

WELCOME TO YOUR

MAKING THE SHIFT

MASTERCLASS WORKBOOK
with Richard Knight & Iona Russell

WELCOME TO YOUR MAKING THE SHIFT MASTERCLASS WORKBOOK

5 Tips to get the most out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. Think of how you can quickly implement the steps revealed in this session to rapidly change your life.
4. During the Masterclass, use the dedicated space on the right side to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
5. Continue reviewing your workbook and notes to process your lessons at a deeper level. Insights may spur during revision.

What to Expect

Table of Contents

1. PRE-MASTERCLASS EXERCISE

- Set your intentions before the Masterclass.

2. Self Assessment

- Where are you in your life right now

3. Your Vision

- What is it you want? The only limit is the limit you put on yourself.

4. The 5 Pillars of Fulfilment and Happiness

- Learn the steps to include in your life- VIS (Vision, Inspired Success)

5. REFLECTION

- Create awareness by asking yourself powerful questions.

1. PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

MAKING THE SHIFT

MAKING THE SHIFT

2. Self Assessment

Start with Intention

Assess your current level of personal development with this self-assessment. Let these scores serve as an indicator of which areas you should focus on improving. How true are these statements to you?

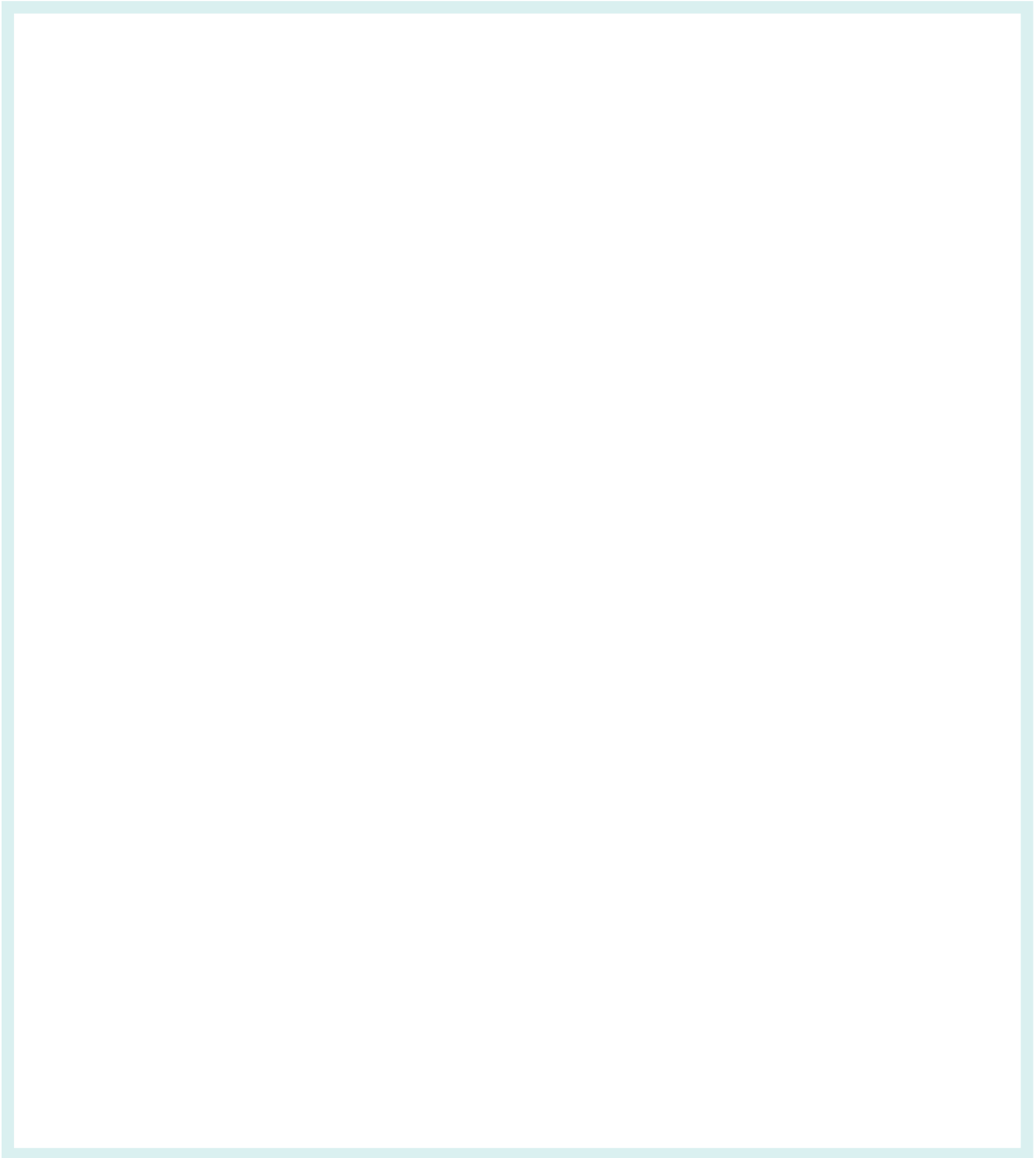
Rate yourself on these statements on a scale from 1 to 10. (0 - least true; 10 - most true)	Rate 0-10
1. I have a health & fitness routine (food, water, movement, sleep)	
2. I participate in activities that help me learn and grow.	
3. I am emotionally healthy.	
4. I live in alignment with my values.	
5. I have a spiritual practice.	
6. I have deeply connected and loving relationships.	
7. I have an abundance mindset.	
8. I am happy and fulfilled with quality of life.	
9. I know my life purpose.	

