



Discover Your

Core Archetype

A practical guide to understanding
your patterns, strengths and growth.

AWAKENED BY KARLA MAREE



Discover Your

Core Archetype

THE QUIZ

Answer each question honestly by choosing the option that resonates most with you.

There are no right or wrong answers.

This is about you, your truth, and what your heart needs.

Notice which letter you choose most often.
You'll use this to discover your archetype.

Before You Begin

Take a deep breath.

This workbook is not designed to label you,
diagnose you, or place you in a box.
It is designed to help you understand your natural
patterns, strengths, and unmet needs so you can
communicate them more clearly, strengthen your
relationships, and come home to yourself.

There is no right or wrong archetype.

You are not broken.

Your result is not a diagnosis or a label.
It is simply a reflection of what may be most alive
for you right now.

Every archetype carries strengths, challenges and
opportunities for growth. The goal isn't for
someone else to fix you. The goal is for you to
understand yourself more deeply.

DISCOVER YOUR CORE ARCHETYPE

Every archetype carries unique gifts, challenges, and opportunities for growth. Every person has elements of all five within them. Your result is simply a reflection of what may be most alive for you in this season of life.

Your archetype does not define you, limit you, or determine your future. It is simply a starting point for deeper self-awareness.

If you choose to share your results with someone you trust, they can become a bridge to greater compassion, healthier communication, and stronger relationships—not a label or a judgment.

Share your results only if it feels right for you.
This is your journey.

Be curious. Be honest.

Be kind to yourself.

And remember—the more you understand yourself, the easier it becomes for others to understand you too.

Let's begin.

DISCOVER YOUR CORE ARCHETYPE

Question 1.

When life feels overwhelming, what do you crave most?

A

Quiet, calm and space to breathe

B

Deep emotional connection and understanding

C

Honest conversations and reassurance

D

Support from others so I don't feel alone

E

Time to ground myself and reconnect with my body

Circle or highlight the answer that resonates most.

Question 2.

What hurts you most
in relationships?

A

Conflict and
emotional tension

B

Feeling misunderstood
or emotionally unseen.

C

Not being heard or
communicated with honestly

D

Feeling unappreciated
after giving so much

E

Feeling unstable, disconnected
or emotionally unsafe

Circle or highlight the answer that
resonates most.

Question 3.

How do you naturally
try to take care of yourself?

A

I rest, slow down
and create peace

B

I reach out and connect with
someone I trust

C

I journal, reflect and
process my thoughts

D

I do things for others
and show up for them

E

I move my body, spend time
in nature or ground myself

Circle or highlight the answer that
resonates most.

Question 4.

What helps you feel most valued?

A

Peace, patience
and understanding

B

Emotional closeness
and deep connection

C

Honesty, communication
and transparency

D

Consistency, appreciation
and support

E

Safety, stability
and trust

Circle or highlight the answer that
resonates most.

Question 5.

When something feels off,
what's your first reaction?

A

I withdraw and need
time to rest

B

I seek connection
and talk it out

C

I ask questions and try
to understand

D

I try to fix it or help
someone else

E

I get still and tune
into my body

Circle or highlight the answer that
resonates most.

Question 6.

Which patterns do you notice most
in yourself?

A

Avoiding conflict to
keep the peace

B

Carrying emotions quietly

C

Struggling to express
my true needs

D

Over-giving and
neglecting myself

E

Becoming overwhelmed
and disconnected

Circle or highlight the answer that
resonates most.

Question 7.

What would your ideal self-care day include?

A

Rest, quiet and slow energy

B

A meaningful conversation or time to reflect

C

Meaningful connection and expression

D

Caring for others while also receiving care

E

Nature, grounding and nervous system reset

Circle or highlight the answer that resonates most.

Question 8.

What does your nervous system need most?

A

Calm and softness

B

Being understood without judgement

C

Safety to speak honestly

D

Support without pressure

E

Stability and grounding

Circle or highlight the answer that resonates most.

Question 9.

Which affirmation resonates most?

A

I am safe to slow down

B

I deserve to be deeply seen

C

My voice matters

D

I do not need to earn love

E

I am safe in my body

Circle or highlight the answer that resonates most.

Question 10.

What are you currently learning most in this season of life?

