

# TRANSFORMATION

*a field-guide for transformation in the New Year*

by Denmo Ibrahim  
Founder & CEO of Earthbody  
© 2013 Earthbody

*“Once when I was living in the heart of a pomegranate, I heard a seed saying, “Some- day I shall become a tree, and the wind will sing in my branches, and the sun will dance on my leaves, and I shall be strong and beautiful through all the seasons.”*

*Then another seed spoke and said, “When I was as young as you, I too held such views; but now that I can weigh and measure things, I see that my hopes were vain.”*

*And a third seed spoke also, “I see in us nothing that promises so great a future.” And a fourth said, “But what a mockery our life would be, without a greater future!” Said a fifth, “Why dispute what we shall be, when we know not even what we are.”*

*But a sixth replied, “Whatever we are, that we shall continue to be.” And a seventh said, “I have such a clear idea how everything will be, but I cannot put it into words.”*

*Then an eighth spoke, and a ninth, and a tenth, and then many—until all were speak- ing, and I could distinguish nothing for the many voices.*

*And so I moved that very day into the heart of a quince, where the seeds are few and almost silent.”*

*~ “The Pomegranate”, The Madman by Kahlil Gibran*

This piece resonates with me. I find it an elegant way of expressing an unfilled life. Imagine you are the pomegranate. This snippet is your inner chatter. Some chats push you. Others hold you back. Some trap you. Suddenly, you're having a very different conversation than where you started. Like the listener in this story, maybe you retreat, sidestepping both the call of your deepest desire and the noise of your simplest fears.

There is another approach. You can engage. This field guide is an opportunity to begin the year with more clarity, more nerve, and more heart. When the inner conflict arises, may I suggest you **orchestrate the song?** Become the conductor. **How do you want to live? What would you like your life to look like?** My hope is that the pages that follow will spark a fire and get you moving along in the right direction.

So set aside some time to contemplate the year ahead. Words are powerful. The practice of writing can be a great way to complete thought and release burden. But don't worry about doing it right or knowing all the answers. Be surprised. Let this be playful. And above all else, don't be afraid of who you are.

## · HOW TO USE THIS WORKBOOK ·

- ★ Stare into space.
- ★ Feel into your body.
- ★ Know that you are a gifted soul.
- ★ Print this workbook.
- ★ Make a good cup of tea.
- ★ Imagine all that you seek has arrived in this moment.
- ★ Breathe.
- ★ Set aside an hour of uninterrupted time.
- ★ Open your mind.
- ★ Stretch your body.
- ★ Get your favorite writing utensil.
- ★ Wear a good pair of socks.
- ★ Begin at the beginning and work your way through to the end.
- ★ Trust yourself. The answers are within.

### DISCOVER YOUR TRUTH

You have a dream, a vision, a hope, a wish for your life. No matter what path you're on now, that urge is still within you. You are invited to reflect on what those things are here. Be open. Be fearless. And put it in writing.

Name ten things you feel you must do to feel you've lived a fulfilling life with no regret:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What is your secret passion? Describe the picture, the feeling, the place, and anyone else involved:

---

---

---

---

---

If you could devote your life to serving others and still have the money and lifestyle that you need, would you do it? What would it look like?

---

---

---

---

---

---

What are the top five skills you want to learn?

1. 

---

2. 

---

3. 

---

4. 

---

5. 

---

Define three areas of your life in which you feel abundance.

1. 

---

2. 

---

3. 

---

Write down three areas of your life that are the most challenging for you.

1. 

---

2. 

---

3. 

---

Create five personal truths you need to be happy, healthy, and whole:

*I need to believe*

*I need to know*

*I need to say*

*I need to feel*

*I need to be*





## 2012 ★ A YEAR IN REVIEW

Is there a word you had for 2012? If not, what word will you award to last year? Name a few examples of real experiences that make this word particularly true for you.

---

---

---

---

---

---

---

---

---

---

What did you accomplish last year?

---

---

---

---

---

---

---

---

What did you let go of last year?

---

---

---

---

---

---

---

---



What was the greatest challenge of last year?

---

---

---

---

---

Name three people that supported you. How did they each make a difference?

