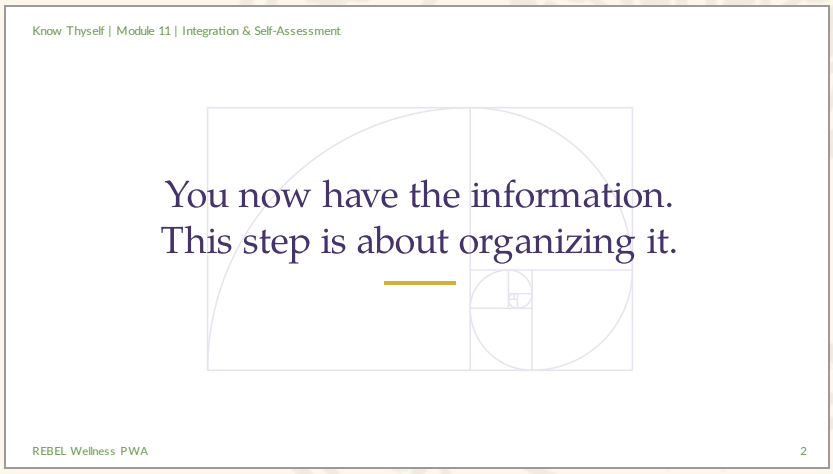
You now have the information. This step is about organizing it.

Module 11 | Integration & Self-Assessment

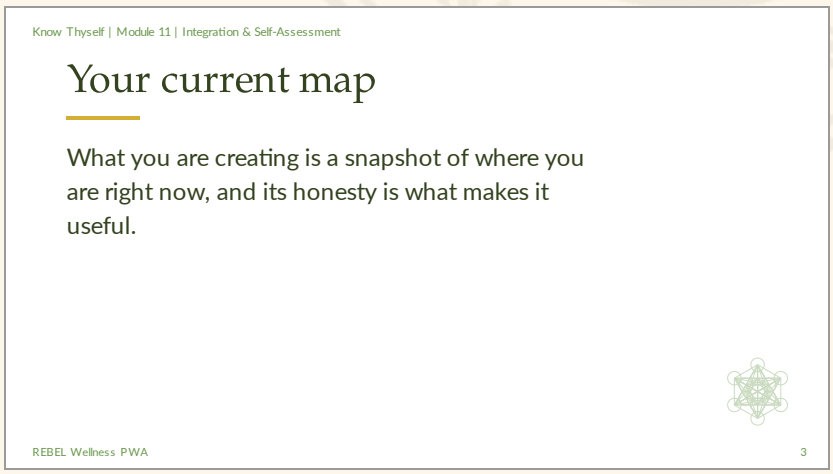
Follow along with each slide and use the lines beside it for anything that stands out to you.



NOTES



NOTES



NOTES

Know Thyself | Module 11 | Integration & Self-Assessment

What you have observed

You have moved through eight areas of your life.
You have observed:

- Your habits
- Your patterns
- Your environment
- Your relationships

Now we bring everything together in one place.

REBEL Wellness PWA 4

NOTES

Know Thyself | Module 11 | Integration & Self-Assessment

Your personal snapshot

Your workbook contains all of your reflections. This is your personal snapshot. There is no need to search for answers. You have already written them.

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 11 | Integration & Self-Assessment

Rating the areas

Follow these steps in your workbook.

1. Review each section of your workbook.
2. Rate each area on a scale from 1 to 10.

Scale: 1 feels very unsupported, 10 feels strong and aligned.

REBEL Wellness PWA 6

NOTES

Know Thyself | Module 11 | Integration & Self-Assessment

The eight areas

Rate the following areas.

1. Movement & Physical Activity
2. Hydration & Internal Flow
3. Nutrition & Nourishment
4. Sleep & Recovery
5. Nervous System & Stress
6. Emotional Health
7. Environment & Inputs
8. Relationships & Community

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 11 | Integration & Self-Assessment

Honesty guides next steps

There are no right or wrong numbers.

This is your perception of your current reality.

