



Hello & Welcome to the **8 Day Transformation Workbook**,

This book contains a customizable 8 Day Transformation Process with beneficial practices, resources & journal prompts.

For the next 8 Days, You Will Be Challenged To Drop Habits That Drain You & Replace Them With Practices That Inspire Creativity. This process will help you to face & release emotional blocks so you can be free of old patterns for your best and highest good!

Below are the parameters of the 8 Day process. In a nutshell, you are committing to replacing things that drain you with things that give you life and doing it **EVERY DAY FOR A WEEK & ONE DAY**. Simple right? Keep reading.

This process used consistently, could be your catalyst for accessing deeper emotional patterns & processing them in creative ways. *The key is to notice a difference in how you feel.* When you remove distractions, addictions & other unhealthy coping mechanisms we are able to uncover how we truly feel about our lives.

## How it works

### **Step 1: Create sacred space**

Sacred space stands as a monument to your practice. What is sacred to you, will be your own.

Suggestions:

- Surround yourself with things you love & cherish.
- Build an alter.
- Smudge your space.
- Play music that resonates with who you are.

- Dress comfortably
- Honor your personal connection to spirit/ life itself

It doesn't matter if you surround yourself with pictures of the old gods, k-pop posters or the elements of the periodic table. Your practice is sacred to you.

### **Step 2: Set your intention**

Do you know what you want to improve in your life?

Maybe it's one of the following:

- Financial Stability & Abundance
- Healing Relationships
- Conscious Community
- Following Your Passion
- Authentic Self Expression
- Releasing Addiction

Whatever your intention may be, here's a simple way to seal your commitment to your self.

### **Step 3: Seal Your Intention**

On the first page of your Google doc or notebook, write the following:

"With the assistance of my guides & ancestors of the highest light and resonance I bring forth my inner power. With this transformation process I intend that (your goal here) is achievable for me. I release anything in my life, from all timeliness, levels, layers & dimensions of reality that stands in the way of this transformation taking place. I manifest that this transformation will occur with the greatest ease & grace for my best and highest good & the best and highest good of all. With unconditional love, so it is and so it shall be. AMEN/AHO/ASE"

### **Step 3:**

Sit for a moment in silence & hold yourself because this is about to be EPIC!

### **Step 4: Follow the content in this workbook to your heart's desire.**

### **Awareness Statement:**

**This 8 Day Process can work VERY WELL for bringing up emotional baggage. Be READY for emotions to come.** In other words, be ready to be gentle with yourself & form a deeper relationship with yourself. I'm sharing this information with the world so people can make leaps & bounds in their progress, however, **healing can often challenge us, helping to build strength & resiliency for every day life.**

This can be a process to return to when you are learning to discipline yourself around addictive behaviors. Depending on the severity of the addiction, you may consider this practice supplemental to other forms of healing & support.

In other words, repetition of the process will enable you to mark your progress, so I encourage you to do it more than once!

**As always, make an assessment of your own, but I will also tell a bit of my own transformation story.**

## How I used & developed this process over the 5 years

This process was created for the purpose of releasing ancestral trauma (ie. deeper emotional blocks) to allow me to manifest success and healing within my life.

This success, relative to my personal growth, included my first viral video & a social media following that allows me to work my business full time.

Doing this process has also allowed me to cultivate close relationships in ways I hadn't been able to before!

In order to let myself be seen in the world, I had to remove unhealthy coping mechanisms that were numbing me towards how I felt under the surface.

I also had to replace unhealthy coping mechanisms with healthy ones in order to not be idle or feel a sense of lack.

After years of juice cleanses, fasting, inner child work, shamanic integration, yoga practice, breath work, etc... I found out that if you want results that last, you have to fully understand WHY you are using certain practices and discern how they mesh with your life. In other words, I customize & systemize my practices in a way that also allows for spontaneous inspired action & flow. That is what this 8 day process will help you build towards.

**Make a commitment to yourself that you are here to take the reins of your life & show up for yourself in a big way.**

That means, should you backslide from any commitment you make to yourself, you do not give up. You forgive yourself, seek out solutions & keep practicing!

