

onlyinnocence.org



Infinite Growth

GUIDEBOOK



13,060



8,970



4,760

Only Innocence™

Welcome!

Dear Madame,

I am so thrilled that you have accepted the invitation for the Only Innocence™ 90-day Infinite Growth Challenge. This self-care program was thoughtfully designed to help you learn to tune in to your feminine essence with presence, purpose, and self-love engaging practices. These self-care practices will help you to mindfully engage and receive the energy of infinite abundance more fully.

How to use this guidebook: Everyone works differently however, I encourage you to complete the exercises earlier in the day (e.g., after you have completed your early morning routine) while you are in a more open, creative, and receptive state. Print out the pages and fill in the blanks. A binder is recommended to keep track of your completed guidebook. Feel free to revisit to these directives at any time. Immerse yourself in this challenge and do something new every week that you have not done in a while or simply do something that you have never done before. Discover a whole new you. Engage & enjoy!

Sincerely,

Innocence Smith

Creative Director

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Creating Your Action Plan

Create a narrative based on the following prompt.

I suggest setting a timer for just 5 minutes to brainstorm a few lists in your journal. Let your imagination go! Nothing is off limits.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



MY MONTHLY GOALS

What do I want to do in this month?



**What do I need to do in the next
week?**



My top priority goal this month is?



**Reminder: Are there necessary
appointments to schedule with other
professionals this week?**

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ONLY INNOCENCE™ 90-DAY INFINITE GROWTH CHALLENGE

Name: _____

Date: _____

Is there a new hobby I'd like to learn more about?

How would I do that?

My Strengths:

My Weaknesses:

Only Innocence™ 90-Day Infinite Growth Challenge

Name:

Date:

Mood:

DAILY MEDITATION EXERCISE

**Write an journal entry about your daily meditation
experience:**

Be sure to describe the setting & atmosphere in detail.