---

---

---

---

---

Is there something you wanted to do last year that didn't happen? Name it.

---

---

---

---

---

Who or what came into your life in 2012 that had a powerful impact?

---

---

---

---

---







# 2013 ★ A YEAR IS BORN

What's your word for the year to come?

If you lived your word, what would change?

---

---

---

---

---

---

---

---

How are you already living this word?

---

---

---

---

---

---

---

---

What could you do to bring this word more into your life?

---

---

---

---

---

---

---

---



# THE SEVEN RELATIONSHIPS

WORK HEALTH HOME FAMILY FRIENDSHIP LOVE SPIRIT CREATIVITY

All of life is a relationship. To be fulfilled is to know which relationships we need to bring more life to, let go of, or change. Let's do an overview of where you are right now in each of the seven major contracts. Be honest. To move forward, we must know where we are.

How would you rate your current relationship to WORK?

	<i>sucks</i>		<i>basically okay</i>		<i>pretty good</i>		<i>love my job</i>	
Passion	1	2	3	4	5	6	7	
Money	1	2	3	4	5	6	7	
Location	1	2	3	4	5	6	7	
People	1	2	3	4	5	6	7	

Total: *of 28*

How is your present state of physical HEALTH?

	<i>needs improvement</i>		<i>okay</i>		<i>very good</i>		<i>awesome</i>	
Weight	1	2	3	4	5	6	7	
Strength	1	2	3	4	5	6	7	
Flexibility	1	2	3	4	5	6	7	
Endurance	1	2	3	4	5	6	7	
Nutrition	1	2	3	4	5	6	7	

Total: *of 35*

How do you feel about your relationship to HOME?

	<i>nope</i>		<i>sometimes</i>		<i>usually</i>	<i>brings me joy</i>	
Organized	1	2	3	4	5	6	7
Clean	1	2	3	4	5	6	7
Spacious	1	2	3	4	5	6	7
Peaceful	1	2	3	4	5	6	7

Total: *of 28*

How would you describe your relationship with your FAMILY?

	<i>never</i>		<i>occasionally</i>		<i>often</i>	<i>always</i>	
Easy	1	2	3	4	5	6	7
Open	1	2	3	4	5	6	7
Regular	1	2	3	4	5	6	7
Joyful	1	2	3	4	5	6	7

Total: *of 28*

What is the quality of friendships in your life?

*I don't feel close to anyone.*

*I have friends but they come and go.*

*I have a few close friends.*

*I have many dear friends.*

Rate your relationship with friends overall between 1 (low) and 10 (high):

What is your relationship with love & intimacy?

*Suffering*

*Non-existent*

*Still searching*

*Dating someone*

*Found my soul mate*

Give your relationship to love & intimacy a number between 1 (bleh) and 10 (fantastic):

**Do you believe in a higher power?** If so, describe the most important aspects of this relationship to you:

---

---

---

---

What is your relationship with play, creativity, and fun in your life? Color the bottom of the page and work your way up to reflect how much is in your life these days.

Look back at your seven relationships. Choose the top three relationships that you will nurture in 2013.

1.

2.

3.

Let's focus on your first relationship. What are three things you can do to improve this slightly?

---

---

---

---

---

---

---

---

And your second relationship? Name three ways in which you can start to engage.

---

---

---

---

---

---

---

---

How about the third relationship to nurture? What can you do to initiate a spark?

---

---

---

---

---

---

---

---



# ACTION PLAN 2013

Now let's look at the year ahead. We want to set the goals for the year to make it happen.

Think about where would you like to be by the end of the year. Now, work your way backward from December to the present day. Make your goals SMART (specific, measurable, actionable, realistic, and timely).

January goal:

February goal:

March goal:

April goal:

May goal:



June goal:

July goal:

August goal:

September goal:

October goal:

November goal:

December goal:

This year, I will **leap**. By leap, I mean I will:

---

---

---

---

This year I will **forgive**. Specifically, I will forgive:

---

---

---

---

I will remember I am most **joyful** when I feel:

---

---

---

---

As hard as it may be, **I will say no to:**

---

---

---

---

As hard as it may be, **I will say yes to:**

---

---

---

---

Which three people do you need to bring into your life to support your vision?

