

THE AWAKENING™

COMPANION JOURNAL

Your private space to reflect on the questions Harinder asks throughout The Awakening™.

WITH HARINDER PAUL

This journal belongs to:

HOW TO USE THIS JOURNAL

This journal follows the seven chapters of The Awakening™ and the reflection exercises in the videos. When Harinder asks you to pause, use the corresponding pages here.

There are no right or wrong answers. Don't try to make your answers sound good. Be honest. The journal is for you.

You can write directly into this journal, or use your own notebook or paper if you prefer.

Honesty is always where transformation begins.

CHAPTER 1

THE AWAKENING

Your opening reflection.

QUESTION ONE — Why did you choose to experience The Awakening today?

QUESTION TWO — What part of your life are you no longer willing to settle for?

QUESTION THREE — If this next hour completely changed the way you see yourself... what would you love to be different by the time you finish?

CHAPTER 2

THE HONEST MIRROR

Look at your life exactly as it is today. Go with your first instinct rather than overthinking the score.

LIFE ASSESSMENT — SCORE EACH AREA FROM 1 TO 10

1 = this area needs significant change. 10 = I genuinely couldn't ask for much more in this area right now.

AREA	SCORE / 10
Health and energy	
Relationship and love	
Family and friendships	
Career or work	
Money and financial freedom	
Happiness and emotional wellbeing	
Personal and spiritual growth	
Purpose, contribution and fulfilment	

QUESTION ONE — Which area of my life most needs my attention right now?

QUESTION TWO — Where have I been settling for less than I genuinely want?

QUESTION THREE — What have I known needs to change... but I've been avoiding?

QUESTION FOUR — If nothing changes for the next three years, what will it cost me? Think not only financially, but emotionally, in your relationships, health, happiness, dreams and the person you could have become.

CHAPTER 3

WHAT DO YOU TRULY WANT?

At the top of a fresh page, write: IF ANYTHING WERE POSSIBLE...

IF ANYTHING WERE POSSIBLE...

QUESTION ONE — If you knew you couldn't fail, what would you change about your life?

QUESTION TWO — What would your extraordinary life actually look like? Think about your health, relationships, family, work, finances, happiness, personal growth and contribution.

QUESTION THREE — What have you secretly wanted for yourself that you've stopped believing is possible?

QUESTION FOUR — Who would you need to become to create that life?

When you've finished, read what you've written and sit with this question:

“What if this really was possible?”

CHAPTER 4

WHAT'S REALLY HOLDING YOU BACK?

At the top of the page, write: WHAT'S REALLY GETTING IN MY WAY?

WHAT'S REALLY GETTING IN MY WAY?

QUESTION ONE — What do I usually tell myself is stopping me from creating the life I want? Write the obvious answers first — money, time, circumstances, other people, or whatever is true for you.

QUESTION TWO — Could there be something deeper underneath any of those answers? Fear? Self-doubt? An old belief? A past experience? Comfort? Procrastination? The need for approval? Not believing you're capable?

QUESTION THREE — What pattern do I keep repeating even though I know it isn't helping me?

QUESTION FOUR — If I stopped blaming circumstances for just a moment, what part of my future could I take responsibility for starting today?

This is not about taking responsibility for everything that has happened to you. It is about taking responsibility for what you choose next.

CHAPTER 5

THE MIRROR: WHO DO YOU CHOOSE TO BECOME?

Draw the contrast without judging your past. This is about recognising what you no longer want controlling your future and choosing the qualities you want to live from.

THE MIRROR EXERCISE

THE PERSON I'VE BEEN	THE PERSON I CHOOSE TO BECOME

QUESTION ONE — What do I need to stop doing?

QUESTION TWO — What do I need to start doing?

QUESTION THREE — What do I need to stop believing about myself?

QUESTION FOUR — What would the person I choose to become do next?

A question to take with you: "What would the person I choose to become do here?"

CHAPTER 6

THE DECISION: YOUR AWAKENING BEGINS NOW

This is your four-minute final reflection before you return to Harinder for Chapter 7.

FROM TODAY ONWARDS, I CHOOSE...

WITHIN THE NEXT 24 HOURS, I WILL...

Signature: _____ Date: _____

When you've completed these two statements, sign and date your commitment — then return to the video.

CHAPTER 7

BRINGING THE AWAKENING TOGETHER

Return to the video. Harinder will bring the experience together, reinforce the commitment you have made and show you how you can continue your Transformation Journey™ when you are ready.

Do I mean what I've just committed to?

Every human being is capable of far more than they currently believe.

Everything changes when you get out of your own way.

YOUR COMMITMENT

Keep the commitment you made in Chapter 6 somewhere you can return to it. Take your first action within the next 24 hours. When old patterns appear, come back to the question:

“What would the person I choose to become do here?”

YOUR TRANSFORMATION JOURNEY™

The Awakening™ was designed to be the beginning. If you choose to continue, you'll find the next-step options directly below the video. BELIEVE™ is the natural next stage in the designed sequence, while each experience can also be taken independently.

Designed as a journey. Available individually. Your journey. Your choice.

**This isn't the end.
This is your Awakening.**

Harinder Paul
Transformational Coach
Samaiya Wellness