**If you need my support in this process, you can find all of my contact info at the bottom of the workbook.**

# Day 1 - Preparation Day

## First. Identify Unhealthy Coping Mechanisms

Before beginning this process it's important to do as much of this as possible the night before.

Answer the following:

Write down what you use to cope with negative emotions:

Does it drain you or give you life?

Does it hurt you in some way?

Do you do it in excess?

Do you find yourself avoiding your own basic needs in favor of the coping mechanism?

You have to take initiative to access your will. To access your will, you need energy.

This requires you to begin cultivating energy via discovering sustainable coping mechanisms that are also enjoyable.

## Next. Identify **HEALTHY** Coping Mechanisms & Healing Practices (many are actually hobbies!) Which ones do you already love?

**Below is a list of bliss & energy generating practices that you can commit to this week that will also make you feel powerful! Pick one, or do as many of them as you want. This is by no means an extensive list, but these are some good examples.**

- Yoga/ Stretch Your Body
- Energy Work (Receive or Practice)
- Learn TaiChi or QiJong
- Breathwork ie Wim Hoff Method, Yogic Breathing, Shamanic Breathing
- Explore new places
- Clear out junk
- Guided Meditation
- Learn Tarot or Astrology
- Make your own tea & essential oil blends
- Use creative or introspective journal prompts
- Gratitude Practice
- Painting, drawing, sculpting
- Learn Witchcraft
- Physical exercise or sports
- Learn or practice an instrument

- Vocal exercises & SINGING
- Manifestation techniques
- Character impressions
- Write poetry or short stories
- Ecstatic Dance
- Primal expression
- Cooking healthy meals
- Reading
- Connect with nature

Whatever you do, give it a fair shot and don't expect perfection. On each step of your journey, celebrate your progress and once again, notice how you feel.

**IMPORTANT TIP: Reference the recommendations for emotional practices at the bottom of this workbook to use as a guide.**

Challenge yourself to do one awesome thing from this list in the morning when you wake up and/or one before bed. If you already have a routine...

Spice. It. Up.

Also, do at least one household cleaning task a day. Just because! It will make you feel good. Just pick any task big or small. Even just a few dishes. You can do it.

It's also a good idea to jump into doing something on this list every time you have a craving for the thing you are giving up. You are rewiring your subconscious to feel powerful. Remember that.

## Decide What To Release & What To Embrace

Get a notebook & pen, word document or the notepad of your phone.

Write down one or more negative coping mechanisms you will want to stop doing for the next 7 Days. If you find yourself severely lacking in ability to control a particular behavior, just focus on cutting out the one thing.

**Here are some examples of how to replace your habit:**

Replace Coffee or Alcohol with Tea.

Replace playing social media scrolling with reading, dancing or playing music.

Replace one unhealthy food with one healthy food.

Replace binge watching TV shows with educational content or print up this workbook if you want to release technology and focus on the analog world for a while.

You now have more free time and energy for creative pursuits!

**Food Tip: On Preparation day, make a big healthy pot of something to last a few days or the whole week. Store it properly. Make your life easy.**

**IMPORTANT:**

You'll want to also avoid the following.

People who do the things you are trying to avoid doing, places where people do that thing and tools you use to do that thing with. If your vice is microwave burritos, then put your microwave in the basement & use kitchenware.

It's just for one week!

The only way to avoid peer pressure is to take a break from peers. You don't even have to explain yourself it's just "I love you, I'm busy, I'll see you later."

Additionally, you'll want to explore the meaning of codependency.

## Codependency Journal Prompt (Definitely do this one)

**co·de·pend·en·cy**

/,kōdē'pendənsē/

noun

excessive emotional or psychological reliance on a partner, typically one who requires support on account of an illness or addiction.

This definition expands to anyone (platonic or romantic) where your relationship is based on unhealthy coping mechanisms. It may even be that your relationship itself is the coping mechanism!

This week will ensure that you have time to make a greater assessment of the relationships in your life.

**Write in your journal, contemplate, or record yourself talking about the following:**

Who in your life enables you to do things that keep you stuck in habits you are now releasing? Would you be able to set absolutely firm boundaries with this person in the future or is setting boundaries with them difficult for you?

