



ZEST

Your Life

A Taste of Inner Wisdom

Linda Babulic



WORKBOOK

This workbook belongs to:

Name: _____

Date: _____

Date your answers so that when you come back to review them in a couple of months or a couple of years you'll be able to know what changes you have made and how far you have come.

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Congratulations on taking action to re-claim and re-ZEST your life. Now is the time to take your life up a notch or two, from what it is to what it could be—which is so much more.

Discover more about yourself and how to explore and expand your joy, passion, and enthusiasm.

That process of discovery involves creating freedom, inner power, and self-responsibility.

Thank you for joining me on this journey.

SuccZESTfully yours,

Linda

Linda Babulic
Personal Business Strategist

Contents

Part 1: Awaken the Woman Within	5
Module 1: Awaken Your Power	5
Module 2: Qualities of a Powerful Woman	6
Module 3: Accessing Your Power-Filled Stories	8
Module 4: Lake Meditation—Relationships	10
Module 5: The People You Spend the Most Time With	15
Module 6: Council of Wise Women	16
Module 7: Your Ideal Life	18
Module 8: The Inconsistent Message	19
Part 2: Create Emotional Maturity	21
Module 9: Circles: What Goes Where?	21
Module 10: Objects	22
Module 11: Environment	23
Module 12: Limiting Fears	24
Module 13: Feeling and Behaving Like a Victim	24
Module 14: I Am/I Should	26
Module 15: Your Greatest Mask	27
Module 16: Your Gifts	29
Module 17: Storytelling	30
Module 18: ZESTERS	32
Part 3: Connect Mind/Body	33
Module 19: Creating Uplifting Emotions	33
Module 20: The Mind/Body Well-Being Checklist	34
Module 21: Beliefs and Trauma	36
Part 4: Live Your ZEST!	40
Module 22: Spiritual Connection	40
Module 23: Satisfaction, Frustration, and Desires	42
Module 24.1: Clarify and Prioritize Your Current Values—Part One	45
Module 24.2: Values in Action—Part Two	46
Module 25: Be Who You Really Are	48
Module 26: Positive Power Talk	50
Module 27: Passion Power	51
Module 28: Vision Board	52



PART 1: AWAKEN THE WOMAN WITHIN

MODULE 1: AWAKEN YOUR POWER

Chapter 1, page 26

Think about how you feel in your power right now at this moment, and complete the following sentence:

I feel most in my power when _____.

I feel least in my power when _____.

My power feels _____.

Then ask yourself:

What makes my power big? These are the times when you feel strong and capable of achieving your dreams and desires.

What makes my power small? These are the times and your self-confidence has shrunk and your doubts are all you hear.

Have you become aware of the size, impact, and influence that your powerful energy can have on those around you?



Affirmation:

My power is contagious.

How I put my power into the world matters.

MODULE 2: QUALITIES OF A POWERFUL WOMAN

Chapter 1, page 30

True power has nothing to do with being a public figure or how much money you have. True power is not ego driven, and it is not about having power over something or someone. Many people have failed because they abused their positions and let their self-important egos lead them into bad decisions. Ego gives attachment to something falsely identified as power.

When you think of powerful women, who comes to mind? Your mom, your sister, your best friend, Oprah, Madonna, Lady Gaga? Describe this woman or the women you are admiring? Why are they so special to you?

What strengths did they use to accomplish their successes?

What are the qualities of a powerful woman?



Take a moment to think about these questions. Write down the qualities of each woman. What qualities do they have in common?

- | | | |
|--------------------|--------------------|--------------------|
| Love | Approachability | Strength |
| Inner glow | Passion | Fun |
| Balance | Eagerness to learn | Integrity |
| Focus | Enthusiasm | Courageous |
| Supportiveness | Love | Good communication |
| Openness to advice | Command | Leadership |
| Artistic nature | Happiness | Determination |
| Creativity | Energy | Love |

Which of these qualities do you recognize in your self? Write them down. (Note that some are listed more than once because they are so crucial to your ZEST—more on that in a bit.)

We can't always see our own beauty and strength, so ask for help from the people who love you and who you trust. Can you now see the qualities that have given you strength in your life?

You should know the qualities you would like to improve and expand upon. Which qualities are you developing and expanding to become a powerful woman? Write them down.



Affirmation:

I am a powerful woman. I embody (name three of your qualities).

- 1.
- 2.
- 3.

MODULE 3: ACCESSING YOUR POWER-FILLED STORIES

Chapter 1, page 33

Next is a two-part exercise to harvest your power-filled stories. This can be done alone, but it's so much more fun to share with other people. Keep in mind that power-filled moments are unique for each of us—and personal.

Part 1: Look back on your life and identify moments or times when you felt most powerful—when you felt like a powerful woman. Go back to Module 2; using three qualities of a powerful woman, think of a time that reflects whatever you define as power. It might be a goal that you set and accomplished or an unexpected tragedy that you overcame.

What power-filled stories come to your mind?

A time when ...

A situation that ...

Stay connected to each story until you can feel it in your body. Journal each story and identify your feelings.

