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TALK TO WALK CONGRUENCE WORKBOOK

Reflection • Awareness • Alignment • Action

Name: _____

Date: _____

Before we begin

My Intention for Today

What do I want to gain from today's session?

What is one thing I want to be completely honest about today?

Check In: How am I feeling right now?

(Tick the ones that apply)

- Calm
- Curious
- Excited
- Overwhelmed
- Anxious
- Sad
- Angry
- Hopeful
- Other: _____

Emotional Intensity: ____ / 10

If I left today with one breakthrough, what would I want it to be?

My Talk: Think about something you repeatedly say.

Examples:

- "Health is important."
- "Family comes first."
- "I deserve peace."
- "I want to grow my business."
- "I value honesty."

What do I keep saying?

Why is this important to me?

My Walk: Now look at your actions.

What have I actually been doing?

Where do my actions support my words?

Where do they contradict them?

Congruence Check

(Rate each statement)

1. I speak my truth ____ / 10

2. I live my truth ____ / 10

3. I trust myself ____ / 10

4. My actions match my values ____ / 10

The Gap

Where is the biggest gap between what I say and what I do?

How long has this gap existed?

What has it cost me?

(Tick the ones that apply)

- Confidence
- Relationships

- Health
 - Money
 - Peace
 - Self-respect
 - Other _____
-

Emotional Awareness

What emotion do I feel when I notice this gap?

Where do I feel it in my body?

What intensity is it? ____ / 10

The Story / Limiting Belief

What story have I been telling myself? The belief I became aware of is:

Where did I first learn this? Where do I think this belief began?

Who taught me this — directly or indirectly? How has it been influencing my life?

Protective Pattern

How has this behaviour been trying to protect me?

What positive intention might it have?

Reframe

What would my most authentic self say instead?

What new belief do I choose today? What evidence supports this new belief?

Walking the Talk: If my actions fully matched my words...

How would I speak?

How would I make decisions?

How would I treat myself?

What would I stop doing?

What would I start doing?

EFT / Integration

What shifted during today's process? What stood out most for me today?

What surprised me? What feels different now?

Action Commitment

The smallest action that proves my new belief is:

I will complete it by:

Date: _____

Time: _____

How confident do I feel? ____ / 10

Accountability

Who will know about this commitment?

How will I remind myself?

What could get in the way?

How will I respond if that happens?

Reflection

What am I proud of today?

What am I forgiving myself for?

What part of me deserves appreciation?

Progress Tracker

(Tick the ones that apply)

- Attended today's session
- Completed reflection
- Practised the exercise
- Completed EFT/Energy Flow
- Took my action step
- Celebrated my progress

Quote

Awareness creates choice. Choice creates change. Change creates freedom.

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Closing

One sentence I choose to live by from today onward:

Signature: _____

Date: _____