


# 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.

# Contents

## Beginning

Welcome ..... 2
How to use this workbook ..... 3

## Part One | The Teaching

Module 1 | Welcome & Orientation ..... 6
Module 2 | Awareness Creates Change ..... 12
Module 3 | Movement & Physical Activity ..... 17
Module 4 | Hydration & Internal Flow ..... 22
Module 5 | Nutrition & Nourishment ..... 27
Module 6 | Sleep & Recovery ..... 32
Module 7 | Nervous System & Stress ..... 37
Module 8 | Emotional Health ..... 42
Module 9 | Environment & Inputs ..... 47
Module 10 | Relationships & Community ..... 52
Module 11 | Integration & Self-Assessment ..... 57
Module 12 | Clarity for the Path Forward ..... 62

## Part Two | Your Reflections

Module 2 Reflections ..... 68
Module 3 Reflections ..... 69
Module 4 Reflections ..... 72
Module 5 Reflections ..... 75
Module 6 Reflections ..... 78
Module 7 Reflections ..... 81
Module 8 Reflections ..... 84
Module 9 Reflections ..... 87
Module 10 Reflections ..... 90
Module 11 | Integration & Self-Assessment ..... 93
Module 12 | Clarity for the Path Forward ..... 96

## Part Three | Closing

A Closing Letter ..... 100
My Know Thyself Snapshot ..... 101
Bridge to Know Thy Design ..... 102

PART ONE

# The Teaching

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

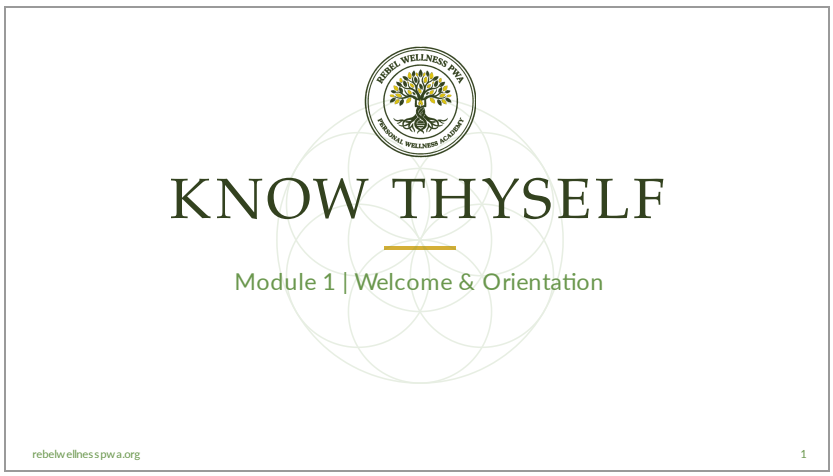
MODULE 1

# Welcome & Orientation

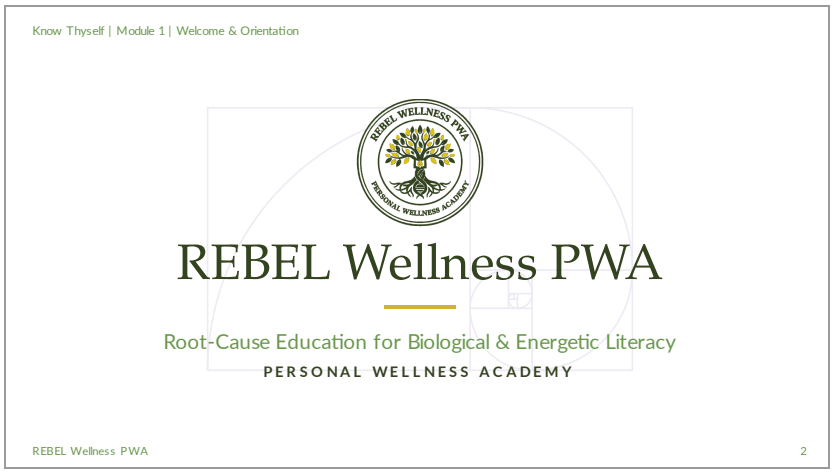
*Humans are self-regulating biological systems. Consciousness shapes behavior and perception.*

# Module 1 | Welcome & Orientation

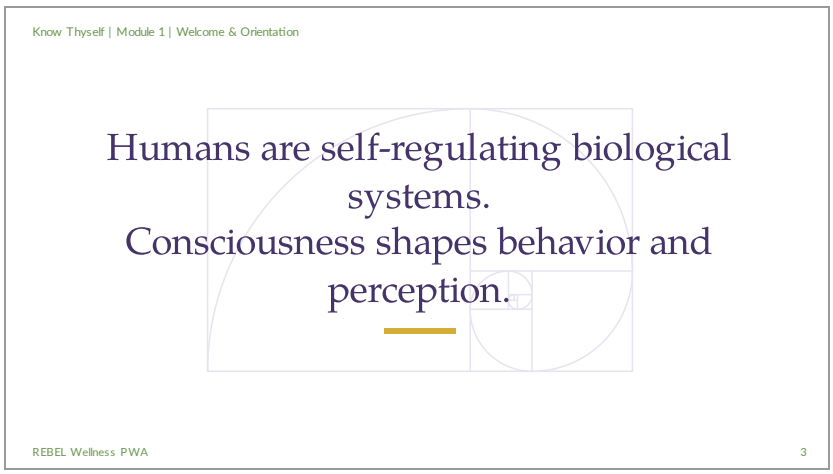
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




NOTES




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Know Thyself | Module 1 | Welcome & Orientation

## The REBEL progression

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

*You are here*

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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.

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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

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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.



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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



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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.



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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.