Part 2: Go back in time and see if you can find the first power-filled story of your life. Your first power-filled story reinforces your understanding and anchors your belief that you have been powerful for a very long time. Write down the first power-filled story of your life, and list, name and identify any accompanying feelings.

Are there similarities in your power-filled stories? Courage, leadership, speaking your mind, or standing up for what you believe in? What personal qualities were prominent? Go back to the list in chapter 1 pages 30 and 31 in the book as needed, or create your own list.

By discovering your power-filled stories, you find the person you were born to be. This is important because it is your powerful woman who has the courage to dream. Hold that feeling, and you expand your power. Feel it in your womb and in your heart. Allow it!

Start replaying the power-filled memories. It will make you feel good. Take a moment and congratulate yourself that you have power-filled stories.



Affirmation:

*I feel my love, courage and strength
in my power-filled stories.*

MODULE 4: LAKE MEDITATION—RELATIONSHIPS

Chapter 1, page 41

To discover the emotional impact and influence connected to your immediate relationships, the following Lake Meditation may help. Go to www.ZESTyourLife.com/extras for a free recording of this meditation.

THE LAKE MEDITATION—15 MINUTES

Play some soft music—something that does not hold an emotional charge for you. Get comfortable. Know that you are safe, powerful, and courageous. You are completely grounded, strong, and calm.

Imagine that you are at your favorite lake. The water is calm, the sun is shining, and there is no one around. You walk into the water a little way. As you gaze into the water, you see an image of yourself.

What do you see when you look at yourself?

What feelings arise in you?

What stories do you tell about yourself?



Can you see your face? Are you wearing a mask, or do you see your authentic self?

Your image now disappears. Come back to shore for a moment, and capture your impressions by journaling them.

Let's go back to the lake. You walk back into the water a little way. As you gaze into the water, you see an image of your father.

How does he make you feel?

Can you be yourself when you are with your father?

What does he expect of you?

What masks do you wear when you are with him?

The image of your father now disappears.

Come back to shore for a moment, and capture your impressions by writing them down.



You walk back into the water a little way. As you gaze into the water, you see an image of your mother.

Can you be yourself when you are with your mother?

What does she expect of you?

What feelings do you have?

What masks do you wear when you are with her?

The image of your mother now disappears.

Come back to shore for a moment, and capture your impressions by writing them below.

Walk in the water a little way. As you gaze into the water, you see an image of your siblings and/or significant other. Be with them one at a time—each brother, sister, and significant other—anyone who has had significant impact on what you think of yourself. The significant other could be a step-parent, aunt, partner, co-worker, and/or boss.



Can you be yourself when you are with them?

What do they expect of you?

What feelings do you have?

What masks do you wear when you are with them?

The image now disappears.

Come back to shore for a moment, and capture your impressions by writing them down.

And one last time you walk into the water a little way. As you gaze into the water, you see yourself again.

What feelings do you have?

Say, “Thank you. I love you.” Your image now disappears.

Come back to shore for a moment, and capture your impressions by journaling them.

Go back to the lake, dip your hands in the water, and wash your face and arms. Take a deep breath, walk out of the water, and return. Take another nice, deep breath.



While doing the Lake Meditation, did you see some positive, uplifting images? You may have discovered that you are a strong, powerful woman. Did you open your heart to your father, mother, sibling, and significant other? Were you able to stand in your beauty and your majesty? Didn't that feel great?

Some of the images you saw at the lake may no longer hold any emotional charge for you. Just by looking at them, the emotions attached to images have dissolved like the images in the water.

Most often, the Lake Meditation manifests a mixture of both positive and negative images and feelings. It can provide a mirror for who we are and how we perceive ourselves. Revisiting our relationships can make sense out of the past and break limiting beliefs that we may have formed about ourselves and others. It can be the first step in dismantling the barriers that have been holding us back from our authentic selves. The purpose is healing, not traumatizing.

What are you feeling right now? Why?

Take a moment to hold yourself in love, compassion, and joy.



Affirmation:

*I breathe in life, I breathe in love.
Love is all around me.*

MODULE 5: THE PEOPLE YOU SPEND THE MOST TIME WITH
Chapter 1, page 44

Have you noticed that as you have grown and evolved, that you have developed new relationships more in keeping with the mindset and lifestyle that you have now? Do you and the people you are with experience a gain of energy when you are together? If your friends are making you tired and bringing you down, you may want to consider making some changes.

Motivational speaker Jim Rohn said: “You become the average of the five people you spend the most time with. You will have the average of their income, health, lifestyle, and relationships.”

Who are the five people with whom you spend the most time?

1. _____
2. _____
3. _____
4. _____
5. _____

List their qualities and values. Which qualities and values would you like to develop and emulate.

Do the people in your above list have any of these qualities? If not, find people with these qualities, and spend time with them.

MODULE 6: COUNCIL OF WISE WOMEN

Chapter 1, page 46

Create a council of wise women by making a list of eight women who have eight qualities you would like to have or expand upon. You don't need to know these women personally; they can be women from anywhere and anytime.

Name	Quality	Do you have it?	Do you want to expand it?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

You may want to gather photos of them and create a visual circle of your council.