A

Boundaries and protecting my peace

B

Trusting myself and my instincts

C

Expressing myself honestly

D

Receiving instead of giving

E

Regulating my nervous system

Circle or highlight the answer that resonates most.

Quiz Complete

Now it's time to discover your
primary Core Archetype.

HOW TO FIND YOUR ARCHETYPE

Count which letter you chose most
throughout the quiz.

A

Mostly A's = The Protector

B

Mostly B's = The Brotherhood Builder

C

Mostly C's = The Truth Speaker

D

Mostly D's = The Worthy Leader

E

Mostly E's = The Grounded Warrior

You may resonate with more than one archetype.
That's normal. Growth is rarely one-dimensional.

Understanding Your Results

Most people resonate with one primary Core Archetype, however you may notice aspects of yourself in more than one archetype.

This is completely normal.

You are a whole human being,
not a category.

Each archetype represents a different need, strength and growth edge.

Use this workbook as a guide to better understand how you communicate, lead and show up in your life.

The goal isn't to become someone else.
The goal is to become more fully yourself.

What's Next?

Turn to the next section to explore your Core Archetype in more depth.

Discover your natural strengths and gifts

Understand the patterns that shape your relationships and decisions.

Identify the challenges that may be holding you back

Explore practical tools for growth and self-awareness

Learn how to show up more authentically in your life, relationships and leadership

Self-awareness is the first step. What you do with it is where growth begins.

Please Remember

This result is an invitation to better understand yourself.

Not who you think you should be.

Not who others expect you to be.

But who you are beneath the roles, responsibility and expectations you carry every day.

There is no right or wrong result.

These pages aren't about labels. They're about recognising patterns, celebrating strengths, exploring blind spots, and creating opportunities for growth. Pay attention to what resonates and what challenges you, both will teach you something valuable.

Self-awareness is where growth begins.

Karla Marce

DISCOVER YOUR CORE ARCHETYPE

How to Use This Workbook

This workbook is your companion to the
DISCOVER YOUR CORE ARCHETYPE assessment.

Each archetype has its own section. Begin with your
primary archetype and explore any others that
resonate. You may notice aspects of yourself in more
than one archetype. This is completely normal.

As you move through these pages, pay attention to the
patterns, strengths and challenges that stand out.

There are no right or wrong answers.

Only opportunities to better understand yourself.

Awareness creates choice.
Choice creates growth.



You are not broken.
You are learning
who you are.

And that's where
growth begins.

AWAKENED BY KARLA MAREE

Find Your Archetype

A THE PROTECTOR

Rest, Boundaries, Reliability

Pages 22 - 28

B THE BROTHERHOOD BUILDER

Connection, Loyalty, Belonging

Pages 29 - 37

C THE TRUTH SPEAKER

Honesty, expression, Integrity

Pages 38 - 46

D THE WORTHY LEADER

Leadership, Reciprocity, Responsibility

Pages 47 - 55

E THE GROUNDED WARRIOR

Strength, Regulation, Presence

Pages 56 - 65



THE PROTECTOR

You are allowed to protect others
without abandoning yourself.

Rest, Boundaries, Reliability



THE PROTECTOR



OVERVIEW

The Protector values responsibility, stability and being someone others can rely on. You may find yourself carrying the weight of others, putting your own needs aside, or believing you must handle everything alone. You often feel safest when things are under control and those you care about are okay. Beneath your strength is a nervous system that also needs rest, support and space to breathe.



YOUR NERVOUS SYSTEM MAY CRAVE

- Time alone to recharge
- Trust and respect
- Stability
- Clear expectations
- Practical support
- Permission to rest



CHALLENGES YOU MAY EXPERIENCE

- Carrying too much
- Feeling like you are doing it alone
- Difficulty asking for help
- Burnout from over-giving
- Suppressing your own needs
- Equating rest with weakness



HEALING INVITATIONS

- Allow yourself to receive support
- Rest before burnout
- Create healthy boundaries
- Share responsibilities with others
- Know your needs matter too
- Strength includes vulnerability

You are allowed to protect others without abandoning yourself.

The Protector

Reflection & Journalling

When do you feel most at peace? What does that environment or moment look like?

Where in your life are you currently keeping peace at the cost of your own truth?

What is one boundary you could set this week to protect your inner calm?