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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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NOTES

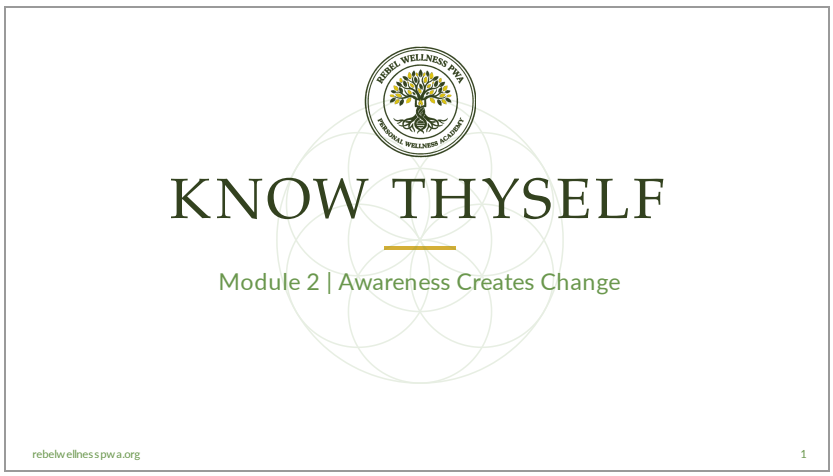
MODULE 2

# Awareness Creates Change

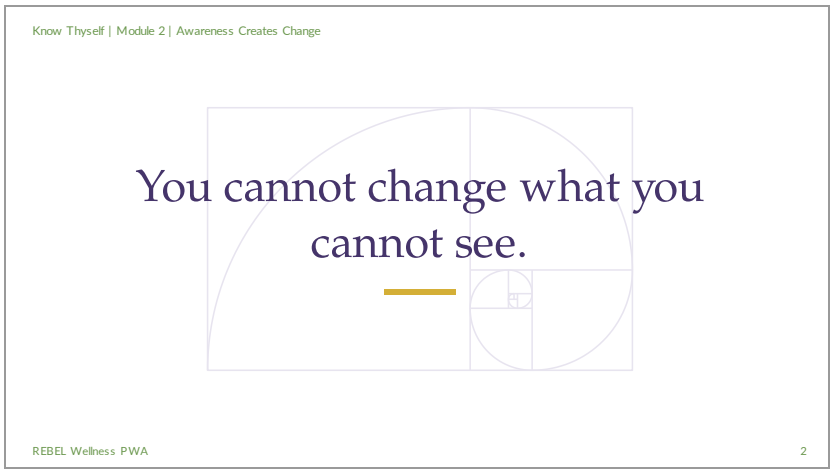
*You cannot change what you cannot see.*

# Module 2 | Awareness Creates Change

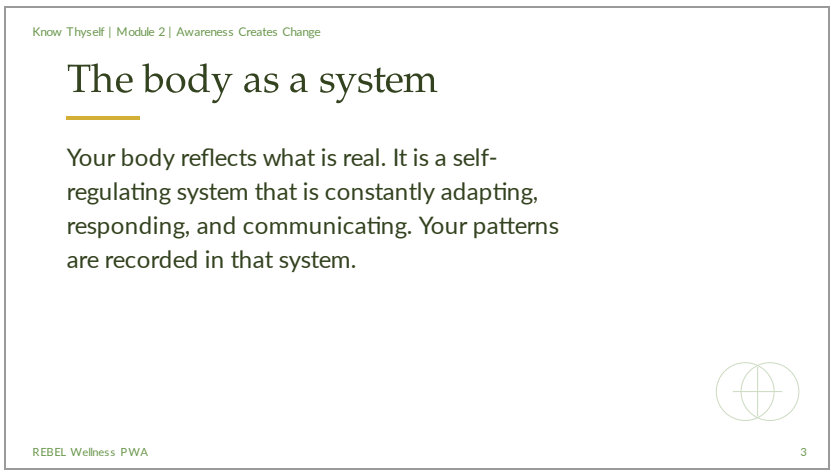
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




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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.

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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.

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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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NOTES

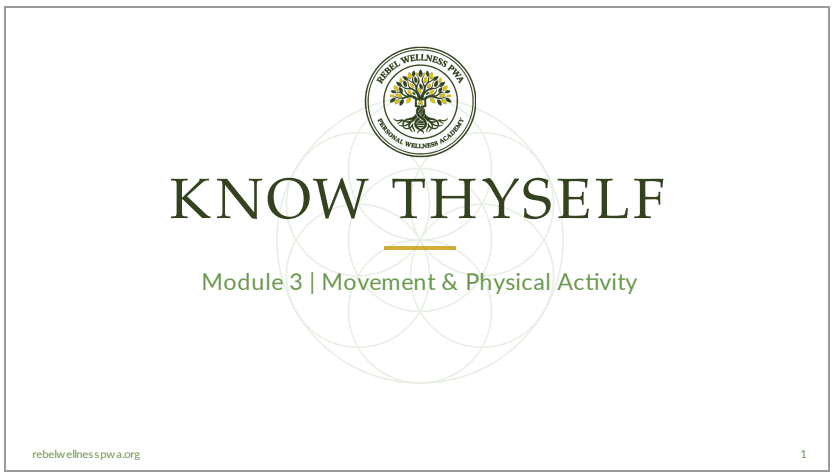
MODULE 3

# Movement & Physical Activity

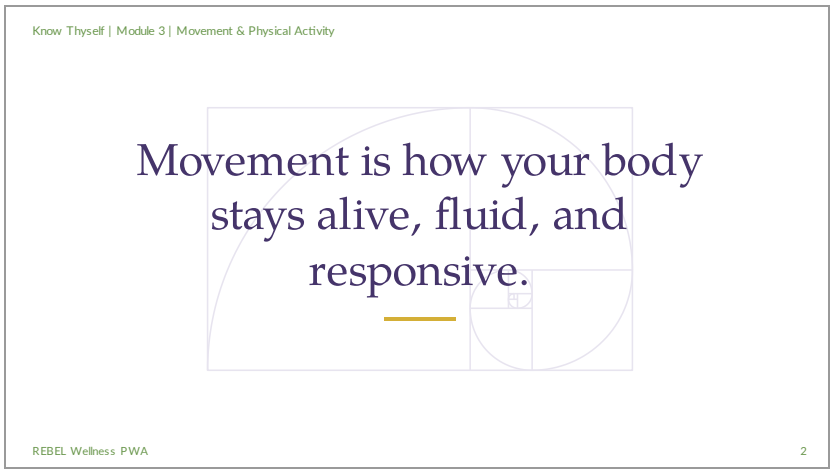
*Movement is how your body stays alive, fluid, and responsive.*