Close your eyes, and meet with them one on one in your mind and heart to ask if they would help you develop the qualities they possess. See each woman in front of you; she is smiling and appreciates that you thought to ask her. They each said yes, because they love and support you.

Open your heart with gratitude. You can relax; there is no need to be defensive.

Gather these women together, and mentally convene a wise woman council meeting. Imagine how they look, what they are wearing, what you are wearing, if you are outside or inside, and how everything looks. If you are inside, is there a fireplace? Are you sitting on the floor or in chairs?

Open the meeting by thanking them all for agreeing to help you. For example, if you would like more ‘grace’ in your life, the wise woman who brings that gift says a few words, then the woman on her right adds her wisdom, and so on around the circle.

Listen and receive the advice and guidance they are gifting you. Let it affect you, even change you as it comes into you. Notice what comes to light and even seems like your very own thoughts. Thank them and end the meeting by opening the circle: “The circle is opened, but unbroken.”

Take the knowledge that you have gathered about a quality, for example, ‘grace’, and pay attention to how it shows up for you in the next week. It may be in movies, magazines, or conversations. Allow some time for the quality of grace to be integrated into you. Convene the wise woman circle for each quality you are developing or expanding. It could be focus, courage, perseverance, relaxation...

This is now part of the womb wisdom that you carry and can share with others. My mother-in-law used to say, “We each carry our own bundle.” Womb wisdom is the healing bundle you carry for yourself and others. It cultivates, nurtures, and supports your positive relationships.

You can also create a physical council of wise people to provide advice to you on any major decision you are faced with. Go to page 47 in the book for an example.



Affirmation:

*My life and my relationships are
enriching, stimulating, and fun!*



Affirmation:

I honor and respect myself as a brave, courageous, and powerful woman with ZEST.

MODULE 7: YOUR IDEAL LIFE

Chapter 2, page 53

Your ideals have a big impact on your income, health, lifestyle, and relationships. Choose them wisely. Start right now to imagine your ideal life. If you could magically have everything you wanted, what would your ideal life look like?

What are you doing in your ideal life?

What have you dreamed of doing?

In your ideal life where are you living—in the city, in the country, or do you have a home in both?

In your ideal life what country are you living in?

In your ideal life who are the people in your ideal life?

In your ideal life who are the five people that you spend the most time with?

In your ideal life how do they support your wholeness?



Affirmation:

*I pay attention to what
is said and to how it is said.*

MODULE 8: THE INCONSISTENT MESSAGE

Chapter 3, page 62

To build relationships, we need to know how effective and believable we are when we communicate face-to-face. Professor Mehrabian (retired), while at UCLA, looked at the connections between the only three elements that are communicated each time we speak: the verbal, vocal, and visual elements. He measured the difference between what part of our



message is most believed when we speak to someone face-to-face about feelings and attitudes (such as like-dislike).

Write your estimate of which of these elements carries the most believability when you are speaking face-to-face (interpersonal communication) to persuade a listener:

Words that you say: verbal _____ %
Element in your voice: vocal _____ %
Element in your voice: vocal _____ %
What they see: visual and facial _____ %
Total 100%

When we are nervous, awkward, or under pressure, we tend to block our content and give an inconsistent message. For example, someone who looks downward, speaks in a halting and tremulous voice, and clasps his or her hands in front in an inhibiting fig leaf position is giving a specific message. If that person then says, “I am excited to be here,” the words are not believed due to the inconsistency.

The answers are on page 63 in the ZEST Your Life book.

Greet people warmly with a smile and your heart wide open. Positive, consistent communication is a skill and quality of every powerful ZESTY woman. With practice and focus, you can master it.

Call to Action

Chapter 4, page 74

Choose a few ZESTERS that you can implement today. Complete this sentence: “I awaken my ZEST by taking action and doing the following: _____”

1. _____
2. _____
3. _____

If you're not sure if an item is a plus or minus, then think about how you would feel if it was not in your life. Would you be happier or distressed and upset?

You will use the next three columns: guilt, concern and influence in Module 13.

MODULE 10: OBJECTS

Chapter 5, page 89

Let's keep it simple. If something you have an attachment to makes you feel good, then keep it. However, if something makes you feel bad, then if you can you should get rid of it. Now is the time to eliminate the things that no longer serve you and dispose of the meaningless items in your life. It's time to clean out the clothes that you don't wear. Why are you keeping them? If an item doesn't make you feel great when you wear it then give it away. Someone else may really gain some enjoyment from it.

Change the energy of items you want to keep. Wash objects in running water, a tap, or a stream; or burn sage and use the smoke to "wash" the items. This changes the energy they hold and emit.

Set a clear intent of what energy and benefits you would like to gain from each object. A keepsake from a special deceased friend or relative can make you feel closer to the memory of that person.



Affirmation:

*I focus on my circle of influence
to make a positive difference.*

MODULE 11: ENVIRONMENT

Chapter 5, page 91

Name three things that you can do immediately to change the environment around yourself so that you gain energy, comfort, and vitality. Do those things.

Take action. Will you:

- Tidy up
- Clean up
- Add flowers
- Cleanse your energetic space with the smoke from burning sage and/or cedar?
- Wash the windows
- Fluff up the pillows
- Move the furniture around

What else will you do?