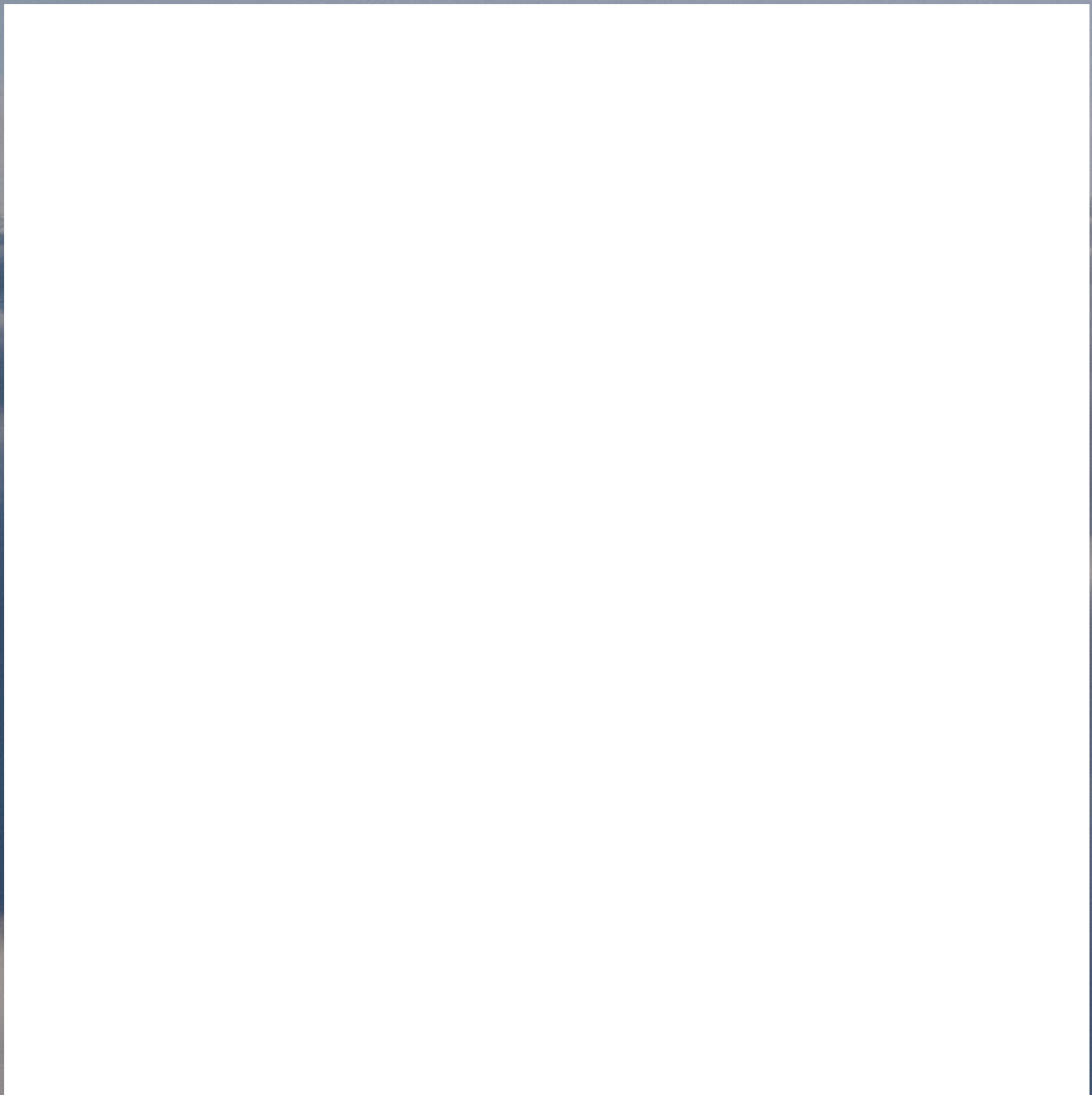
Name: _____

Date: _____

REFLECTION EXERCISE

WRITE A JOURNAL ARTICLE ON THE FOLLOWING:

What was the biggest mistake you ever made? What are your reflections on that mistake?



ONLY INNOCENCE™ WEEKLY GROWTH CHALLENGE

Write an journal article about the topic below.

Name: _____

Date: _____

Mood: _____

Who is the person you admire the most?
Describe them in thorough detail.

[illegible]

Only InnocenceTM 90-Day Infinite Growth Challenge

WEEKLY REVIEW

**What felt like fun
for me this week?**

**What did I enjoy
this week?**

**What was
challenging for
me this week?:**

**What did I not
enjoy doing this
week?:**

**My moods this
week:**

**This week I
learned:**

ONLY INNOCENCE™ 90-DAY INFINITE GROWTH CHALLENGE

What would life be like without electronic devices?

Name

Date

#1 Goal

Mood

Tell a story about what your life would be like if there were no smart phones, televisions, computers or electronic games. What would you do after work? What would you do before going to bed? What would a typical day be like for you?

Only Innocence™ 90-Day Infinite Growth Challenge Weekly Agenda

mon.

tues.

wed.

thurs.

fri.

sat.

sun.

be well today

♥ DATE

♥ SCHEDULE FOR TODAY

- 1
- 2
- 3
- 4
- 5
- 6

♥ MONTHLY FOCUS

♥ GOALS

LOTUS HEART MEDITATION

STEP-BY-STEP

Step 1

Begin by quietly reading this passage from the Upanishads: "Bright but hidden, the Self dwells in the heart.

Everything that moves, breathes, opens, and closes lives in the Self—the source of love.

Realize the Self hidden in the heart and cut asunder the knot of ignorance here and now."

Step 2

As you inhale, draw your awareness from the base of the pelvis to the center of the chest.

As you exhale, concentrate on the sensations that you feel in your chest. Stay with those sensations and allow your awareness to deepen. Do you feel heat, tingling, lightness, density, tightness? As you inhale, breathe into your heart.

Step 3

Begin to visualize a lotus flower inside your chest that is gently spreading its petals open with each inhalation. And as you exhale, just dwell inside the lotus flower. (Note: If visualizing a lotus flower is too poetic for you, an alternative is to focus on a cave in the heart with a flame in the center, or a fire illuminating your heart.)

Step 4

You may choose to stay with visualization of the lotus or you may focus on the sensation of an expanding heart. When feelings arise, allow them to pass through you like the changing light of the day, or imagine them resting on the flower like water on its petals. Dwell inside the lotus of your heart, feeling the qualities of unconditional love emerge.

Step 5

When you are ready, bring your hands together in Anjali Mudra (Salutation Seal) and complete your meditation with a moment of gratitude, reflection, or prayer to integrate the energy of your meditation into your life. You can bring your awareness to your heart anytime throughout the day to come back to the seat of unconditional love.

ANJALI MUDRA STEP-BY-STEP

Step 1

Sit comfortably with legs crossed. Inhale and bring your palms together. Rest the thumbs lightly on your sternum.

Step 2

Press the hands firmly but evenly against each other. Make sure that one hand (usually your right hand if you are right-handed, your left if left-handed) doesn't dominate the other. If you find such imbalance, release the dominant hand slightly but don't increase the pressure of the non-dominant hand.