THE PROTECTOR

Deep Dive

GREATEST STRENGTHS

- Dependability
- Loyalty
- Protective Nature
- Strong Sense of Responsibility



GROWTH EDGES

- Asking For Help
- Receiving Support
- Setting Boundaries
- Prioritising Your Needs



SHADOW PATTERNS

- Carrying Too Much
- Overworking
- Emotional Suppression
- Feeling Responsible For Everyone



PERSONAL GROWTH FOCUS

- Rest Without Guilt
- Healthy Boundaries
- Emotional Awareness
- Sustainable Strength



THE PROTECTOR

Daily Check In

ENERGY LEVEL

1 2 3 4 5 6 7 8 9 10

(Circle one)

TODAY I RECHARGED THROUGH:

- ☐ Taking time for myself
- ☐ Setting a boundary
- ☐ Asking for support
- ☐ Resting without guilt
- ☐ Disconnecting from responsibilities
- ☐ Spending time outdoors

Today I feel:

- | | |
|-------------------------------|------------------------------------|
| ☐ Focused | ☐ Driven |
| ☐ Calm | ☐ Disconnected |
| ☐ Drained | ☐ Grounded |

One thing I need to prioritise:

One thing I need to let go of:

THE PROTECTOR

My Focus Plan This Week

- Set one clear boundary
- Take 30 minutes to reset
- Ask for support when needed
- Make time for recovery
- Protect my energy
- Rest before exhaustion

Where is my energy needed most this week:

Consistency builds strength.

I protect my energy without
shutting down.

My needs deserve my attention.

Rest strengthens my
performance.

Boundaries create respect.

I am building a life that
supports me.



Today's Commitment:

THE PROTECTOR

Recovery Menu

Choose 3-5 things that will help you recover, recharge and protect your energy this week.

- Take 30 minutes for myself
- Spend time outdoors
- Put phone on silent for 1 hour
- Get an early night
- Disconnect from work or responsibilities
- Ask for support
- Spend 10 minutes in silence
- Stretch or move your body
- Go for a walk
- Set one healthy boundary
- Turn notifications off for an hour
- Do something with no outcome attached
- Take a break before I need one
- Spend time alone
- Recharge without feeling guilty

This week's self-commitment:

The Protector

Debrief

What did I discover about myself?

What challenged me the most?

What will I do differently moving forward?

One word that describes how I feel today:

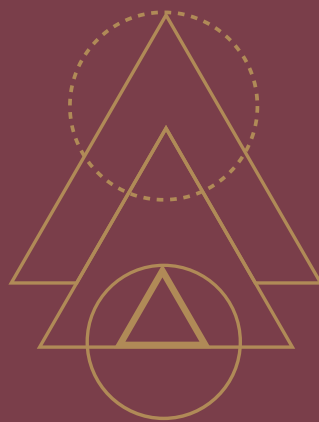




THE BROTHERHOOD BUILDER

You are not meant to carry
everything alone.

Connection, Loyalty, Belonging



THE BROTHERHOOD BUILDER



OVERVIEW

The Brotherhood Builder thrives through connection, loyalty and meaningful relationships. You value trust, community and having people you can count on. You are often the one others lean on, but may struggle to let others support you in return.



YOUR NERVOUS SYSTEM MAY CRAVE

- Genuine connection
- Shared experiences
- Loyalty
- Trust
- Belonging
- Quality conversations



CHALLENGES YOU MAY EXPERIENCE

- Fear of vulnerability
- Carrying everything alone
- Difficulty asking for support
- Feeling disconnected
- Over-giving in relationships
- Struggling to trust others



HEALING INVITATIONS

- Let people show up for you
- Ask for help when needed
- Build deeper connections
- Practice honest communication
- Create reciprocal relationships
- Allow yourself to belong

You are not meant to carry everything alone.

The Brotherhood Builder

Reflection & Journalling

When do you feel most connected to yourself and others?

Who are the people you feel safest being around?

What is one way you could allow more support into your life this week?