Do you feel better now?



Affirmation:

My personal effort makes my world a better place.

MODULE 12: LIMITING FEARS

Chapter 6, page 101

Take some time to think about the following questions and write down the answers. As you think about your answers, consider how these barriers are preventing you from being a powerful woman and from being as vibrant, happy, and successful as you want to be:

What situation pulls you off your balance? What situation comes to mind first? What is the cause of this fear?

What person pulls you off your center? Who pushes your buttons? What is the cause of this fear?

What are you afraid of? Why? What is the cause of this fear?

Who are you afraid of? Why? What is the cause of this fear?

In this module, did you discover the situations and characteristics in people that present barriers and stop you from being your authentic self? When you are able to find the root cause of your fear you can clear its barriers.

MODULE 13: FEELING AND BEHAVING LIKE A VICTIM

Chapter 6, page 104

Go back to your chart in Module 9: Circle of Concern/Circle of Influence.

Make a list of everything that you fear and put it in 'Concern' column.

In your 'Influence' column, put fears that are within your power to control, change, or manage.

In your circle of concern, put fears that you have no influence or control over.

Now for the tricky one: if the fear lies in your circle of concern and not in your circle of influence then you have no control over it, but it still may be controlling you.

What fears are causing you concerns about a situation that you cannot influence? For example, someone close to you may be going through a divorce or illness and you are worried about him or her. The awareness that you are concerned, but cannot influence the situation, may give you some comfort.

To conclude this exercise, look at everything on your list in the chart and decide if they belong in your circle of concern or circle of influence.

Put a circle around those that you can and want to invest your energy into. Focus more on each one that adds to your energy, love, and happiness. When you are giving from the heart and are not sacrificing yourself negatively, volunteering and helping others adds to these as well.



Affirmation:

*I release my fears.
I am safe, and in control of my life.*

MODULE 14: I AM/I SHOULD

Chapter 6, page 107

Pastor Joel Osteen says, “Whatever follows ‘I am’ is going to come looking for you.” consider this next time you say, “I am tired.” “I am mad.” “I am fed up.” “I am excited.” “I am happy.” “I am doing great things.” Does this make you look at your “I am” statement in a different way?

Complete this sentence: “I am _____.”

Write down the first emotion/feeling that comes to mind.

Watch your “I am” statements, and while you’re at it, watch your “I should” statements. What do your “I should” statements say? This is important because “I should” can carry guilt and obligation.

“I should _____.”

The purpose of this module is to clean up your language and expressions to create positive energy and remove another barrier to emotional ZEST.



Affirmation:

*My courageous heart speaks from
a place of love, compassion, and
understanding.*



MODULE 15: YOUR GREATEST MASK

Chapter 7, page 118

This module is to discover your greatest emotional mask, as well as the beliefs and thoughts associated with it. Remember to breathe. Take your time. Take deep breaths as you do this. Focus on the facts and don't traumatize yourself again. My hope is that you have been reading *ZEST Your Life* with a trusted friend or group of friends and you can do this exercise together. The alternative is to do the telling part of the exercise out loud by yourself. The rest of the answers should be written.

Follow these steps:

Tell the greatest sad story in your life. Use only the facts. Take only five minutes. You'll know you're finished when you start repeating yourself.

How does it feel now, in this moment? What is causing these feelings?

What is the belief behind these feelings? Where and how did you acquire it?



With what you know about the situation, is this belief true?

Ask yourself again: “Am I sure it’s true?”

You may do some research by asking others who were there—family members and witnesses. But trust yourself to discern the truth.

“With what I know about the situation, is this true? Is it true now?”

Have your thoughts changed how you feel about it?

If you can, tell it again, and make it as light as you can. What would you say now?

It can be a tough story, but it doesn’t need to hold the emotional charge that it once did. What else do you need to do to make this story simply a story and not a tyrant in your life? If you ever tell this story again, how can you tell it differently?



Affirmation:

*My authentic self dances and
laughs with my face in the sun.*

MODULE 16: YOUR GIFTS

Chapter 8, page 122

Write down five or more skills, talents, or gifts that you can share with others.

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- _____
- _____

You have been hiding your love, light, and beauty for long enough. The more you give, the more you get. Giving a compliment is an easy way of sharing your gifts and exponentially duplicating their ZEST. Tell others about the ZEST you see in them and the gifts you see that they have.



Affirmation:

*I am grateful that
I have gifts to share.*

MODULE 17: STORYTELLING

Chapter 8, page 124

In Chapter Five, ‘Circles: What Goes Where?’, you made a list of your fears and put them in your circle of concern or circle of influence. Please refer to that list now.

What stories do you associate with those fears? Make a list of the stories you tell yourself and others about how and why your life is the way it is. These stories contain all of your problems, worries, and concerns—all the pain and despair you have felt. Everything you have seen, heard, and experienced has had an impact on you and shaped who you are.

Listen to your heart. If something hurts then it needs healing. Open your heart to heal the pain and to remember who you really are. Open your heart and become sensitive, but not wimpy. Think about what you are feeling; become aware of your emotions.