Your honesty here helps guide your next steps.

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 11 | Integration & Self-Assessment

Notice the patterns

After rating each area, begin to notice patterns.

1. Which areas feel the lowest?
2. Which areas feel the strongest?
3. Where do you notice connections between areas?

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 11 | Integration & Self-Assessment

Your Self-Assessment

- Part 1: Review your reflections for each area.
- Part 2: Rate each area from 1 to 10.
- Part 3: Notice your patterns.

Go to Workbook Page 93 (Module Workbook Page 7) | Module 11 | Integration & Self-Assessment

REBEL Wellness PWA 10

NOTES

Know Thyself | Module 11 | Integration & Self-Assessment

You have now observed yourself across eight areas of life with honesty and without judgment. What you rated and noticed in this module is your map, and it is useful because it reflects your actual terrain.

Coming up in Module 12 | Clarity for the Path Forward

"Your body, your authority."

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NOTES

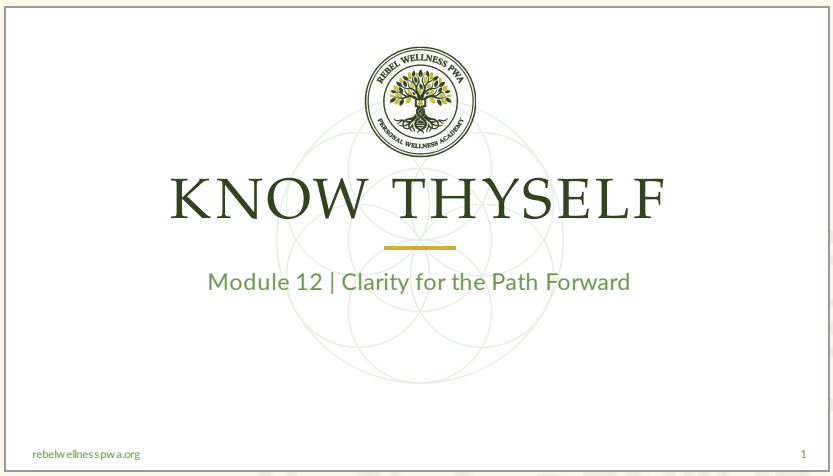
MODULE 12

Clarity for the Path Forward

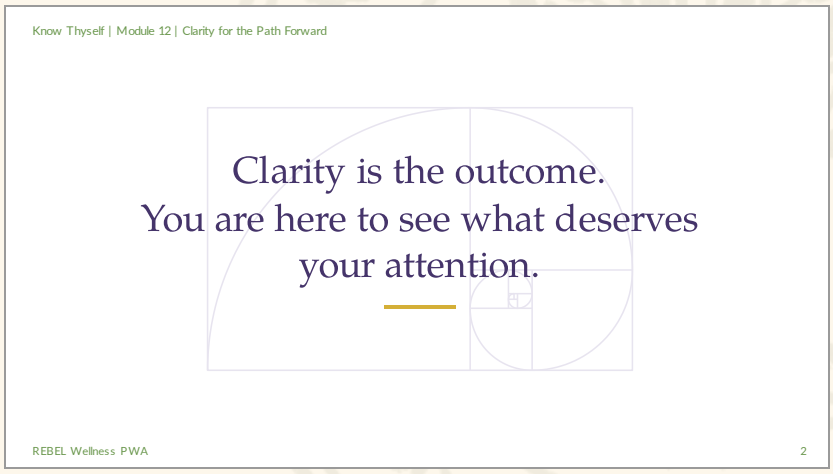
Clarity is the outcome. You are here to see what deserves your attention.

Module 12 | Clarity for the Path Forward

Follow along with each slide and use the lines beside it for anything that stands out to you.



NOTES



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NOTES

Know Thyself | Module 12 | Clarity for the Path Forward

Three areas of focus

From everything you have observed, you will now identify your top three areas of focus. These are the areas that stood out most clearly, the ones your body and your awareness keep returning to.