# Module 3 | Movement & Physical Activity

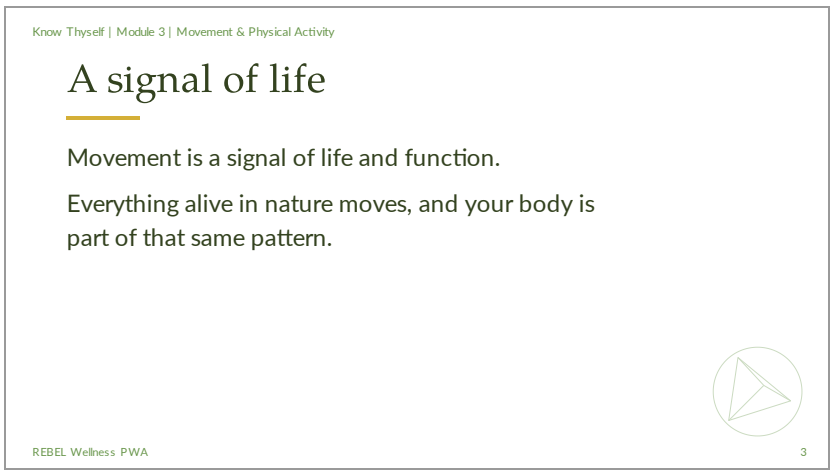
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




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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

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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.



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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



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."*



NOTES

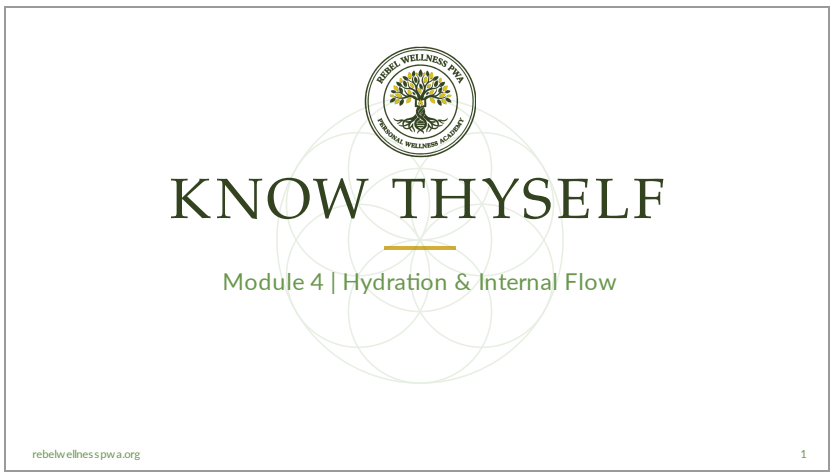
MODULE 4

# Hydration & Internal Flow

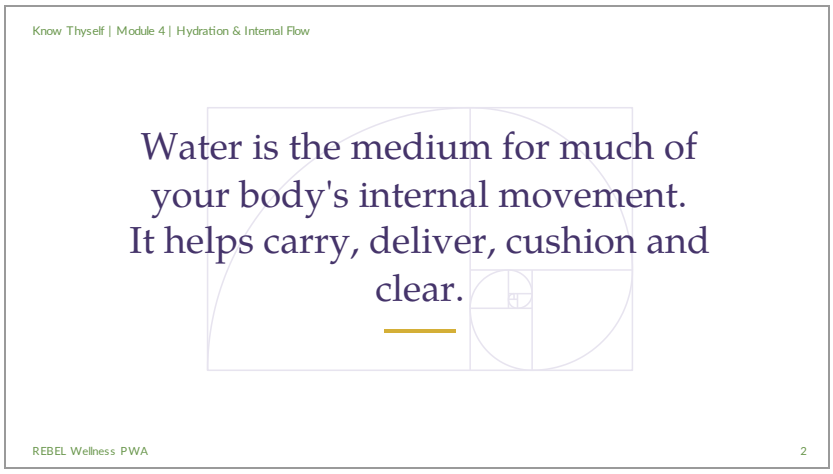
*Water is the medium for much of your body's internal movement. It helps carry, deliver, cushion and clear.*

# Module 4 | Hydration & Internal Flow

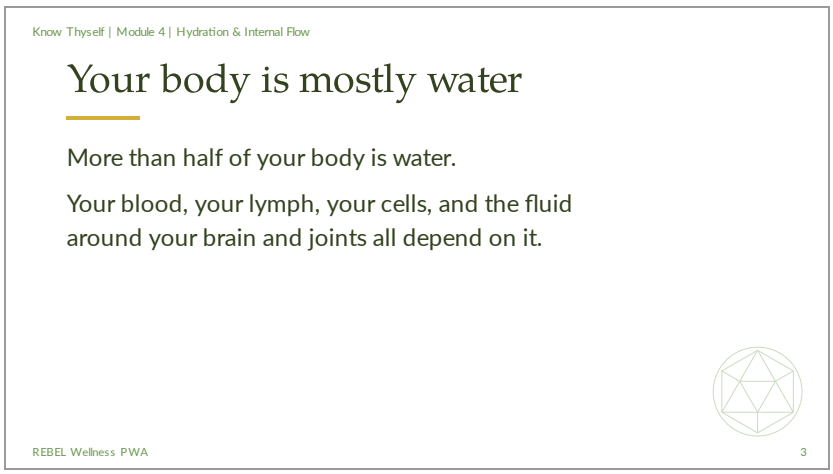
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




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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



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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.