Don’t give up; these fears and stories hold the beliefs that created the masks you want to get rid of. Remove the masks now. You don’t want to be haunted by unrealized dreams and regrets.

Fill in the blanks for each mask and belief.

I could have... , but...

I could have... , but...

I could have... , but...

I should have... , but...
I should have... , but...
I should have... , but...
I would have... ,but...
I would have... ,but...
I would have... ,but...

Burn the list and release your painful stories. Removing even one mask frees your mind and emotions. The burden is finally gone. You can now face similar situations with confidence and ease without being pulled back into the cycle of emotionality. Emotional Maturity show us how to understand our painful stories, learn any lessons that might be in them, and dissolve the masks and barriers that no longer serve us.

We can trust our intuition and be guided by our emotions instead of being controlled by them.



Affirmation:

*I am aware and
in tune with how I feel.*

MODULE 18: ZESTERS

Chapter 9, page 129

Write a Contract with Yourself. Here is an example:

Every day, I love myself and tell myself: “(Insert your name), I love you.”

“ _____, I love you.”

Every day, I treat myself with respect.

Every day, I look in the mirror and smile.

Every day, I...



Affirmation:

*I speak the words of reconciliation and
forgiveness.*

*“I love you. I’m sorry.
Please forgive me. Thank you.”*

CALL TO ACTION

Chapter 9, page 134

Choose a few Part 2—ZESTERS that you can implement today. Complete this sentence: I trust my emotions to guide my ZEST by taking action and doing the following: _____

1.

2.

3.

PART 3: CONNECT MIND/BODY

MODULE 19: CREATING UPLIFTING EMOTIONS

Chapter 10, page 138

Go back to your answers in the “Words” section at the end of Chapter Six, and as you read the statements and hear them, pay attention to how your body feels and changes in only a few moments. “I am tired.” “I am mad.” “I am fed up.” “I am excited.” “I am happy.” “I am doing great things.”

How many uplifting “I am” statements can you list?

I am

Breathing with your hand on your heart shows you how to feel the mind/body connection. It clearly illustrates how the mind/ body connection is the interdependence, influence, and communication that the mind and the body have on each other.



Affirmation:

*I choose and express my words from
a center of love
and positive intention.*



Affirmation:

*I have a strong mind, and I
visualize a life of joy,
vibrancy, and ZEST!*

MODULE 20: THE MIND/BODY WELL-BEING CHECKLIST
Chapter 10, page 139

The checklist provides you with a quick and easy tool to rate your mind, body, and mind/body.

Use the past six months as your timeline for this exercise. In the space provided, give yourself a rating of between 0 and 10: 0 = never, 5 = sometimes, 10 = full compliance.

- 1 _____ Are you eating good, natural food?
- 2 _____ Are you staying away from filling yourself with empty calories? Junk food?
- 3 _____ Do you stay away from SNACC—sugar, nicotine, alcohol (not a health food), caffeine (dehydrates, constricts blood, increases cortisol = belly fat and sleep interruption), and chemicals (recreational drugs, prescription drugs, toxins in the home and/or workplace)?
- 4 _____ Do you drink eight glasses of water per day? Drink them with gratitude.
- 5 _____ Do you exercise at least three times per week? Move, dance, walk, golf, ski, skate...
- 6 _____ Are you getting rest/quiet time? Try three minutes of quiet three times per day for ten days. Ask your higher self during these times: “What advice do you have for me today?”
- 7 _____ Are you getting at least seven hours of sleep per night?
- 8 _____ Are you focusing on the beauty of your body? What is your favorite part?
- 9 _____ Have you had a medical checkup?
- 10 _____ Have you had a colonoscopy? (Applicable only if you are a candidate for this procedure, usually people over fifty years.)

- 11_____ Do you detoxify? Fresh squeezed lime juice in a glass of water each morning may help reduce acidity and increase alkalinity.
- 12_____ Do you exfoliate? Make way for the new.
- 13_____ Are you optimistic? Is your life getting better or worse?
- 14_____ Are you satisfied with your life? Do you complain that you have too much; too busy, too much stress, too many people depending on you? Consider the phrase: “It is what I think it is.” These “too much” situations can be turned into gratitude that your life is so full.
- 15_____ Do you have a positive attitude? How are you? “Medium.” “I’m tired.” “I’m old.” Does this sound like you? Can you turn it around and focus on what is going well?
- 16_____ Do you have friends with a positive attitude?
- 17_____ Do you love?
- 18_____ Do you laugh?
- 19_____ Do you have “emotional vitality: a sense of enthusiasm, hopefulness, engagement?”
- In her 2007 Harvard study, Laura Kubzansky, associate professor of social and behavioral sciences and director of the Society and Health Psychophysiology Laboratory at the Harvard School of Public Health, found that emotional vitality— a sense of enthusiasm, of hopefulness, of engagement in life, and the ability to face life’s stresses with emotional balance—appears to reduce the risk of coronary heart disease.
- 20_____ Do you share twenty hugs per day? I like giving hugs and getting hugs, but sharing hugs is my favorite. Can you feel the difference in your attitude when you share a hug?