The Brotherhood Builder

Deep Dive

GREATEST STRENGTHS

- Loyal
- Supportive
- Compassionate
- Creates Connection



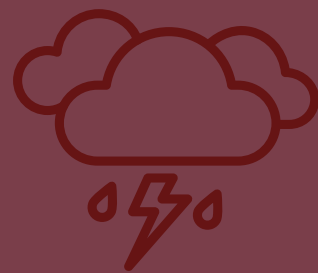
GROWTH EDGES

- Asking For Support
- Receiving Help
- Trusting Others
- Being Vulnerable



SHADOW PATTERNS

- Isolation
- Over-Giving
- Emotional Walls
- Fear Of Rejection



PERSONAL GROWTH FOCUS

- Healthy Relationships
- Honest Communication
- Emotional Openness
- Reciprocal Support



The Brotherhood Builder

Daily Check In

How am I feeling today?

1 2 3 4 5 6 7 8 9 10

(Circle one)

TODAY I CONNECTED BY:

- ☐ Reaching out to someone
- ☐ Having an honest conversation
- ☐ Asking for support
- ☐ Spending quality time with others
- ☐ Listening deeply
- ☐ Showing appreciation

Today I feel:

- | | |
|---------------------------------|-----------------------------------|
| ☐ Connected | ☐ Lonely |
| ☐ Supported | ☐ Withdrawn |
| ☐ Energised | ☐ Appreciated |

One conversation I need to have:

One connection I want to strengthen:

The Brotherhood Builder

My Connection Plan This Week

- Reach out to a friend
- Ask for support when needed
- Schedule quality time
- Have an honest conversation
- Express appreciation
- Let someone help me

The relationship I want to nurture most:

Connection grows through intention.

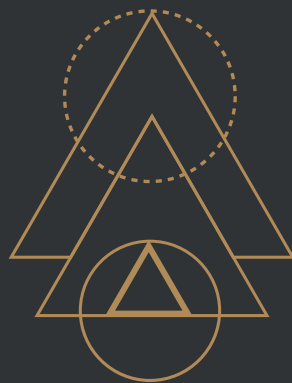
I am worthy of connection.

I do not have to carry
everything alone.

It is safe to ask for support.

My vulnerability is a strength.

I belong exactly as I am.



Today's Commitment:

The Brotherhood Builder

Connection Menu

Choose 3–5 things that will help you strengthen connection and receive support this week.

- ☐ Call a friend
- ☐ Send a message of appreciation
- ☐ Ask someone for help
- ☐ Share honestly
- ☐ Attend a community event
- ☐ Spend quality time with family
- ☐ Check in on someone
- ☐ Practice active listening
- ☐ Join a group activity
- ☐ Have a coffee with a mate
- ☐ Express gratitude
- ☐ Let someone support you
- ☐ Take a social media break
- ☐ Receive support without guilt
- ☐ Sit with your feelings without fixing them

This week's connection commitment:

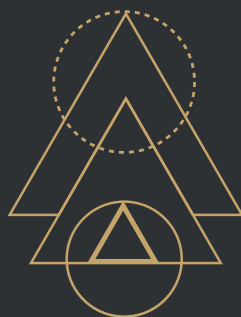
The Brotherhood Builder Debrief

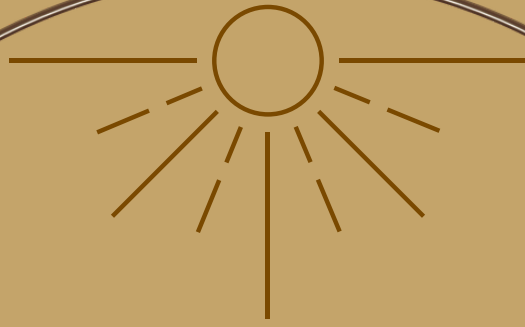
What did I learn about connection?

What challenged me most?

How did I allow support into my life?

One word that describes where I am now:

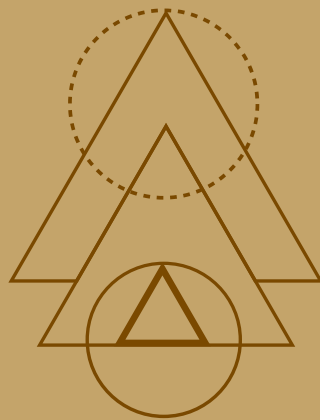




THE TRUTH SPEAKER

Your voice matters.