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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

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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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NOTES

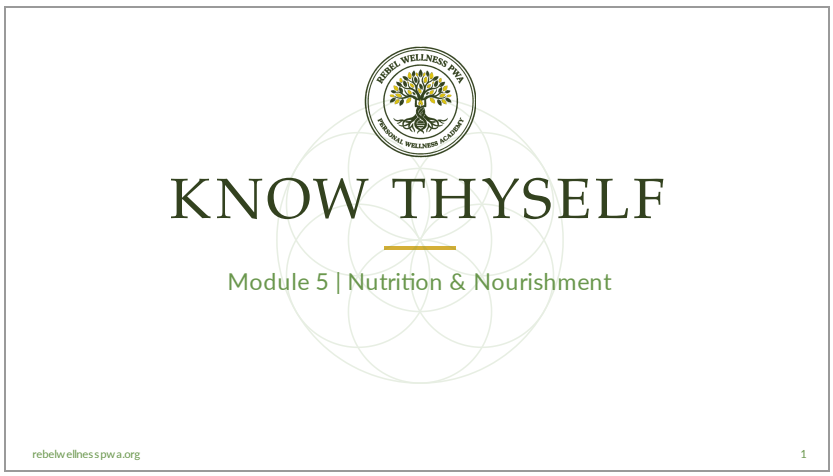
MODULE 5

# Nutrition & Nourishment

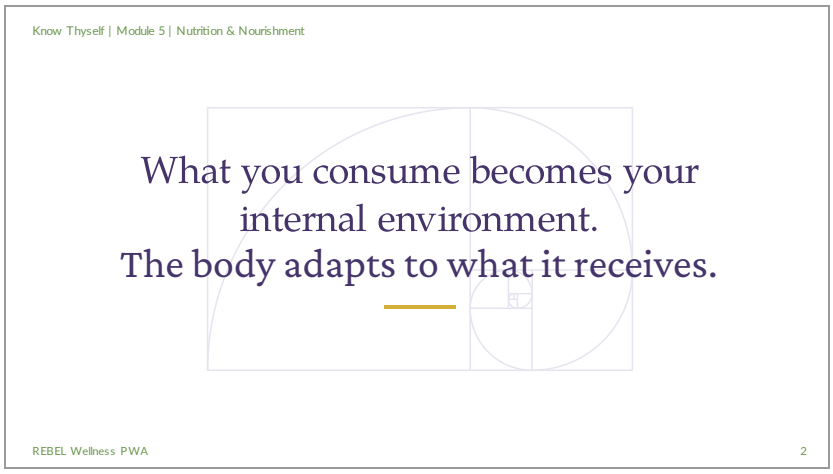
*What you consume becomes your internal environment. The body adapts to what it receives.*

# Module 5 | Nutrition & Nourishment

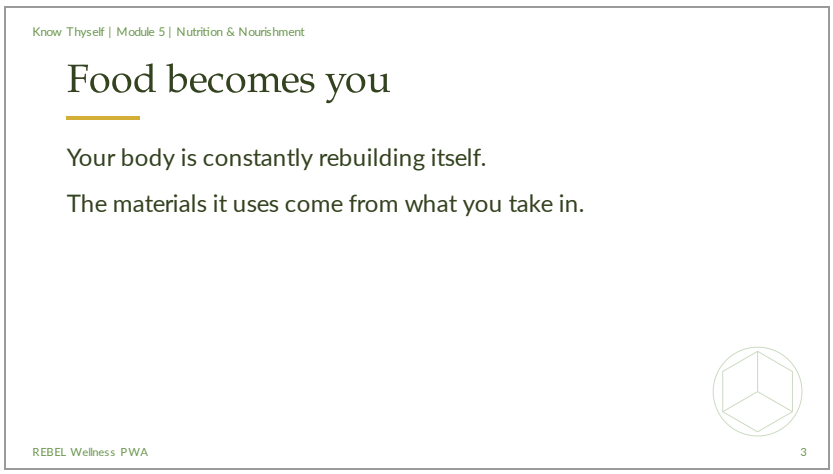
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




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Know Thyself | Module 5 | Nutrition & Nourishment

## From ingestion to adaptation

Ingestion → Digestion → Absorption → Assimilation → Adaptation

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NOTES

Know Thyself | Module 5 | Nutrition & Nourishment

## How you eat matters

How you eat matters too.

> A calm body digests more fully.

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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



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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.



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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

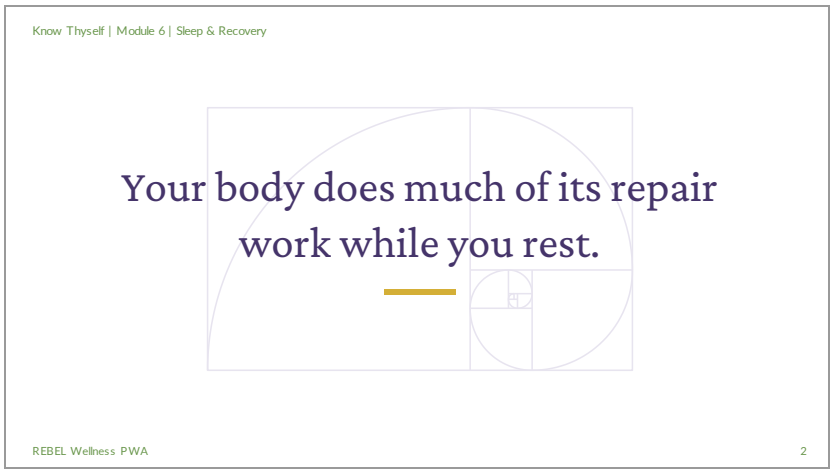
*Your body does much of its repair work while you rest.*

# Module 6 | Sleep & Recovery

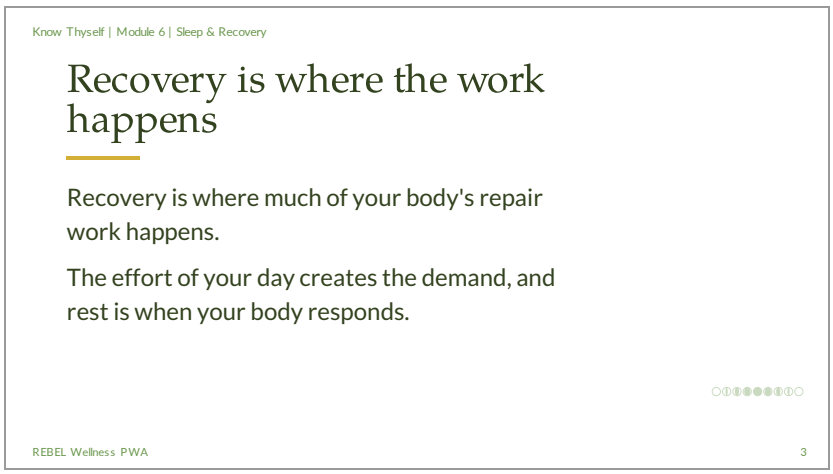
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




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NOTES

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

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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.

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NOTES

Know Thyself | Module 6 | Sleep & Recovery

## Rhythm supports rest

Your body loves rhythm.