Out of a potential 200 points, how did you rate yourself? Are you satisfied with the results? Are your low rated answers within your circle of influence so that you can change them? Choose the statements on which you scored the lowest. Think about ways you can improve your score and take action.

The connection of the mind/body is being studied and researched at institutions and universities around the world. There is no denying that it exists and it has an impact on our lives every minute of the day.



Affirmation:

I dedicate myself to improving my mind/body checklist score.



Affirmation:

I am complaint free and happier.

MODULE 21: BELIEFS AND TRAUMA

Chapter 13, page 159

Modelling, programming, and experience form the beliefs, attitudes, and opinions that you have now. You have been moulded and sculpted by your image makers.

What beliefs and rules do you have about your physical sensuality and sexuality?



What rules were imposed on you?

Do you feel like they're strangling you?

Describe your sexual history and experiences and explore what they say about your life.

Do you (or did you) consider sex to be all physical or do you link sex on an emotional and spiritual basis? In other words, do you need to have an emotional feeling for someone before you engage physically with him or her?

Verbal programming: When you were a child what did you hear about sex?

Modeling: When you were young what did you see?

Specific incidents: What pleasant and unpleasant experiences did you have related to sexuality and sensuality when you were young? Did you have pleasant experiences? Or was sexual assault, rape, or incest your experience?

Your beliefs today are based on your past. Are these beliefs still valid or do you want to change your beliefs and base them on what you know to be true for you now?



Affirmation:

*My ZEST energy is strong and vibrant.
I contribute to the greatest good of all.*

You can also do this exercise with your partner. Discuss the history each of you brings to to the table about sex. Also, find out what sex really means to your partner. Is it pleasure, freedom, security, or status? This assists you in identifying each other's current blueprint and may help you discover areas you have in common and areas you don't.



Affirmation:

*I am proud to stand tall
in my power and ZEST.*



Affirmation:

Happy thoughts make my body strong.



Affirmation:

I breathe in love, I breathe in life.

CALL TO ACTION

Chapter 16, page 175

Part 3 contains a long list of ZESTERS to connect the mind/body; pick a few that you can implement today!

Complete this sentence: “I ZEST my mind/body by taking action and doing the following:

1. _____
2. _____
3. _____



Affirmation:

*I am reaping the rewards of my
personal effort.*



Affirmation:

*I hold sacred the feeling
of being in my spiritual ZEST.*

PART 4: LIVE YOUR ZEST!

MODULE 22: SPIRITUAL CONNECTION

Chapter 18, page 185

Follow these steps to uncover your spiritual connection:

What is the greatest barrier that is stopping you from connecting to your higher self? Can you state only the facts? Take five minutes. You know you're finished when you start repeating yourself.



How does it feel now in this moment?

What are you thinking that is causing these feelings?

What is the belief? Where and how did you acquire it?

With what I know about the situation, is this true?

Ask yourself again: “Am I sure it’s true?”

You may do some research by asking others who were there—family members and witnesses. But trust yourself to discern the truth.

“With what I know about the situation, is this true?”



What are the sources of your satisfaction, appreciation, and gratitude?

2. What frustrates you most about your life are the barriers that hold you?

Where in your life do you have the most frustration?

Where in your life do you have the least amount of satisfaction?

Who frustrates you? Is it your job, your relationships, your boss, your family, your friends, your “situation”?

Does it frustrate you that you are living your life aligned with someone else’s vision of what your life should look like?

Is there a gap between where you are and where you want to be or where you think you should be? The “should be” is important because you may be trying to align your life to someone else’s vision, values, and expectations.

3. What do you need to double your happiness this year?

Can you do more of what brings you satisfaction?



What strategies to improve your life have you tried that didn't work?

4. What strategies have you tried to improve your life that have worked?

Have you read books, taken courses, or joined groups?

Do you need real, practical actions that you can implement and practice on a daily basis?
The more you know about yourself, the more you choose the right actions for your life.

5. What are you trying to accomplish this year?

What are your personal challenges for the next year?

Are you willing to narrow that gap between the life that you are living and the life that you want to be living?

The answers to these questions help eliminate your frustrations and the strategies that haven't worked. They also clarify your desires and reveal strategies that have worked. Your dreams and desires manifest when they are aligned with your values. The next chapter explores your values so that you can take action and live a life that you create and care about.



Affirmation:

*I am fulfilled, complete, and powerful
in living my life my way.*

**MODULE 24.1: CLARIFY AND PRIORITIZE YOUR CURRENT
VALUES—PART ONE**

Chapter 21, page 193

You have the option of using the entire list in the book or downloading the values cards. There are two downloads available 1) Basic values 2) Additional values. You can print them, cut them out, and sort them. The “header cards” and blank cards are included in the download.

Take only seven to ten minutes to sort your values and don't over think it. Don't get hung up on the definition of the words; apply your own meaning and understanding. Create five column headings across the top of a page in this order:

Always valued	Often valued	Sometimes valued	Seldom valued	Least valued
--------------------------	-------------------------	-----------------------------	--------------------------	-------------------------

Read over the values and list the ones that resonate to you so that you have at least ten in each column. Then arrange the columns from the top down, most important to least important.