Take some time to reflect on this while you are clearing out every access point you have to the thing you are currently cutting loose. It's time to face the music, but like.... In an awesome way.

On the first night, say goodbye to your thing, give it a little send off. Not a big send off okay?! A LITTLE ONE. (Have a few drinks, watch a few episodes... whatever)

By that I mean you consume your vices, while intentionally *saying goodbye to them*. At least for the next 7 days!

#### **Bedtime Tip:**

Then as you fall asleep, visualize a life where you **don't even know what that thing is**. Make the visualization as positive as possible, including you having TONS OF ENERGY to do things you have always wanted to do. Use the 8 Day Transformation Guided Meditation 1 (linked on my website) to get into that space if you need, and breathe in the new life you're creating.

If it's your first time trying this, don't be deterred if it's hard at first. It can take a while to master, so try doing it every night if it serves you.

The rest of this workbook will be you sticking to your commitment and feel free to do the daily journal prompts that will compel you towards understanding what makes yourself deeper. Each prompt will also have a call to action to get you moving.

#### **REFERENCE:**

The **5 elements Practice Guide** is near the bottom of this workbook. Scroll down!

**Please Note: All journal prompts & practices are for your enjoyment only. They are intended to be helpful. Only do the ones that intrigue you, don't do any that feel "forced" and just LIVE YA LIFE.**

## **Journal Prompts**

### **What's your why?**

Write down all of the things you AREN'T going to miss about the habit you are giving up. Remind yourself of the WHY.

Now write down all of the reasons you LOVE doing the other healthy things you love to do. Know that those things will ONLY GET BETTER as you do them more! Yesssss!

Choose an Earth Element Practice from the **5 Elements Practice Guide**.

## Nostalgia

Listen to one or more impactful pieces of music from your childhood that you love.

Could be a movie soundtrack, album or song that reminds you of a person or important event.

How does this music make you feel? What memories are attached? What do you love about it? You can write these things down or simply reflect on them. Feel how you feel, and do what you feel inspired to do.

Choose a [Water Element](#) Practice from the **5 Elements Practice Guide**.

## Inspiration

Fill in the blank: I am driven & inspired by \_\_\_\_\_.

Know what inspires you to get the ball rolling. Take the first step towards it. What is that first step? Go do it!

Choose a [Fire Element Practice](#) from the **5 Elements Practice Guide** section of this workbook.

## Art therapy

Get out a piece of paper.

Doodle how you feel:

Doodle how you'd like to feel:

Now go and do a thing that you already know is going to make you feel that way.

From here you can build on that thing and challenge yourself to do it in a new way, or practice a skill that is related.

Try any practice from the **5 Elements Practice Guide**. Be led by your intuition aka *do what feels right*.

## Try new things

What have you always wanted to try but never have?

What are the basic components of that thing? Do at least one of those basic things. Try it! You might love it!

Try **The Heartspace practice** from the Spirit Element of the **5 Elements Practice Guide** to help you decide.

## Revisit & Renew

What's one thing you love to do that you know you don't do nearly enough.

Bring it back! Do it again. Work at it some more. FOCUS. Get in the zone. Be dedicated.

What's different about it today now that you've set the intention to invest more of yourself into it?

Choose a Air Element Practice from the **5 Elements Practice Guide**. (This will help you focus.)

## Last Day Reflections

OMG! You did it! How do you feel? What did you overcome? What did you do that you are proud of? Where can you find softness and forgiveness with yourself?

Write it alllllll out

Celebrate by giving yourself a break. Or you know WHATEVER MAKES YOU HAPPY.

## 40 DAYS AND 40 NIGHTS CHALLENGE

I recently quit drinking & smoking cigarettes by going for 40 days and 40 nights without them. I started on the 1st of the month. I have no desire to go back.

Do this process 5 times in a row and that will be 40 days & 40 nights.

If repeating: On prep day, revisit the journal prompt regarding codependency and the beginning of the workbook. It's the toughest one, I know. Know that your relationships changing can be a good thing and you can be a positive example in your community. Let that drive you.