1 2 3

REBEL Wellness PWA 4

NOTES

Know Thyself | Module 12 | Clarity for the Path Forward

Where your awareness is pointing

Naming these three areas simply shows where your awareness is pointing right now.

REBEL Wellness PWA 5

NOTES

Know Thyself | Module 12 | Clarity for the Path Forward

What comes next

You are not being asked to act on these areas yet.

Your three focus areas will carry forward with you into every course that follows.

Each course adds a new layer of comprehension that makes your path clearer.

REBEL Wellness PWA 6

NOTES

Know Thyself | Module 12 | Clarity for the Path Forward

The course arc

Know Thyself — Know Thy Design — Know Thy Vessel — Know Thy Temple — Know Thy Path

Complete

You have completed the foundation. Each course that follows builds on what you now know about yourself.

REBEL Wellness PWA 7

NOTES

Know Thyself | Module 12 | Clarity for the Path Forward

Sequencing your focus

Now place your three areas in order.

1. Priority 1: Full attention here first
2. Priority 2: Held with intention
3. Priority 3: Held with intention

This is simply where your awareness is pointing.

REBEL Wellness PWA 8

NOTES

Know Thyself | Module 12 | Clarity for the Path Forward

Your Path Forward

- Review your Module 11 ratings and your reflections from the full course.
- Name your top three areas of focus.
- Place them in priority order.

Go to Workbook Page 96 (Module Workbook Page 7) | Module 12 | Clarity for the Path Forward

REBEL Wellness PWA 9

NOTES

Know Thyself | Module 12 | Clarity for the Path Forward

Bridge to Know Thy Design

Know Thyself	→	Know Thy Design
Complete		*Coming up*

Know Thyself is complete. You have looked honestly at your current reality, named your three focus areas, and given them a sequence. Before Know Thy Design, complete Workbook Pages 101 and 102, your Snapshot and birth details.

Coming up | Know Thy Design: where you begin to comprehend how you are individually built, so that everything that follows comes from your own honest authority.

REBEL Wellness PWA 10

NOTES

You have a clear picture of where you are, and you have named what deserves your attention in a sequence that belongs to you. That is enough.

You have completed

KNOW THYSELF

"Your body, your authority."

Honest education for a divinely designed life.

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NOTES

PART TWO

Your Reflections

Every reflection from the course, gathered in one place.

Module 2 Reflections

Now we begin observing your life.

1 *What brought you here at this point in your life?*

2 *What are you hoping will change?*

3 *What areas of your life feel most important to look at right now?*

NOTICE THIS WEEK

Notice one pattern you have been living with that you had not named before.

Module 3 Reflections

Now we observe your relationship with movement.

1 *What does movement look like in your daily life right now?*

2 *How often do you intentionally move your body?*

3 *What types of movement feel good to you?*

NOTICE THIS WEEK

Notice when your body asks to move, and what you do when it does.

Module 3 Reflections

Continue at your own pace.

4 *What types of movement do you avoid?*

5 *Where in your body do you feel stiffness or restriction?*

6 *How does your body feel after you move?*

Module 3 Reflections

Continue at your own pace.

7 *How does your body feel when you do not move?*

8 *What is one small way you could increase movement in your day?*

Module 4 Reflections

Now we observe your relationship with water.

1 *How much water do you typically drink in a day?*

2 *When during the day do you usually drink water?*

3 *Do you feel thirsty often, or rarely notice thirst?*

NOTICE THIS WEEK

Notice when you first feel thirsty each day, and how your energy shifts after a glass of water.

Module 4 Reflections

Continue at your own pace.

4 *How do you feel when you are well hydrated?*

5 *How do you feel when you are not well hydrated?*

6 *What types of fluids do you consume regularly?*

Module 4 Reflections

Continue at your own pace.

7 *Do you notice any patterns with energy, digestion, or focus related to hydration?*

8 *What is one small way you could improve your hydration habits?*

Module 5 Reflections

Now we observe your relationship with food.