Use the space below for any additional notes.

3. Your Vision

Follow along Richard and Iona's instructions in the Masterclass. Use the space below for your reflection.

What is it you want? The only limit is the limit we put on ourselves.
What advice would you give yourself from the future embodied you?

A large, empty rectangular box with a light blue border, intended for reflection. The box is centered on the page and occupies most of the lower half of the document.

MAKING THE SHIFT

4. The 5 Pillars of Fullfillment and Happiness

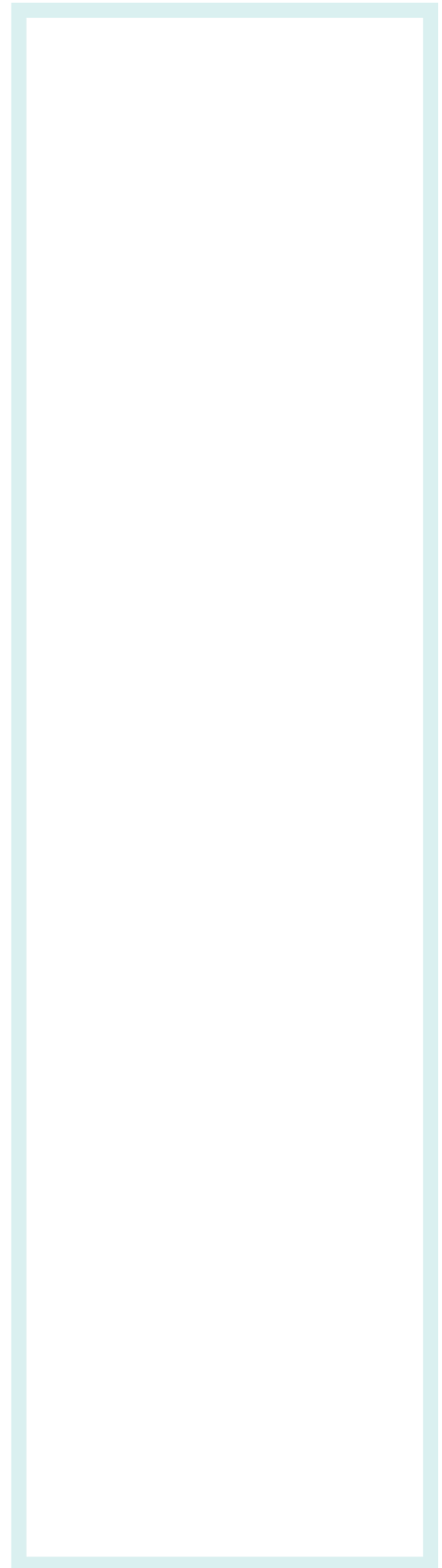
Learn the steps to include in your life- VIS (Vision, Inspired Success)
Follow along in the Masterclass. Use the space to the right for additional notes.