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

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NOTES

Know Thyself | Module 6 | Sleep & Recovery

## Recovery beyond sleep

Recovery happens during the day too.

- Pauses
- Quiet moments
- Time outdoors
- Slow breathing

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NOTES

Know Thyself | Module 6 | Sleep & Recovery

## Notice your pattern

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

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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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NOTES

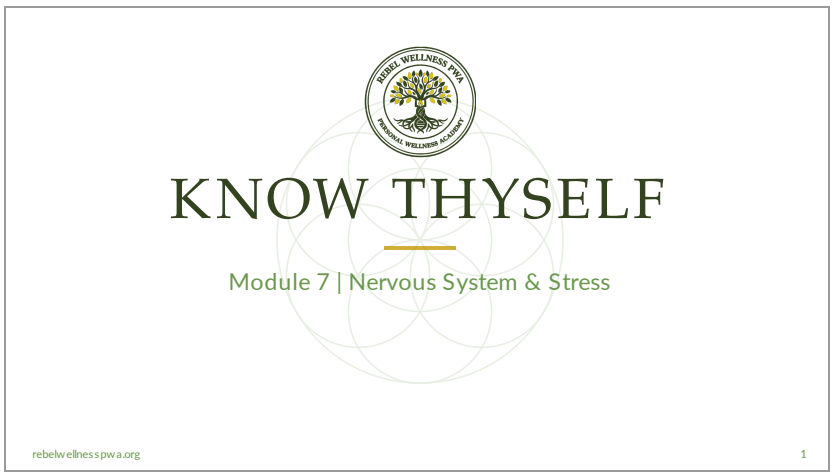
MODULE 7

# Nervous System & Stress

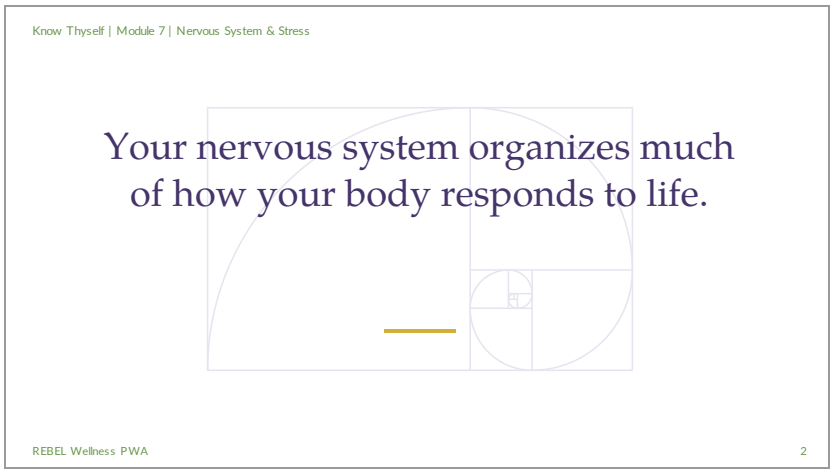
*Your nervous system organizes much of how your body responds to life.*

# Module 7 | Nervous System & Stress

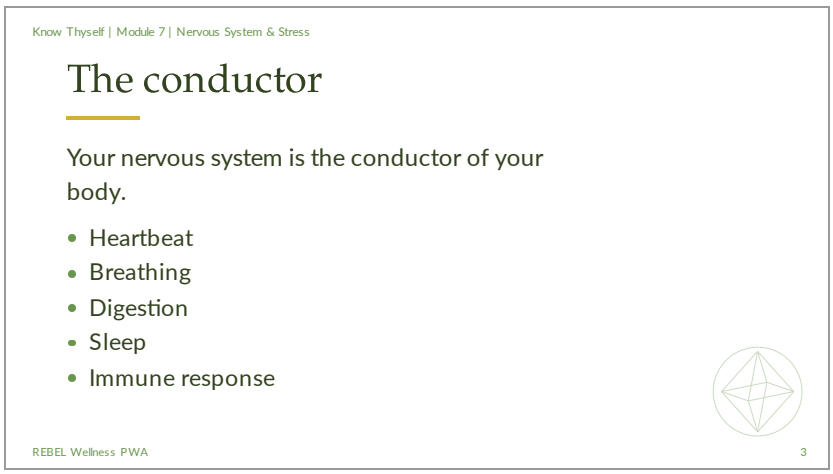
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Know Thyself | Module 7 | Nervous System & Stress

## 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

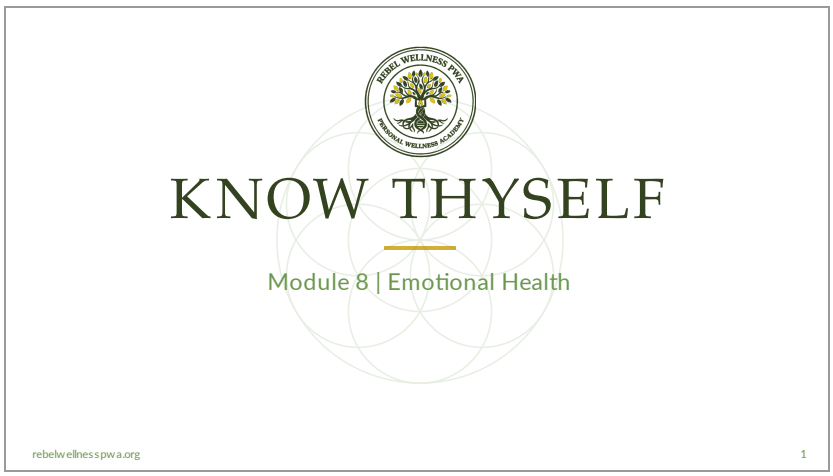
MODULE 8

# Emotional Health

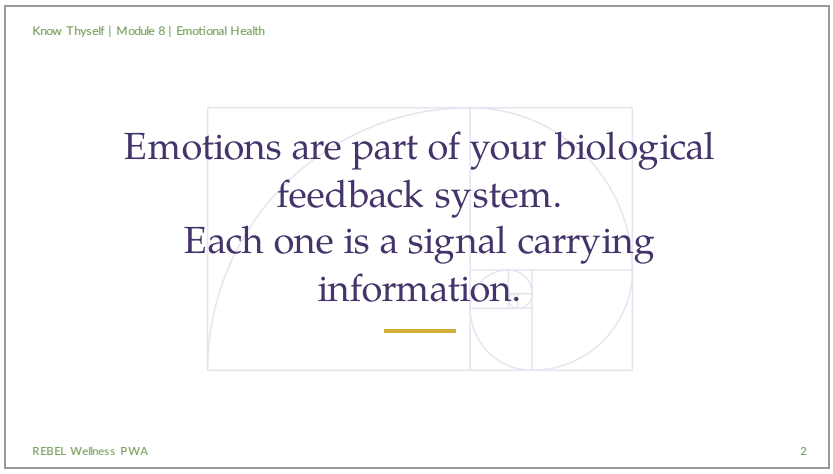
*Emotions are part of your biological feedback system. Each one is a signal carrying information.*