1 *What does a typical day of eating look like for you?*

2 *How do you usually feel after eating?*

3 *Which foods leave you feeling nourished or energized?*

NOTICE THIS WEEK

Notice how you feel an hour after meals, and which meals leave you steady.

Module 5 Reflections

Continue at your own pace.

4 *Which foods leave you feeling heavy, tired, or uncomfortable?*

5 *How often do you eat in a rushed or distracted state?*

6 *Do you notice consistent meal times, or do they vary?*

Module 5 Reflections

Continue at your own pace.

7 *Do you feel connected to your hunger and fullness signals?*

8 *What is one small shift you could experiment with in how you eat?*

Module 6 Reflections

Now we observe your sleep and recovery.

1 *How many hours of sleep do you typically get each night?*

2 *Do you fall asleep easily, or does it take time?*

3 *Do you wake up during the night?*

NOTICE THIS WEEK

Notice what the hour before bed looks like, and how you feel when you wake.

Module 6 Reflections

Continue at your own pace.

4 *How do you feel when you wake up in the morning?*

5 *Do you follow a consistent sleep schedule?*

6 *What does your evening routine look like?*

Module 6 Reflections

Continue at your own pace.

7 *What factors do you think affect your sleep the most?*

8 *When during the day do you feel the most tired?*

9 *What is one small change that could support better rest?*

Module 7 Reflections

Now we observe your nervous system and stress.

1 *What are the biggest sources of stress in your life right now?*

2 *How does your body respond when you feel stressed?*

3 *Do you feel like you are able to relax easily?*

NOTICE THIS WEEK

Notice where tension shows up in your body, and what helps it settle.

Module 7 Reflections

Continue at your own pace.

4 *When do you feel the most calm and at ease?*

5 *What environments or situations make you feel overwhelmed?*

6 *Do you feel like your mind is often busy or racing?*

Module 7 Reflections

Continue at your own pace.

7 *What helps you feel grounded or settled?*

8 *How often do you feel fully present in your body?*

9 *What is one small way you could support your nervous system?*

Module 8 Reflections

Now we observe your emotional patterns.

1 *How do you usually respond when you feel strong emotions?*

2 *Are there emotions you tend to avoid or suppress?*

3 *What situations tend to trigger emotional reactions for you?*

NOTICE THIS WEEK

Notice one feeling that comes up more than once, and where you feel it in your body.

Module 8 Reflections

Continue at your own pace.

4 *How comfortable do you feel expressing your emotions?*

5 *Do you notice emotions showing up in your body? If so, where?*

6 *What helps you feel calm, grounded, or supported emotionally?*

Module 8 Reflections

Continue at your own pace.

7 *Do you feel like you have space in your life to process emotions?*

8 *What is one small way you could begin paying more attention to your emotional patterns?*

Module 9 Reflections

Now we observe your environment and inputs.

1 *What does your daily environment look like? Consider your home, work, and spaces you spend time in.*

2 *What types of media or information do you consume regularly?*

3 *How do you feel after spending time in your usual environments?*

NOTICE THIS WEEK

Notice which spaces, sounds and inputs leave you calmer, and which leave you drained.

Module 9 Reflections

Continue at your own pace.

4 *Are there environments where you feel more calm or more stressed?*

5 *What sounds, lighting, or surroundings affect you the most?*

6 *How much time do you spend in natural environments?*

Module 9 Reflections

Continue at your own pace.

7 *Do you feel overstimulated or overwhelmed by your surroundings?*

8 *What is one small change you could make to your environment?*

Module 10 Reflections

Now we observe your relationships and community.

1 *Who are the people you spend the most time with?*

2 *How do you feel after interacting with them?*

3 *Which relationships feel supportive and aligned?*

NOTICE THIS WEEK

Notice how you feel before, during and after time with the people closest to you.

Module 10 Reflections

Continue at your own pace.

4 *Which relationships feel draining or challenging?*

5 *Do you feel comfortable being yourself in your relationships?*

6 *How do your relationships influence your habits and choices?*

Module 10 Reflections

Continue at your own pace.