## 5 Elements Practice Guide

### Earth

*Your health & your wealth*

Easy/Moderate Practice

#### **Body Mapping**

Whenever you feel tempted to go back to the thing you are wanting to stop doing, or you feel a significant surge of emotion, do this.

Massage your body & write down the places you are most sore to the touch. You will be forming a new relationship with these sore spots. Be gentle. Set your intentions to heal these sore spots with the greatest ease & grace.

Take a piece of paper and write down where in your body you feel your emotions, what they feel like and how you are attempting to find relief.

Instead of using your typical coping mechanisms, do something that engages that part of your body in a loving way.

This may or may not cause emotional release. If it does, allow the emotions to flow.

Example:

"Panic in my Heart & Stomach"

"Feels tense & nervous."

"I decided to use breathing & stretching as a release tool."

Engage the stomach & chest with deep belly breaths, sing to yourself or do movements that stretch the torso.

Do this EVERY TIME you feel pain there.

Make it a habit so it becomes automatic.

## Grounding & Connecting

### Moderate Practice

Imagine that your energy is extending down a cord of light into the core of Gaia. You can ground this cord into anything that makes you feel the most stable. You can ask to connect to her spirit and ask her for nourishment. You can also connect to the layers of rock and dirt and ask that these layers remove any intense or stressful energies that you feel burdened by and ask that they be transmuted into love.

When you're doing this take deep belly breaths in and imagine that you're breathing in light to your body and that when you breathe out you are releasing dense heavy energy from your body down your grounding cord. Say: "I release you back to source to be transmuted into love. So it is and so shall be."

## Fire

### *Accessing your Spirit Energy*

#### Easy Practice

Simple primal expression. Move. Shake. Dance. Swing your arms a little. Bounce. Twerk. Make guttural noises. Meow like a cat. Do characters in the mirror. Sing. Do whatever you want! I mean WHATEVER.

GET WEIRD.

Be gentle at first, and increase in ways that feel good. Stay tuned in to yourself. Enjoy it!

#### Easy/ Moderate Practice

This is Primal release for when you're PISSED. Dedicate safe space (a place you can go when you're angry) or even a safe support person you can vent to if needed. Someone you know well who has a history of being kind to you.

Enter this exercise with the intention to release something that feels "stuck" inside of you, so that it does not get released within the context of a relationship that you have with another person or institution. Something you might be ruminating about.

This thing may feel disempowering or may compel you towards some action that you would deem to be out of character or potentially detrimental to your life.

Prepare yourself by doing this in a space with lots of room and have a few pillows handy in case you need to punch something like your mattress or a carpeted surface so that you do not hurt yourself. Soft ground is also great for this.

Also make sure to turn off your phone so you won't be distracted.

Standing or sitting in a comfortable position, think of a recent situation that has caused you to feel a primal emotion: anger, irritation, anxiety/fear or something that can be vaguely described as: "some type of way".

Let the emotion rise within you and identify where you feel it in your body. You can begin to move this part of your body by shaking, punching or whatever feels good & natural to you.

You can also make noises that feel like the emotion expressing itself through you. This should feel cathartic and allow you to witness how you truly feel.

Once you feel you have expressed enough lay down and hold the part of your body where you were feeling the emotion and talk to that part of your body asking questions like: "Why do you feel this way?" "What can I do to help?" "What do you need?" Allow your inner voice to answer and listen with intent. Give yourself as much time as necessary for this exercise. These questions may bring up underlying emotions as well allowing you to release and validate them. You can also use the ho'oponopono technique, an exercise that you can Google search and find a lot of information on.

Attempt to give yourself any reassurance or take action in ways that are positive and productive. If you find that this exercise is setting you on a new trajectory in life, then find a positive way that you can begin making steps towards what you want. Give yourself time and definitely make sure to ask for any help that you need including professional help (whatever floats your boat!)

## Water

*Feeling and releasing*

**Easy/Moderate Practice**

Step 1.

Identify 1 thing that triggers you daily.

Step 2.

Identify if it causes you to (fight) get angry, (freeze) tense up or dissociate, avoid things or people (flight) or (fawn) be extra nice & accommodating to people when you don't want to be.