# Module 8 | Emotional Health

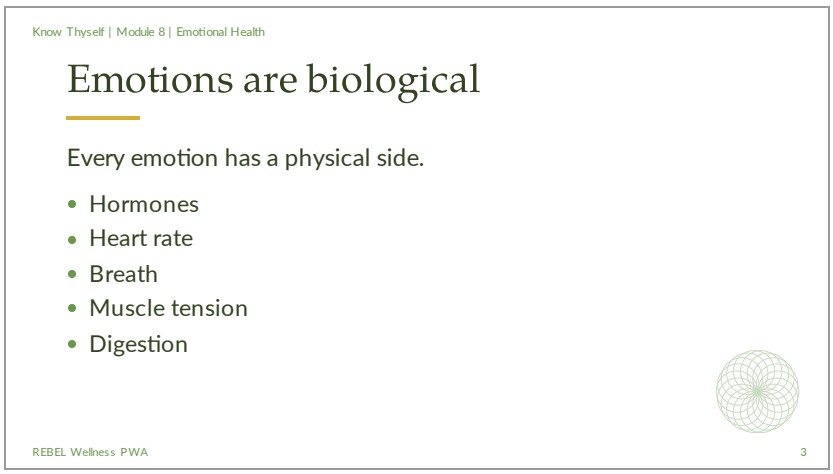
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




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

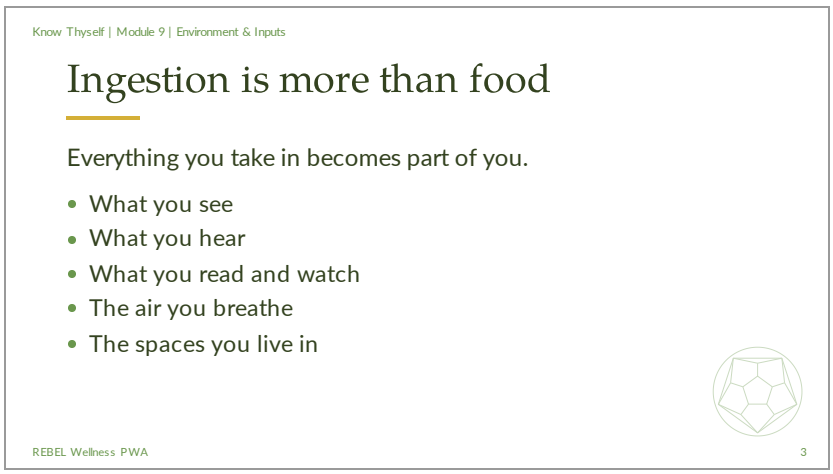
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




NOTES




NOTES




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

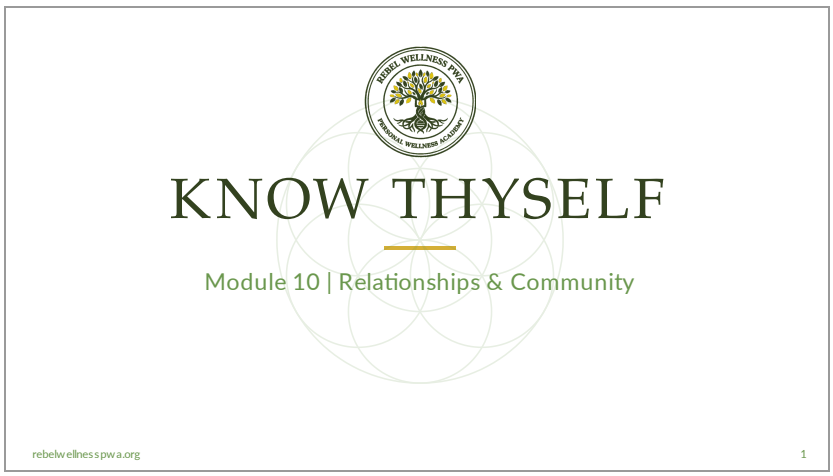
MODULE 10

# Relationships & Community

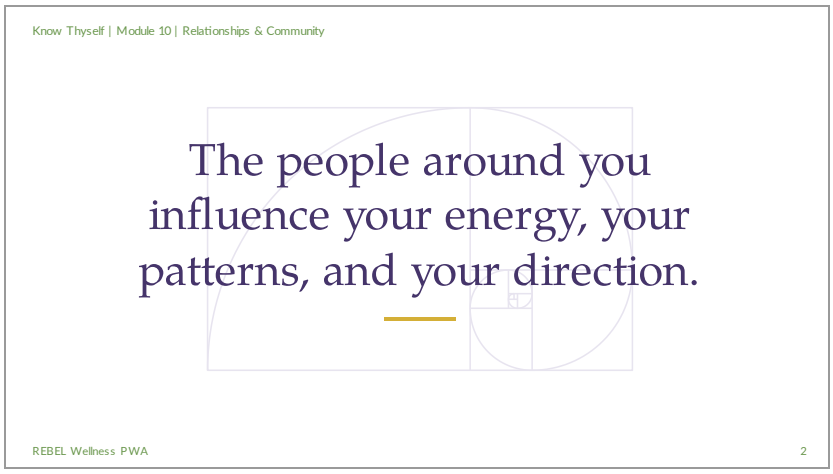
*The people around you influence your energy, your patterns, and your direction.*