Step 1 _____

-
-
-
-

Step 2 _____

-
-
-
-



4. The 5 Pillars of Fullfillment and Happiness

Learn the steps to include in your life- VIS (Vision, Inspired Success)
Follow along in the Masterclass. Use the space to the right for additional notes.

Step 3 _____

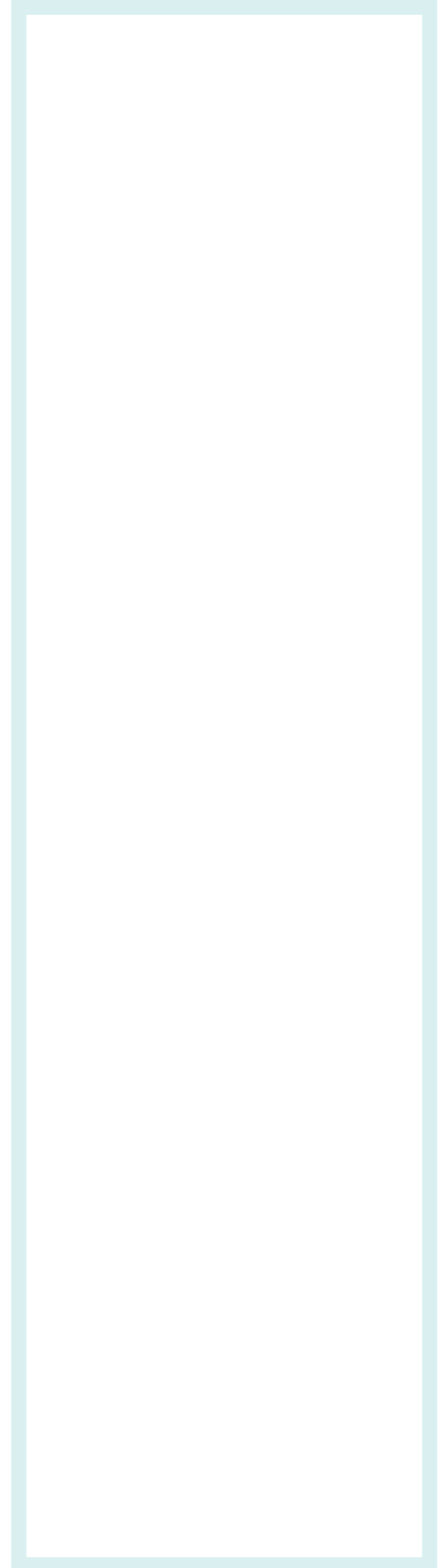
-
-
-
-

Step 4 _____

-
-
-
-

Step 5 _____

-
-
-
-



5. REFLECTION

Create awareness by asking yourself powerful questions.

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life look like if you were new you were 100% safe, secure and financially free?

2. How could you contribute more to your family, relationships, yourself, and community with this heightened sense of self?

3. How will your life change once you learn how to become confident in periods of uncertainty?

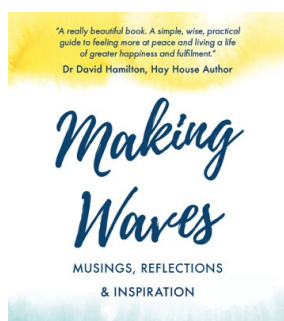
4. What is the one thing you can do right now to start shifting your life?

Thank you for attending **MAKING THE SHIFT.**

To take your personal growth to the next level, you can follow what you're curious about, what inspires you and excites you!

To find out more about working with Richard
and his upcoming events check out

www.richard-knight.co.uk



To find out more about working with Iona check
out her website

www.ionarussell.com

You can download 2 free guided meditations there too.

If you are curious about Iona's book "Making Waves"
you can purchase it on Amazon.

MAKING THE SHIFT