1.

2.

3.

Imagine it is the year 2023. You are your Future Self, wiser and confident with fantastic style, humor, and grace. You will send a message to your younger self. This divine message contains exactly what you your younger needs in times of fear, distraction, or low self-esteem. The message is:

And because your Future Self knows you best, it is highly possible that you will forget the message. So your Future Self will give you this hand drawn picture that embodies the meaning of 2013. Draw a colorful picture that conveys this feeling, meaning, and sense for your younger self.



Cut this picture out and place in your wallet, on your dashboard, or on your refrigerator (or any other place you'll see it daily.)

**I did it!** Now what?

To keep your goals alive here are a few suggestions about what to do next.

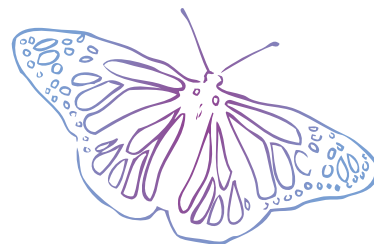
- ★ Plan a review. Set a date 30 days from today (and once a month moving forward) to review your goals and see where you are. Reassess and make a few adjustments.
- ★ Tell a friend. It's harder to hide when someone else knows what our goals are.
- ★ Work one-on-one with a coach to co-design a plan for success.
- ★ Post your vision board where you can see it everyday and be reminded of what you said you would do.
- ★ Join a group. Community is a powerful way to remind you of your personal commitments.
- ★ Keep a journal. Record what works and what doesn't. Learn from this. Figure out why you had a setback or what contributed to the success. The goal may be clear but the path is uncertain.
- ★ Be patient and curious. Keep the vision in sight.
- ★ Read. Get your hands on books that cover the subjects you're most interested in. Keep an eye out for personal stories of success, how-to's, and even picture books - anything that will keep you motivated and focused.

I \_\_\_\_\_ , promise to show up to my life this year.

With the Earth as my witness, I will bring love to my relationships. I will ask for help. I will keep this vision alive. I will imagine my transformation. I will remain open to how it happens. This is possible. I believe in my power. I am full of magic. I have a life I was born to live. This is the year I will wake up.

SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_



Good job. Seriously, I commend your bravery and focus on getting it all down and writing from the heart. You may already be feeling this but it seems to me that you've already begun the transformation. Questions tug at us. Oftentimes their answers unravel over days and weeks and years. So keep going. And remember, we've never been without teachers.

From Dr. Martin Luther King:

*“We are now faced with the fact, my friends, that tomorrow is today. We are confronted with the fierce urgency of now. In this unfolding conundrum of life and history, there is such a thing as being too late. Procrastination is still the thief of time.”*

Please stay in touch. I'd love to know what this was like for you—both working with the field guide and how your year unfolds. You can always write me at [denmo@earthbody.net](mailto:denmo@earthbody.net). And by the way, I keep a blog of my personal journey, including insights, goof-ups, and treasures I've discovered on my path. If you'd like to receive a weekly letter from me, sign up [here](#).

I hope this year brings you unadulterated joy, ridiculous challenges, and wholesome adventures ripening you for the transformation you so desire.

Love,  
Denmo



## ABOUT THE AUTHOR

Denmo is the founder and CEO of Earthbody and the formulator of a holistic line of bodycare. She's a meditation instructor through Dharma Ocean with a foundation in bodywork and Ayurveda. Denmo has created several workshops, including *Anatomy of Healing*®, *Posture of Joy*®, and *Embodied Leadership for Women*®. She holds a Master of Fine Arts from Naropa University and a Bachelor of Fine Arts from Boston University.

She is a graduate of the World School of Holistic Healing, Mount Madonna Institute's School of Ayurveda, and San Francisco School of Massage. Currently, Denmo offers private consultations in transformation that include holistic coaching, lifestyle design, wellness planning, and more. She's passionate about discovering inner truth, hip-hop, and the scent of neroli.

Visit [www.earthbody.net](http://www.earthbody.net) to learn more.