# Module 10 | Relationships & Community

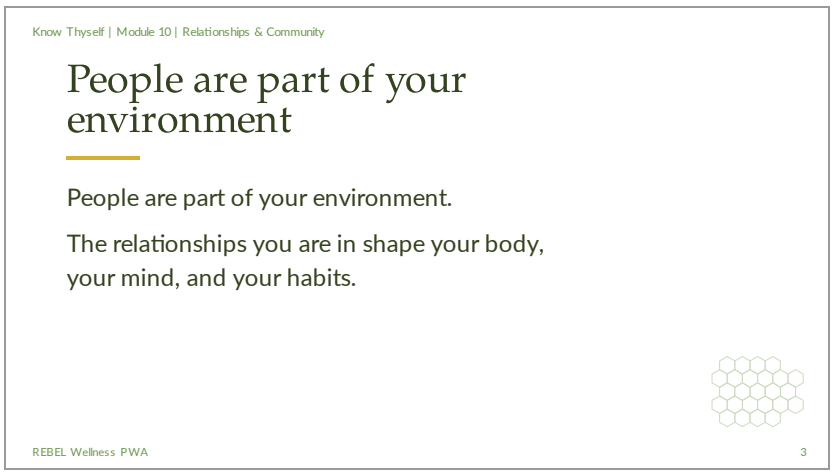
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




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

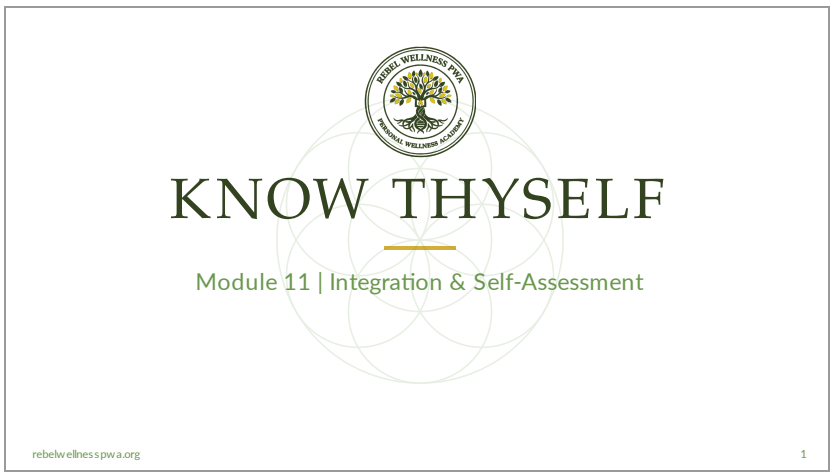
MODULE 11

# Integration & Self-Assessment

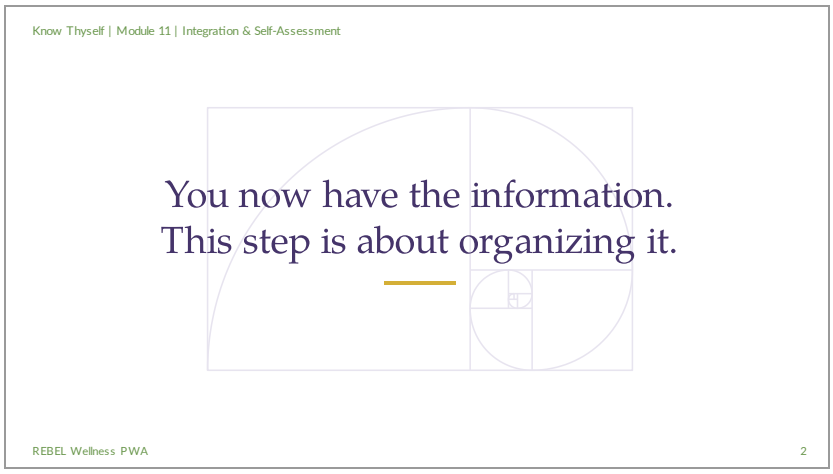
*You now have the information. This step is about organizing it.*

# Module 11 | Integration & Self-Assessment

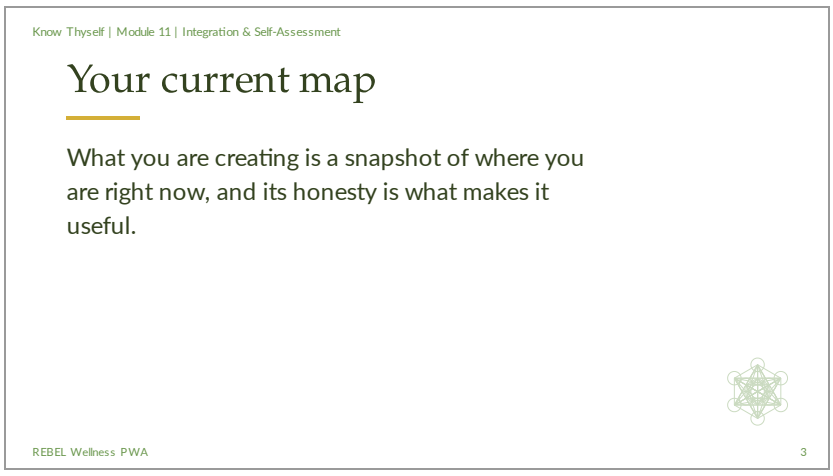
*Follow along with each slide and use the lines beside it for anything that stands out to you.*