Honesty, Expression, Integrity



THE TRUTH SPEAKER



OVERVIEW

The Truth Speaker values honesty, integrity and authentic expression. You thrive when communication is open, direct and grounded in mutual respect. You don't just want answers - you want clarity. You feel safest when expectations are spoken aloud rather than left to assumption. At times, you may struggle when conversations are avoided, emotions are hidden, or you're expected to "just know" what someone means.



YOUR NERVOUS SYSTEM MAY CRAVE

- Honest conversations
- Transparency
- Clarity
- Authentic understanding
- Being heard
- Mutual understanding



CHALLENGES YOU MAY EXPERIENCE

- Staying silent to avoid conflict
- Seeking clarity before speaking
- Doubting your voice
- Over explaining when misunderstood
- Frustration with indirect communication
- Feeling unseen when you speak



HEALING INVITATIONS

- Trusting your voice
- Speaking with compassion and clarity
- Listen to understand, not to respond
- Allow difficult conversations
- Speak honestly
- Let authenticity be your strength

Your truth matters, even when your voice shakes.

THE TRUTH SPEAKER

Reflection & Journalling

Where in your life are you staying silent when your truth needs a voice?

What conversations have you been avoiding, and why?

If fear wasn't in the way, what would you say or do differently?



THE TRUTH SPEAKER

Deep Dive

GREATEST GIFTS

- Honest communication
- Integrity under pressure
- Self-awareness
- Courage to speak



GROWTH EDGES

- Sitting with uncertainty
- Listening without needing to solve
- Speaking with compassion and clarity
- Allowing difficult conversations



SHADOW PATTERNS

- Staying silent to avoid conflict
- Overthinking before speaking
- Seeking constant reassurance
- Doubting your own perspective



SELF-LOVE FOCUS

- Trusting yourself
- Healthy boundaries
- Authentic leadership
- Expressing your needs



THE TRUTH SPEAKER

Daily Check In

How am I feeling today?

1 2 3 4 5 6 7 8 9 10

(Circle one)

TODAY I HONOURED MYSELF BY:

- Speaking my truth, even when it felt uncomfortable
- Asking for clarification instead of making assumptions
- Listening to understand before responding
- Setting a boundary
- Expressing a need or emotion honestly
- Trusting my own voice

Today my nervous system feels:

- | | |
|------------|----------------|
| ● Clear | ● Confused |
| ● Grounded | ● Disconnected |
| ● Curious | ● Overwhelmed |

One conversation I'm avoiding:

One truth I can honour today is:

THE TRUTH SPEAKER

My Communication Plan This Week

- Speak honestly about my needs
- Ask for clarity instead of making assumptions
- Have a conversation I've been avoiding
- Express a feeling without apologising
- Listen to understand before responding
- Trust myself before seeking answers elsewhere

The conversation I most need to have is:

When I honour my voice, I honour myself.

I trust my own voice.

My honesty builds strong
relationships.

My perspective has value.

I can stay grounded, even
when conversations are
uncomfortable.

Today's Commitment

THE TRUTH SPEAKER

Self-Leadership Menu

Choose 3-5 things that would strengthen your voice this week.

- Speak honestly into something you've avoided
- Ask clarifying questions
- Say "I need" without explaining yourself
- Listen to understand
- Share how you really feel with someone
- Hold a boundary without guilt
- Record a voice note to process your thoughts
- Spend 10 minutes reflecting before reacting
- Read something that expands your mind
- Admit when you don't know the answer
- Practice saying 'no'
- Trust your first instinct
- Express appreciation when someone hears you
- Write down your beliefs, not your fears
- Celebrate a moment you used your voice

This week's self-leadership commitment:

THE TRUTH SPEAKER

Debrief

What truth about myself did I discover?

Where did I notice myself choosing old patterns?

What new choice can I make moving forward?

One word that describes the communicator I am becoming:

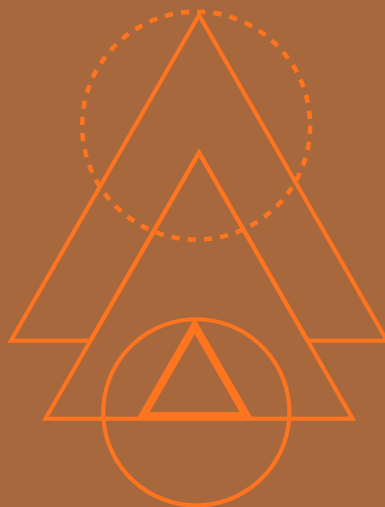




THE WORTHY LEADER

You don't have to earn your worth.