When you are finished, your top values will be in the “always valued” column, descending in order of importance to you.



Make a note of your five top values.

1. _____
2. _____
3. _____
4. _____
5. _____

Take another look at the values that you have remaining.

Make note of your five lowest values.

1. _____
2. _____
3. _____
4. _____
5. _____

Remember that values change, so it may be fun to take a picture of your values for today and date it.

MODULE 24.2: VALUES IN ACTION—PART TWO
Chapter 21, page 196

For each of your top five values, write a specific example of how you express that value in your life. If you find that you have values that are not expressed in your life, you will want to spend some quality time to reconcile your values with the life you are living. For example, if you value adventure, but you never go anywhere or do anything, how can you manifest this you value into your life?

Value 1 is expressed in my life: _____

Value 2 is expressed in my life: _____

Value 3 is expressed in my life: _____

Value 4 is expressed in my life: _____

Value 5 is expressed in my life: _____

The bottom five values are also important to know. When you are setting your intent for your life, if any of them are aligned with your bottom five values, then you are unlikely to get that wish or to feel fulfilled if you do.

What this means is, if travel to South America is on your list, but the value of “adventure” is in the bottom five values, there’s a disconnect. Your mind and intent do not align to make adventure travel manifest in your life. It can’t happen—the energy required to manifest into your reality is absent because of the gap between your values and your wishes. Your values should always lead the way. How are your bottom values present in your life?

Bottom Value 1 is expressed in my life: _____

Bottom Value 2 is expressed in my life: _____

Bottom Value 3 is expressed in my life: _____

Bottom Value 4 is expressed in my life: _____

Bottom Value 5 is expressed in my life: _____

If you are working with others on this exercise, discuss with them their top values and their bottom values; they are the most significant.

Were there any surprises in part one of this exercise?

In a work environment, knowing if someone values creativity or tradition helps to give assignments and tasks to the appropriate people. It also can explain why you are attracted to certain tasks and you resist others.



Affirmation:

*I know my values and
live my life aligned with my values.*

MODULE 25: BE WHO YOU REALLY ARE

Chapter 23, page 201

You will want to make note of your answers.

1. Who are you? Describe your qualities and personality traits in a list of words—not your roles of daughter, friend, etc. For example, if people describe Oprah, they might say: strong, passionate, persevering, etc. If you have a hard time describing yourself, imagine someone who loves you and knows you well (like your higher self) describing your qualities and personality traits. Here are some suggested words to get you started:

- | | | |
|--------------|--------------|-----------|
| Artistic | Creative | Exacting |
| Passionate | Enthusiastic | Precise |
| Entertaining | Provocative | Expectant |
| Commanding | Energetic | Demanding |
| Engrossing | Sensual | Sexy |
| Funny | Fun | ZESTY |

2. What do you love? What you love tells the story of who you are and what you're about. Make a list of what you love.

3. Live your life differently. List what you would do differently if you knew you only had one year, six months, or three months left to live or if you knew you had another seventy, eighty, or one hundred years to live.

4. What is your gift, your passion? Why are you here? Explore and live by your 'why'. The advice that people seek from you is one of your gifts. What do people ask you for advice about?



Affirmation:

I am the best of me.

MODULE 26: POSITIVE POWER TALK

Chapter 23, page 203

Every day, in the media and maybe from our family and friends, we hear unachievable ideals and negative or debasing messages. The antidote to heal this hurtful input is to replace it with positive talk to ourselves and to others.

If you are doing this exercise alone, look in the mirror and speak the words to your image.

If you are doing this with others, you may want to work in pairs. Take turns and speak the words to the woman at whom you are looking:

Say, “You are a ZESTY, power-filled woman.”

Everyone defines “ZESTY, power-filled woman” in their own way. Pause, feel it in your body, and take in the words. Notice any feelings that come up, both as you receive the words and as you say the words.

If you are doing this exercise alone, speak the words again as you look in the mirror. “You are a ZESTY, powerful woman.” Now, look in her eyes or your own eyes in the mirror, and say, “I am a ZESTY, powerful woman.”

Pause and feel it in your body. Can you own it? Can you say these words as an intent statement? “I am a ZESTY, powerful woman?” Practice. Practice every day. Look in the mirror each morning, and say: “I am a ZESTY, powerful woman.” Put a note on your mirror to remind yourself. Believe the words as you speak them.

Connect to your heart to share what you feel when you are in the presence of a powerful woman. For example, “I see a powerful woman. When I am in your presence, I am filled with warmth. I feel smart and wise.”

When someone asks, “How are you?” what is your answer? “I’m ZESTY!” Everyone wants what you have. You will inspire them to find their inner ZEST as well.



Affirmation:

I am a ZESTY woman!

MODULE 27: PASSION POWER

Chapter 23, page 204

The passion of a dream can never be underestimated. It is manifested from your core life force energy.

What is your dream or passion for something you want to do, learn, or accomplish? What three things do you want to do in your life that you have never done?

1. _____
2. _____
3. _____



Affirmation:

*Every day, I am closer
to my dreams coming true.*

MODULE 28: VISION BOARD

Chapter 24, page 210

1. Find an accountability partner. This is someone who you want to work with to do this exercise. You keep this person responsible for following every step of this exercise and your partner helps you do the same.