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

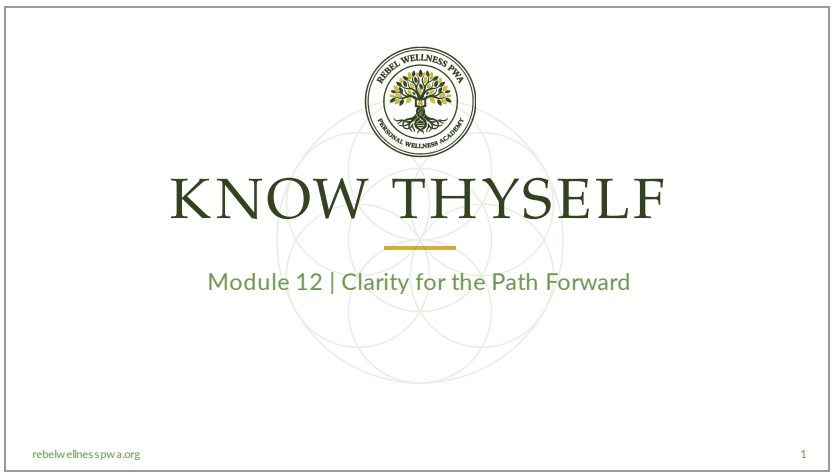
MODULE 12

# Clarity for the Path Forward

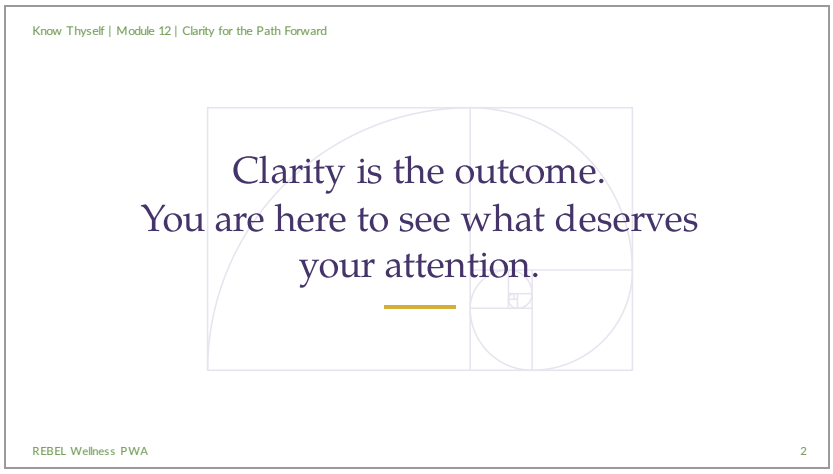
*Clarity is the outcome. You are here to see what deserves your attention.*

# 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




NOTES




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

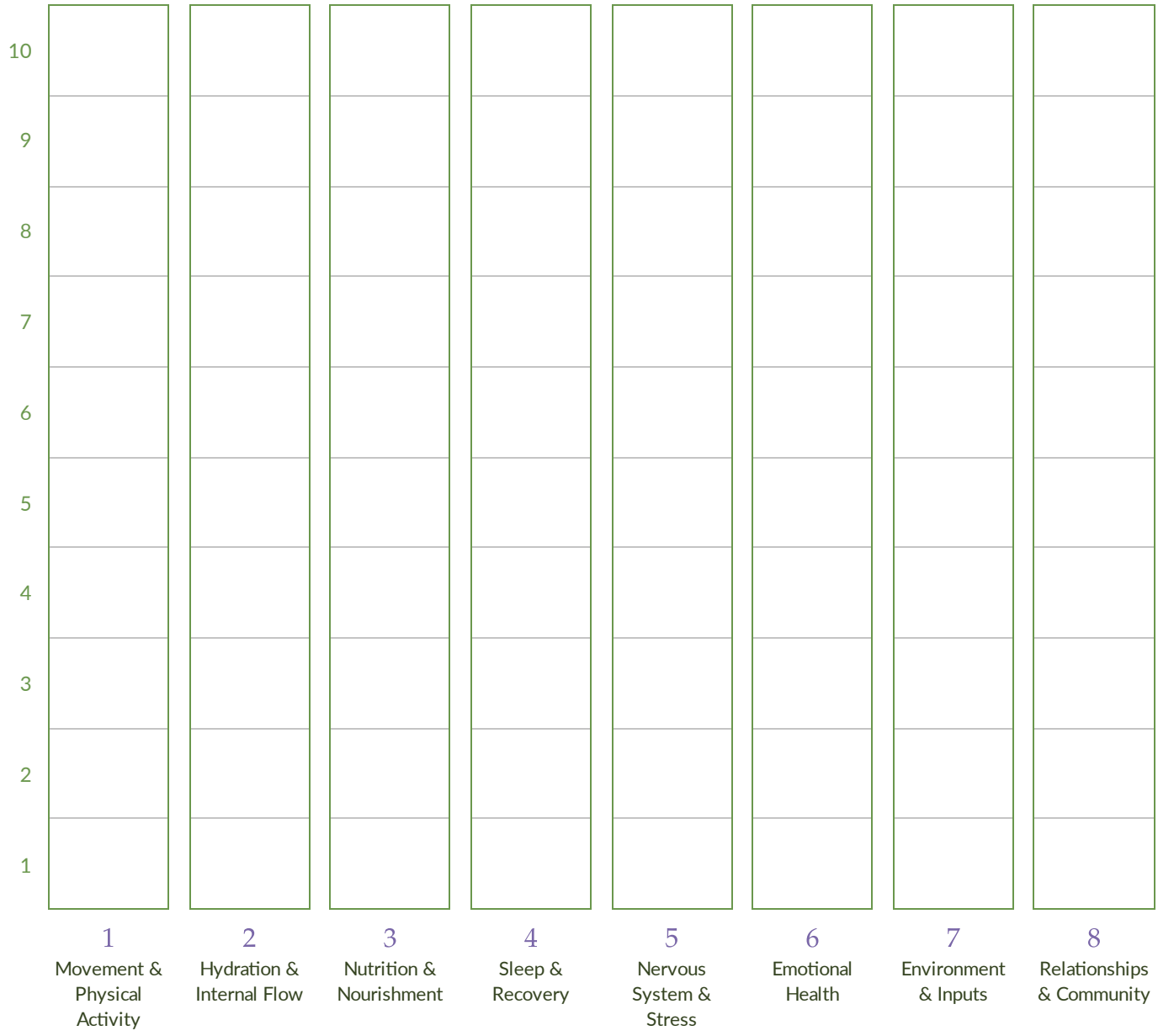
*Review your reflections for each area, then fill in the circle for the number that feels most true for you right now. A 1 means this area feels very unsupported, and a 10 means it feels strong and aligned.*

## 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

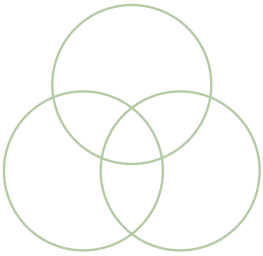
**Know Thyself**
*Complete*

→

**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