Leadership, Reciprocity, Responsibility



THE WORTHY LEADER



OVERVIEW

The Worthy Leader naturally steps up for the people around him. You value responsibility, reliability and showing up when it matters. When balanced, you lead with humility, service and healthy boundaries. When overwhelmed you can become exhausted, over-responsible or believe you have to carry everything alone.



YOUR NERVOUS SYSTEM MAY CRAVE

- Respect
- Support
- Reciprocity
- Trust
- Healthy partnership
- Permission to receive



CHALLENGES YOU MAY EXPERIENCE

- Carrying everyone else
- Difficulty asking for help
- Putting yourself last
- Burnout
- Overworking
- Struggling to receive support



HEALING INVITATIONS

- Practise asking for help
- Honour your own needs
- Trust others to carry their own journey
- Create healthy boundaries
- Rest before exhaustion
- Lead through balance, not sacrifice

The strongest leaders know they don't have to carry the world alone.

THE WORTHY LEADER

Reflection & Journalling

When do you feel most valued and appreciated?

Where in your life are you carrying more than belongs to you?

What would change if your needs mattered as much as everyone else's?



THE WORTHY LEADER

Deep Dive

GREATEST GIFTS

- Leadership
- Reliability
- Compassion
- Responsibility



GROWTH EDGES

- Receiving support
- Asking for help
- Healthy delegation
- Self-prioritisation



SHADOW PATTERNS

- Over working
- Burnout
- Hyper-responsibility
- Feeling responsible for everyone



SELF-LOVE FOCUS

- Boundaries
- Balance
- Receiving
- Self-worth



THE WORTHY LEADER

Daily Check In

How am I feeling today?

1 2 3 4 5 6 7 8 9 10

(Circle one)

TODAY I HONOURED MYSELF BY:

- Setting a healthy boundary
- Asking for support when I need it
- Taking a purposeful pause
- Receiving without guilt
- Prioritising my own wellbeing
- Trusting someone else to carry their own responsibilities

Today my nervous system feels:

- | | |
|-------------|----------------------------|
| ● Supported | ● Overextended |
| ● Grounded | ● Drained |
| ● Calm | ● Responsible for too much |

One thing I need more of:

One thing I need less of:

THE WORTHY LEADER

My Self-Leadership Plan This Week

- Ask for help before burnout
- Delegate one responsibility
- Say no to something that isn't mine to carry
- Take time to recharge without guilt
- Honour my own needs
- Let someone else solve their own problem

My biggest focus:

True leadership begins with leading yourself well.

I am worthy beyond my
achievements.

I can lead without carrying
everything alone.

Rest strengthens my leadership.

I trust myself to make wise
decisions.

My value is not measured by my
productivity.



Today's Commitment:

THE WORTHY LEADER

Self-Leadership Menu

Choose 3-5 things that would support you this week.

- Delegate one task instead of doing it yourself
- Celebrate a win before moving to the next goal
- Say no to something if it doesn't align
- Rest without earning it first
- Ask for support with something important
- Make a decision without seeking approval
- Spend 30 minutes doing something you enjoy
- Schedule time for you
- Let go of unrealistic expectations
- Accept praise without minimising your contribution
- Trust your first instinct
- Finish at "good enough" not perfection
- Create a boundary that protects your energy
- Celebrate something you've done well
- Honour your own needs before everyone else's

This week's self-leadership commitment:

THE WORTHY LEADER

Debrief

What truth about my worth did I discover?

Where did I notice myself proving instead of trusting?

What new choice can I make moving forward?

One word that describes the leader I am becoming:





THE GROUNDED WARRIOR

Your strength is found in presence, not
pressure.

Strength, Regulation, Presence



THE GROUNDED WARRIOR



OVERVIEW

The Grounded Warrior moves through life with quiet strength and steady resilience. You value stability, responsibility, and showing up for yourself and those you love. Rather than reacting impulsively, your greatest power comes from learning to pause, regulate, and respond with intention.