7 *Do you feel a sense of community or belonging?*

8 *Where in your life do you feel supported?*

9 *What is one small way you could improve your relational environment?*

Module 11 Self-Assessment

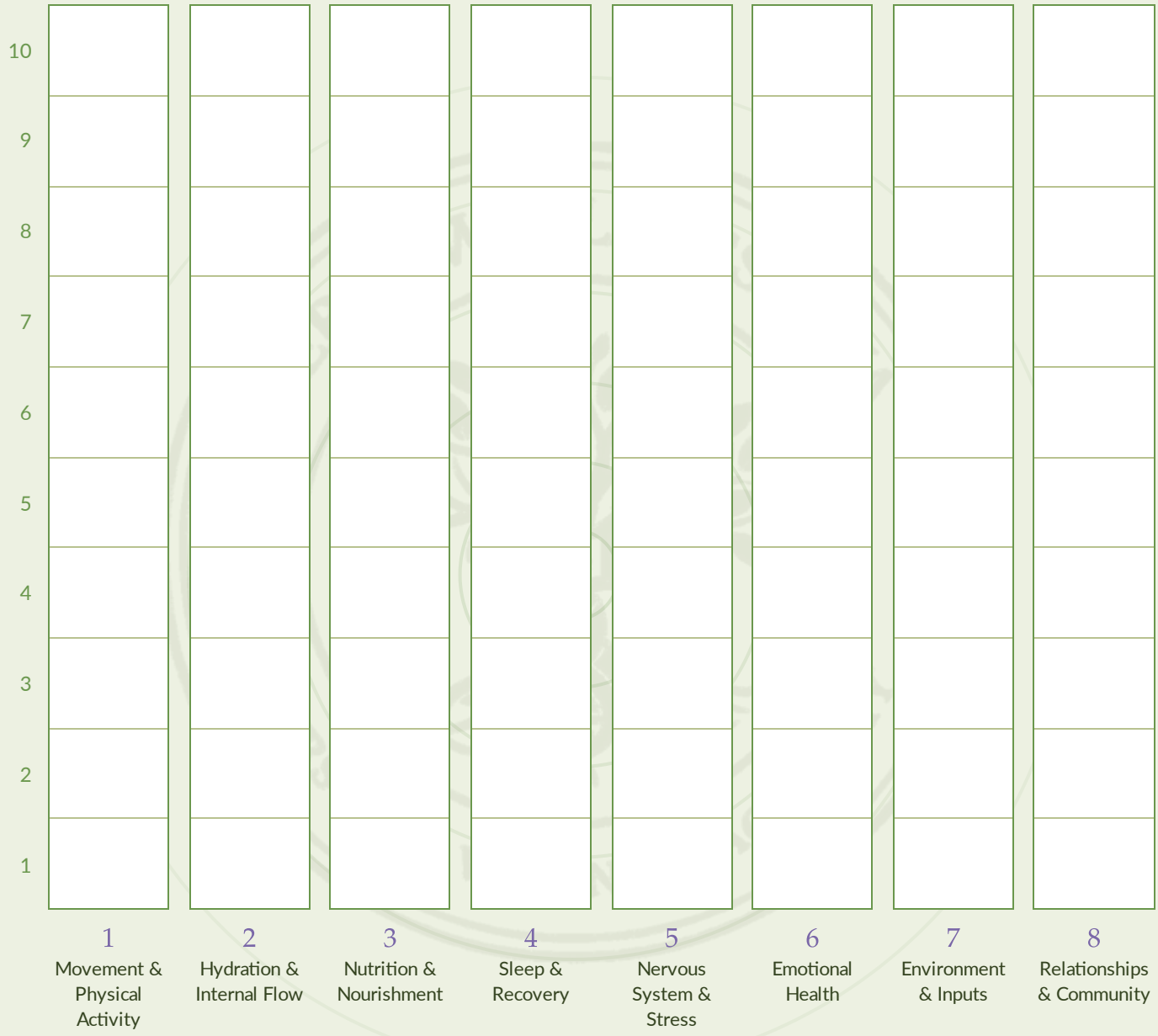
Review your reflections for each area, then fill in the circle for the number that feels most true for you right now. A 1 means this area feels very unsupported, and a 10 means it feels strong and aligned.