2. Make a list of at least fifty wishes, dreams, and desires you want in your life. Making a list stimulates the super consciousness and seeds what you intend to birth. Tip: you may list a certain dollar amount, but also ask for what that money would buy.

Don't think too much about any one item on the list; just keep listing what comes to mind. You need at least fifty items before you start thinking of the "whacky wishes." For most people, the first ten or twenty are easy and then they think they're done. Don't give up. Keep writing and you may be surprised when you include wild and crazy stuff simply to finish the list. It may turn out that your "whacky wishes" are the dreams and desires that have been hiding in your subconscious.

Get a clear vision of the life you want and explore your dreams and desires in each energetic aspect of yourself. If your list exceeds fifty, that's okay too. You want to make sure that you have as complete a list as possible.

Have a drink of water, get comfortable, and take a deep breath in and out. Now explore each manifestation of energy.

Emotional energy—How do you want to feel consistently or occasionally? Do you want calm, peace, excitement, adventure, and more? When you are clear on that feeling, can you describe it? If it is new and not on your list already, be sure to write it down. Take a deep breath in and out.

Physical energy—What do you want your body to be like? How about the house, the car, the money, or anything that you touch? When you are clear, can you describe how you want each one to be? If it is new and not on your list already, write it down. Take a deep breath in and out.

Mental energy—How would you describe your ideal mental and intellectual capacity? What provides you with the mental stimulation you seek? When you are clear, can you describe it? If it is new and not on your list already, add it now. Take a deep breath in and out.

Spiritual energy—Do you want a connection to your higher self, the greater power, God or Goddess? How do you want that to manifest and what is that relationship to be? When you are clear, can you describe it? If it is new and not on your list already, write it down. Take a deep breath in and out.

Sexual/catalyst energy—Do you want to combine all of the above to create a vibrant, exciting life? When you are clear, can you describe your life in each aspect? Again, if it is new, include it now. Then take a deep breath; in and out.

We have been talking a great deal about you, your desires, your dreams, and what lights you up. I have one last question: How are you going to make the world a better place? When you are clear, can you describe your life in each aspect? If you can think of something new, write it down.

3. Check your list. The list should include items that bring you joy and ZEST in the emotional, physical, mental, spiritual, and orgasmic aspects. Imagine the feeling you have when each one of these is manifested in your life. Major categories that you want to address:

Health	Career	Friends
Family	Love	Travel
Prosperity	Relationships	Knowledge
Wealth	Partner	Education
Success	Creativity	Learning

4. Turn your vision board into a collage. Equipment required is: foam board, magazines, pictures, tape, and scissors. I recommend foam board because it sits up straight and doesn't flop over like construction paper. I like 20 by 30 inches or 51 by 77 cm. It's available at dollar stores for under two dollars. I prefer to use tape instead of glue so that it is easy to move and change the images without destroying them. Choose magazine cuttings that reflect your personal interests and things on your list. Oprah Magazine is excellent because it has quotes and sayings that are illustrated in attractive fonts.

5. Get some pictures that illustrate your dreams and desires. Cut out pictures, quotes, and sayings that are meaningful to you and evoke the feelings you want to have. As you are looking for pictures that are on your list, you may come across something that was not on your list; add it now. Include a picture of yourself in your vision board. There are several ways you can lay out your vision board:

Organize your images according to each aspect: emotional, physical, mental, spiritual, and sexual/catalyst.

Organize it in categories: relationships, career, health, wealth and prosperity, lifestyle, creativity, self development, travel, adventure, etc.

Organize your dreams and desires according to the Freedom Wheel (review it again by flipping back to Chapter Twenty- Two).

6. Take action to bring yourself closer to your dreams and desires. Making a list is a good start, but showing the commitment and initiative to get the ball rolling increases the positive energy to make it manifest. Share your vision board with someone who cares and can help you be accountable to do at least one thing each day that brings you closer to your dreams and desires.

7. Date your list. When you review your list in six months or a year, you are able to check off all the items you have received. I prefer not to cross them out, instead I put a check beside them so I can still see them. You may want to start a “success journal” for all of your accomplishment and dreams that come true.

8. Put your ZEST Vision Board under your bed and dream with it for seven nights. Take a good look at it before you go to sleep, breathe in and out a few times, picture your vision in your mind, and dream it into reality.

9. Place your Vision Board in a prominent place where you will see it every single day. Take a good look at it and connect with the energy of your desires every day. Review and revise it regularly as your dreams come to fruition and to ensure that it remains an accurate reflection of your desires in all areas of your life. I recommend redoing your Vision Board at least once a year near your birthday. It’s a nice way to reflect on the progress you have made and where you want to go.



Affirmation:

Every day, I understand and love myself more and more.



Affirmation:

*I am guided to bring beauty and love
in all that I say and in all that I do.*

Want more ZEST?

I'd love to support you in the achievement of your ZESTY life. My Live Your ZEST personal business advisory package will give you the support and practical tools to help you create change that sticks.

Go to www.ZESTyourLife.com and check into the ZEST ZONE.

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