YOUR NERVOUS SYSTEM MAY CRAVE

- Safety
- Routine
- Grounding
- Physical movement
- Clear expectations
- Time to rest



CHALLENGES YOU MAY EXPERIENCE

- Living in survival mode
- Hypervigilance
- Over-responsibility
- Difficulty slowing down
- Emotional exhaustion
- Feeling disconnected from your body



HEALING INVITATIONS

- Slow down without guilt
- Trust your body's wisdom
- Prioritise nervous system regulation
- Create daily grounding rituals
- Honour your energy
- Return to the present moment

The answers you seek often live within your body.

THE GROUNDED WARRIOR

Reflection & Journalling

When do you feel most grounded and connected to yourself?

What helps your nervous system feel safe?

Where in your life are you being called to slow down and listen?



THE GROUNDED WARRIOR

Deep Dive

GREATEST GIFTS

- Calm strength
- Steady presence
- Reliability
- Quiet resilience



GROWTH EDGES

- Trusting yourself
- Emotional regulation
- Consistency
- Healthy boundaries



SHADOW PATTERNS

- Overwhelm
- Hyper vigilance
- Emotional shutdown
- Avoidance



SELF-LOVE FOCUS

- Self-awareness
- Nervous system regulation
- Grounding
- Responding instead of reacting



THE GROUNDED WARRIOR

Daily Check In

How am I feeling today?

1 2 3 4 5 6 7 8 9 10

(Circle one)

TODAY I HONOURED MYSELF BY:

- ☐ Pausing before reacting
- ☐ Taking a moment to breathe
- ☐ Moving my body
- ☐ Setting a healthy boundary
- ☐ Grounding myself
- ☐ Choosing rest when needed

Today my nervous system feels:

- | | |
|--------------------------------|------------------------------------|
| ☐ Calm | ☐ Activated |
| ☐ Grounded | ☐ Overwhelmed |
| ☐ Present | ☐ Disconnected |

One thing to help me stay grounded today:

One situation I can respond to instead of react to:

THE GROUNDED WARRIOR

My Grounding Plan This Week

- Prioritise my daily routine
- Move my body with intention
- Spend time in nature
- Pause before reacting
- Prioritise quality rest
- Practice nervous system regulation

My biggest focus:

The way you lead yourself shapes the life you create

I am safe in my body.

I trust myself to respond,
not react.

My calm is one of my greatest
strengths.

I can pause before I choose my
next step.

Every grounded decision
strengthens the life I am creating.



Today's Commitment:

THE GROUNDED WARRIOR

Self-Leadership Menu

Choose 3-5 actions that will strengthen your foundation this week.

- Create a morning or evening routine
- Spend 20 minutes in nature
- Move my body with intention
- Pause and take 3 deep breaths before reacting
- Drink enough water today
- Prioritise a full night's sleep
- Eat foods that nourish my body
- Reduce unnecessary stimulation or screen time
- Spend 10 minutes in stillness
- Check in with myself before making a decision
- Spend time away from screens
- Protect one personal boundary
- Complete a task you have been avoiding
- Celebrate a moment you stayed calm
- Acknowledge one thing I've done well today

This week's self-leadership commitment:

THE GROUNDED WARRIOR

Integration

What strength did I discover within myself?

When did I choose to respond instead of react?

What practice helped me feel most grounded?

One word that describes the leader I am becoming:



A Note To You



You are not broken.

You are not behind.

You are not too much.

You are learning yourself.

The more you understand your needs, your nervous system and your patterns, the easier it becomes to meet yourself with compassion instead of criticism.

May this workbook remind you that healing isn't about becoming someone else.

It's about coming home to yourself.

Love Karla Maree xx

Continue The Journey



Join the Free Awakening Community

Inside you'll find:

- Monthly moon guides
- Self-love resources
- Book club
- Sound healings
- Women's circles
- Nervous system tools
- Personal growth workshops

Because healing is easier when you
don't have to do it alone.

Scan here to continue your journey



www.skool.com/awakening-community-2124/about
Free community + optional Premium membership

Created by Karla Maree.

Awakened By Karla Maree

Website:

www.awakenedbykarlamaree.com.au

©2026 All Rights Reserved

This workbook is for personal use only
and may not be reproduced without
permission.