Rating Your Eight Areas

1	Movement & Physical Activity	1	2	3	4	5	6	7	8	9	10
2	Hydration & Internal Flow	1	2	3	4	5	6	7	8	9	10
3	Nutrition & Nourishment	1	2	3	4	5	6	7	8	9	10
4	Sleep & Recovery	1	2	3	4	5	6	7	8	9	10
5	Nervous System & Stress	1	2	3	4	5	6	7	8	9	10
6	Emotional Health	1	2	3	4	5	6	7	8	9	10
7	Environment & Inputs	1	2	3	4	5	6	7	8	9	10
8	Relationships & Community	1	2	3	4	5	6	7	8	9	10

My Snapshot

Shade each bar up to the number you filled in. This is a picture of where you are today, and it will change as your awareness grows.



Notice the Patterns

After rating each area, begin to notice the patterns that appear.

1 *Which areas feel the lowest?*

2 *Which areas feel the strongest?*

3 *Where do you notice connections between areas?*

Your Ratings

Copy your ratings from Module 11 here so everything you need is in front of you.

1	Movement & Physical Activity	
2	Hydration & Internal Flow	
3	Nutrition & Nourishment	
4	Sleep & Recovery	
5	Nervous System & Stress	
6	Emotional Health	
7	Environment & Inputs	
8	Relationships & Community	

Your Top Three Areas

Looking at your ratings and your reflections, name the three areas that stand out most clearly to you. Beneath each one, write a few words about why it keeps drawing your attention.

1 *Focus area*

Why this area keeps drawing my attention

2 *Focus area*

Why this area keeps drawing my attention

3 *Focus area*

Why this area keeps drawing my attention

Sequencing Your Focus

Now place your three areas in order. This is simply where your awareness is pointing.

1 Priority 1 *Full attention here first*

2 Priority 2 *Held with intention*

3 Priority 3 *Held with intention*

PART THREE

Closing

Honoring what you have completed.

A Closing Letter

You have reached the end of Know Thyself, and I hope you take a moment to honor that.

Looking at yourself honestly takes courage. Over these twelve modules you observed how you move, drink, eat, rest, and respond to stress, and you looked with care at your emotions, your environment, and the people who shape your days. You did it with curiosity and kindness, and that way of seeing yourself stays with you.

The pages in this workbook are a record of where you are right now. Come back to them whenever you need a reminder of where you started, and notice how your answers begin to shift as your awareness grows.

Your three focus areas will walk with you into Know Thy Design, where you will begin to comprehend how you are individually built. Everything that follows in the REBEL Wellness Arc grows from the foundation you created here, and I am honored to keep walking beside you.

Your body, your authority.

With love and gratitude,

Jamie

My Know Thyself Snapshot

This page gathers everything you discovered in this course in one place, so you can bring it with you into Know Thy Design.

Date completed _____

My eight area ratings

1	Movement & Physical Activity	☐	2	Hydration & Internal Flow	☐
3	Nutrition & Nourishment	☐	4	Sleep & Recovery	☐
5	Nervous System & Stress	☐	6	Emotional Health	☐
7	Environment & Inputs	☐	8	Relationships & Community	☐

My three focus areas

Priority 1 _____

Priority 2 _____

Priority 3 _____

One thing I now see clearly about myself

A word for where I am right now

Why Priority 1 comes first

Bridge to Know Thy Design

Know Thyself
Complete

→

Know Thy Design
Coming up

Know Thyself is complete. You have looked honestly at your current reality, named your three focus areas, and given them a sequence.

Coming up | Know Thy Design: where you begin to comprehend how you are individually built, so that everything that follows comes from your own honest authority.



Before you begin Know Thy Design

My birth date _____

My birth time _____

My birth place _____

Where I found my birth time _____



Honest education for a divinely designed life.

REBEL Wellness PWA

rebelwellnesspwa.org