

**Finding Your Holy Grail®
Radio Show
Companion Workbook**



FINDING YOUR HOLY GRAIL
BUILD RESILIENCE - LIVE FEARLESS

Introduction



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Build Resilience - Live Fearless

Welcome to Finding Your Holy Grail; Building your resilience to live without fear.

The Coronavirus has created an uncertain world, everything has changed. We can no longer predict the future with the same certainty as before the pandemic. This is difficult for us to manage, because uncertainty fosters fear. A fear that can be more deadly than the virus itself.

This creates fear in our minds and stresses our bodies. Chemically, the stress in our bodies prompts a release of cortisol which is released in our blood stream and we switch into survival mode. The well-known phenomena of flight or fight.

This survival mode shuts down our creativity. We start to focus on ourselves at the exclusion of others. Our generous nature is eclipsed and we lose sight our full potential as human beings. This is not sustainable. When in hardship, we need to be more caring and generous in our focus, both to ourselves and to others.

This workbook was created to help you take practical steps forward in reclaiming your lives in a world that has been redefined by the coronavirus pandemic. Each week the featured speaker will have a page added with their emblem on the chalice, where you can add notes for your journey ahead.

Your participation on this journey holds a fundamentally important message that can inspire yourself and others into action. We must live in love, without fear, and embrace the change to create a harmonious and healthier planet and people together.

Additional Exercises:

1. Now you are in the amazing position of being able to review the list of goals which you made at the start of this month with full awareness of your fears, resilience, belief systems, blind-spots, and the perspective of your subconscious mind. Equipped with this new knowledge, I wonder how you might choose to modify your list?
2. Maybe you now recognize some of your original goals to be untenable? Perhaps you have been inspired by alternatives which have now become priority aspirations.

Whatever your experience, we're sure that you will have set your sights on objectives that you can actually achieve.

Additional Resources:

Websites:

- <https://www.healthline.com/health/muscle-testing>
- <http://empoweringhealth.clinic/self-muscle-testing-kinesiology/>
- <https://www.youtube.com/watch?v=rKCQCHbbJWM>
- <https://www.icak.com/>
- <https://www.wikihow.fitness/Do-a-Self-Muscle-Test>

Lastly, if you would like to submit a 2-minute video, audio or email about your own action you were inspired to take, or realizations you had about this episode, do it!! We would love to hear from you. Just send your file to us at:

lsc@passionateworldtalkradio.com or FindingYourHolyGrail@gmail.com

Make sure you give us the following words in your email. "I am happy to have you post this file to your website and/or Facebook page".

Thank you again, and we so look forward to hearing about your progress on this Journey of goal setting with achievable results!!