Step 3

Bow your head slightly, drawing the crease of the neck toward the center of your head. Lift your sternum into your thumbs and lengthen down along the back of the armpits, making the back elbows heavy.

Step 4

Start your practice sitting in meditation in Anjali Mudra for 5 minutes. You can also use this hand position in Tadasana prior to beginning the Sun Salutation sequence, contemplating the "sun" or light of awareness the yogis say is resident in your heart.

TIME TRAVEL EXERCISE

Create a journal narrative based on the following prompt.

If you can travel anywhere in time, when and where would you go? Why?

[illegible]

NAME _____ DATE _____
 MOOD _____ WEEK # _____

JOURNAL WRITING PROMPT

Write what happened today using the prompts below.

What was the best part of your day?

What was the worst part of your day?

What happened today that you would like to change?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The top of the page features a decorative header with a black background. It is filled with various geometric shapes in white and light pink, including hexagons, octagons, circles, and semi-circles, some of which are arranged in circular patterns.

ONLY INNOCENCE™ 90- DAY INFINITE GROWTH CHALLENGE

My Speaking Challenge

I AM COMFORTABLE SPEAKING ABOUT

I AM NOT COMFORTABLE SPEAKING ABOUT

WHEN I HAVE TO SPEAK IN PUBLIC, I FEEL



ABOUT MY DAY



ONLY INNOCENCE™ 90-DAY
INFINITE GROWTH CHALLENGE

NAME

DATE

MOOD

WEEK #

COMPLETE ONE, TWO, OR ALL OF THESE LINES BELOW:

Today was a good/bad day for
me because

I was excited to

I got the opportunity to

I didn't expect to

Volunteer Exercise

Name:

Date:

Week#:

Complete this exercise at least once in the next 90 days.

Would I like to volunteer in my spare time?

If so, what would I like to be doing?

What are the organizations I would like volunteer with in my spare time?

NAME _____

DATE _____

GOAL _____

NEXT, DIVE A BIT DEEPER INTO HOW YOU FEEL ABOUT THESE NEW POSSIBLE ACTION STEPS.

CHOOSE ONE ITEM FROM YOUR LIST OF THINGS YOU'VE ALWAYS WANTED TO
DO. WRITE THAT DOWN ON A NEW PAGE IN YOUR JOURNAL. NEXT:

WRITE "WHEN I THINK ABOUT DOING THIS, I...."

CONTINUE WITH A FEW ADDITIONAL OPTIONS ON YOUR LIST USING
THE SAME PROMPT.

READ THROUGH YOUR WRITING. WHAT ARE YOU DISCOVERING
ABOUT POSSIBLE ACTION STEPS? ARE THERE A FEW REALLY
RESONATE?

Weekly Insights Review

Name:

Date:

Mood:

This week, I learned:

This week, I did more:

This week, I felt more:

MY SELF IN REVIEW

WE OFTEN GO THROUGH DAYS, WEEKS, AND MONTHS IGNORING OUR ENERGY PATTERNS AND FEELINGS. THE PURPOSE OF THIS EXERCISE IS TO DIRECT YOUR CONSCIOUSNESS TO WHICH PARTS OF YOURSELF YOU PAY THE LEAST ATTENTION TO WEEK AND WHY.

DOCUMENT HOW YOU FELT IN EACH AREA OF YOUR BODY FOR THE NEXT 90-DAYS IN THE SPACES BELOW. WHICH PART/S DID YOU PAY MORE ATTENTION TO?

NAME:

DATE:

My Head Space

My Heart Space

My Womb Space

My Spiritual Space

90-DAY DIET
TRACKING
CHALLENGE

Food for Thought

BREAD & BAKED GOODS

VEGETABLES

MEAT

DAIRY

SNACKS

FRUIT

ACTION PLANS

ONLY INNOCENCE™ 90-DAY INFINITE GROWTH CHALLENGE

*Spend a few moments and read through
your writing.*

FOUR TRANSITION SELF-CARE STRATEGIES

PRIORITIZE THE ACTION PLAN

INNOCENCE SMITH, M.S.

Once you have a few ideas (wild and otherwise), give them priority. For some women, this might mean simply writing the action steps down on the kitchen calendar, like a concert here or a class there, an appointment next month.

For others, prioritizing means treating ourselves to a new planner, or scheduling it into our phones digitally with an alert 30 minutes before it happens.

Whatever your preference, the key to prioritize is it to get it scheduled. For many of us, things left unscheduled and not written down, just don't happen. Find a system that works for you.

All the journaling and time invested into discovering what a few action steps might be is a great start. Putting the dates on the calendar lends it priority. Yet, we still have to actually do what we plan.