Step 3. (Optional)

Communicate this trigger to someone you know you can trust with your feelings. It helps especially if you can feel heard & understood.

### **Moderate/ Advanced Practice**

The second exercise is intended to use after you have done expression and integration work.

This you can use anytime you feel (insert feeling here) after you have expressed yourself. This can happen when you allow emotions to surface. For this, you want to acknowledge and feel anything that's coming up naturally.

When you're feeling it, breath deeply with intention, imagining that the breath is encircling, encapsulating & and nourishing the part of you where the feeling exists in your body. You can rub this part of your body or tap on it with your hand. You then breathe out imagining that any heaviness is leaving that part of you.

Incantation: "I release you back to source to be transmuted into love."

Imagine a portal of white light and visualize the heaviness as a dark substance that is getting sucked into the portal. Watch the portal close & feel the relief of letting it go.

Air

*Clearing & Focusing the Mind*

Easy Practice

### **Box Breathing**

Breathing through the belly

Count to 4 Breathing in  
Count to 4 Holding breath  
Count to 4 Breathing out  
Count to 4 Holding breath

Repeat as many times as necessary

Moderate Practice  
**Vipassana Meditation**

To do the basic Vipassana meditation, you can sit in a comfortable position imagining that you're breathing light into different parts of your body where you feel tension and allowing the breath to release tension from these parts of your body. This is a continuous practice and something that you will want to do every time you feel scattered or tense along with your grounding practice.

## Soul

*The element of All Elements*

Easy/ Moderate Practice

**Your Heart Space:**

Tune into your heart space from a clear mind/ clear energy state and ask your heart what feels like the best option for you at any given time. This is how to know if any decision regarding how you relate to other people feels right to you.

Moderate Practice

**The God & Goddess Within**

Serving the God & Goddess energies of the universe has to do with serving the God and Goddess within ourselves. These energies are not only watching over us but they are us and are observing our lives through us. There's no separation from the holiness that creates all things and you yourself. Take some time each day to remind yourself of how holy your experiences are and how amazing it is to have the ability to create your own inner experience with the Goddess energy & act from divine inspiration with the energy of God. The service that you do for yourself will then translate to service to other individuals in your life and to all of existence.

Say: "I call upon and summon the God & Goddess source from above, below & within me for my best & highest good."

Visualize yourself breathing in light energy & breathing out dark/ smokey energy. Notice how you feel.

Say: :"I release any energies that are not if the best & highest good strait back to source to me transmuted into unconditional love. I fully release you now, IT IS DONE. AMEN/AHO/ASE"

Moderate/ Advanced Practice

Go outside and sit on the ground.

Grass or padding under you is helpful. Visualize the earth under you. Feel her energy.

Say: "I call on my guides of the highest light & resonance from within the earth. I welcome my Ancestral guardians & spirits of this land to come join me for the best and highest good. "

Express to her what you love about her, what part of nature makes you feel most at peace. Visualize it. Imagine you are sending her love from your heart into the ground.

Receive her energy back. Ask to be nourished. Breathe this energy into your body. Let it fill you completely.

Tell the earth & your guides about this 8 Day Process. Tell her what you intend to release & why. Tell her what to embrace & why. Tell her anything you feel guided to say.

Say: "I request & accept nuturence, assistance, miracles, healing & love to support my transformation process to come with the greatest ease & grace for the best and highest good in alignment with my most empowered & authentic self. So it is and so it shall be.  
(AMEN/AHO/ASE) BLESSED BE."

Optional:

Leave an offering of water, food, coins or something you place value in like a gemstone.

**Important: Make sure to check these out!**

**Emotional Healing Reference Material:**

**The Completion Process by Teal Swan**  
**(On YouTube & As A Book on Amazon)**

**You Can Heal Your Life by Louise Hay**

**The Gene Keys by Richard Rudd**

**For therapy:**

<https://www.betterhelp.com/>

**Or Google: Psychology Today**

**Thank you for giving yourself this opportunity to transform your life!**

With All My Love,

*Vivien Moon*

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