




embody your why.

PART 1 - YOUR ROOTS *(to be filled **before** the workshop)*

1) What is your own superpower? The thing you know how to do to effortlessly and naturally?

2) What did I want to do as a child? What was my dream job? *Don't think in limited ways, anything is possible here,*



embody your why.

PART 2 - YOUR PRESENT *(to be filled during the workshop)*

1) Write a short paragraph describing yourself to a good friend:
I am/do..... and I offer.... in this special way.... because....

2) If I knew I, I would

For example: If I **knew** I had all my expenses paid for the next three years (*place a resource that can liberate energy for you*), I **would** move to the country to write a book about integrating gardening into urban areas (*do, be, what?*).



embody your why.


PART 2 - YOUR FUTURE *(to be filled **after** the workshop)*

1) What is your Why?

2) Go a layer deeper, why do you do the above?

3) Go a layer deeper, why do you do the above?

4) Go a layer deeper, why do you do the above?... you get the idea, continue till you feel you have distilled the essence your Why.





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PART 2 - YOUR FUTURE *(to be filled **after** the workshop)*

1) Where are you now in your career/life/purpose?

2) Where do you want to be in a year's time?

3) Where do you want to be in 5 year's time?



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PART 2 - YOUR FUTURE *(to be filled **after** the workshop)*

1) What are some action steps you need to take right now (this week) to make this dream a reality?

2) What are some action steps you will need to take in two months time?

3) Who can help you?

resources.

Wonderful! you have completed your Embody your Why course!! Have a celebration dance :)
Thank you for your trust and engagement in this journey.

Feel free to reach out at any time if you have any questions or want to explore how to move with ease and confidence through all the steps of your personal branding journey. Maybe you want to untangle blocks and vulnerable issues about visibility or want to experience deep transformational support. How about a space where you can receive unique and tailor-made solutions with simple mindful language?

How could we work together?



[Free 60 minute branding call](#)

I offer you a space to relax and connect deeper with your vision, what you want to manifest and what you might be struggling with.



[Empowerment sessions](#)

A week long 1:1 journey to find clarity and focus with specific brand questions you might have. We will use embodiment as our ally, leaning into somatic work and movement meditations.



[Deep Alignment journey](#)

3 month 1:1 embodied journey with deep, nurturing and focused brand coaching sessions & unique strategies designed just for you. We go deep and journey through the roots, trunk and branches of your project. Bonus? your beautiful new logo included.



[Branding Templates](#)

Social Media design, logo templates or website design and creation.

[Unbrand yourself](#)

An 90 minute 1:1 embodied journey to find any blocks that may be holding you back. To shatter any limiting beliefs about visibility and reclaim your branding sovereignty.



Thank you!

“Let the beauty of what you love be what you do.”

~ Rumi

“Aligning our ordinary life with our evolutionary divinity is a path of fire. You burn. You grow. You burn. You grow. Constantly. The only stability is our trust in the process.”

~ Sera Beak

Xo
Camille.

For more info click here -> <https://www.camillebarrios.com/>

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