



The 4 F's

YOU
hold the
key

Pumpkin Witch and Sage

Fear, Frustration or Freedom, Flow

This is an exercise for you to reflect on the F's in your life to find ways you can transmute the Fear's and Frustrations to Freedom and Flow.

Recommendations:

- take your time with the practice
- use a paper and a pen
- Often using a mirror to reflect upon and talk to can help.
- conduct practice somewhere you feel safe and not distracted

FOR MORE INFO & BOOKINGS VISIT
PUMPKINWITCHANDSAGE.COM



The Practice

Take a moment to sit with ALL of the things that have you feeling shaken “and” stirred up. Write these out with out judgment on a piece of paper. Not matter how small (like the loo roll running out) or big (that uncomfortable work situation)... Whatever it is list them out.

Then go trough it and for each one ask: How does this frustrate me and what am I most afraid of here. And add these thoughts to each point categorizing Frustration/Fear.

Sit with this... see what comes up and have conversations with yourself.

Finally with each discovery ask yourself. Where can I find freedom in X? How can this let me flow?

For Example 1

no loo roll

Frustrates - I am the only one who remembers to replenish it.

Fear - of having a smelly butt and having no one look after me.

Freedom - I have rights over my own butt and can look after it as I please...

Flow - I will go and shop for a loo roll and a backup loo roll holder and make sure I put plenty of backups in the bathroom.

For Example 2

uncomfortable work situation.

Frustration - feel like I am trying so hard and no one is seeing or hearing me they only notice my flaws.

Fear - Of losing my job and being looked over for the next promotion to get more money.

Freedom - To finally air it out in a meeting to know where I stand in the company and how I want to proceed.

Flow: Either the conversation will go well or I will make the confident steps of looking for new and better employment.

Take time for you!



**THIS LETS YOU TRANSMUTE FROM BEING SHAKEN
TO BUBBLY POPPING OUT OF YOUR SHELL!**

Here's a Prompt to Guide You

PRACTICE GUIDE



What's gotten you all shaken up and about to pop?



How does the above Frustrate me?



Why does the above scare me? Why am I afraid of the above?



Where can I create/find freedom in the above?



By finding the freedom how can I flow in with or without the above?