And sometimes that's the scariest piece of all. We can journal, prioritize the dates, and still we fail to actually get in the car or on the subway.

Maybe we fret that we might not like it, or we might "fail" at what we're attempting to do. New fears surface, or the "usuals" return. Know this reluctance is part of the transition process, too. Acknowledge the fear, but still move forward.

1. Remember Who You Are.

Remember your strengths, remember what you value, and remember your skills including those that help you cope gracefully. Even recalling how you managed a past transition can become part of your strengths. Reflect on the best possible outcome of this transition for you. Remember your best (not your worse) coping skills.

2. Create A Daily Rhythm.

Being in a transition can feel chaotic. Old routines vanish. You may feel like you're stuck in molasses or that the once solid ground beneath your feet has evaporated. Discovering a structure for your day or your week provides an important framework, helping you become grounded.

DO WHAT YOU PLAN.

90-DAY INFINITE GROWTH CHALLENGE

Four Transition Self-Care Strategies

Setting boundaries can also help you limit contact with people or events or situations that feel unmanageable at this time. Some simple examples of creating this Daily Rhythm self-care practice include establishing a daily routine to take a shower, get dressed and put on make-up every morning. (Really important if you're retired or in between work). An example of setting a boundary could be in your relationships with others. You may need to decline a date for coffee because conversation with a particular individual emotionally drains you. The key is that the structure and boundaries don't need to be complicated or permanent. Instead, you are simply seeking something that provides ease and a rhythm for your day.

Journaling prompts can include: What is a good morning structure for me to follow for now? What is a good afternoon or evening structure for me to follow? What might I need to give up during this time? What structures give me a sense of control? How does journaling or adding in a creative activity daily or weekly sound right now? What boundaries do I need to set in order to limit overextending my emotional self?

3. Discover Your Supports.

During a transition, knowing who's on your side is an essential strategy. For instance, you may have helpful mentors or colleagues that can give feedback about your job change. In addition, it's also a good idea to have an emotional support team that includes family members and friends, people whom you trust to ask for what you need at the moment. A team of medical professionals can support you in various ways with a health diagnosis. The most important thing is to reach out regularly for this support. You do not have to go it alone. And it's also just as important to identify those non-people supports that nourish your soul, like being in nature, exercising, making art, being with animals, meditating, praying, listening to or making music, attending a place of worship, doing yoga, and so much more.

- Journaling prompts can include making lists of 1) Helpful professional mentors and colleagues; 2) Family and friends you trust and can turn to; 3) Medical or therapeutic professionals you may enlist for support; and 4) Soul-Nourishing Supports, things you can do for yourself that help nourish you. What gives me a sense of calm, peace, balance, a sense of ease?
- Once your lists are in place, keep it handy, and refer and act on it often.

YOUR ACTION PLAN

ONLY INNOCENCE™

RADICAL SELF-CARE DURING A TRANSITION IS A NON-NEGOTIABLE.

4. Create Simple Action Steps.

Setting a few simple, short-term action steps for yourself gives you encouragement and hope along with a sense of being in control.

It's like goal-setting.

This can be creating a weekly calendar with specific coffee dates and/or events you will attend. Think creatively here.

What's something you've been yearning to do? Visit to a museum or botanical garden or attending a concert? Or, is this the time to turn to regular writing and other creative outlets? What's the local library or adult education center offering that interests you?

Could you attend a weekly gentle yoga or tai chi class twice a week, set a writing date for 20 minutes of daily or weekly writing? Once identified, place these action steps in a place where you will see them. Better yet, add them to your calendar.

- Journaling prompts can include: What action steps can I take to manage my transitions? What would I like to do in the next week? Writing down a short-term plan with a few action steps; adding them to your calendar increases their likelihood of happening.

- Keep your strategies close to you, perhaps post them on the refrigerator or bathroom mirror as a reminder of them.

This newsletter is a great space to talk about your employees' genuine concerns, such as company updates, events, and perks that they regularly look forward to. With this layout's easy-to-follow structure and design, creating content for your employees will be as easy as ever. Make sure you use the space wisely by using pictures and captions, too.

When we take the time to remember our strengths, values, our support network, the things in life that soothe all while reframing our days for doable action steps and structure, we can begin to regain a sense of control in our own transition. What strategies help you manage your transition?



90-DAY INFINITE

G R O W T H O V E R E V I E W

Name:

Date:

WHAT I THOUGHT I KNEW ABOUT MYSELF:

WHAT I WANT TO KNOW MORE ABOUT
MYSELF:

WHAT I LEARNED ABOUT MYSELF:
