



LAURA FOSTER

Hi, I'm Laura



Author, Transformational Guide, Wisdom Worker, and Overall Badass

I have been put on this earth to utilize a unique bullshitclearing method called Holistic Scaffolding™ and to share it with all who are truly ready to transform their life. I have processed enough of my own drama and trauma that I live a life I love! And with every fiber of my being, I believe that we all DESERVE not just to survive but to thrive, and I hope this workbook helps you through a difficult "failure."

How To Use This Workbook

This workbook is your first step to transforming your life. It has interactive activities you can complete on your computer or tablet or print the pages!

PRINT 'EM OUT 🖨

Print each page of the workbook, and then place them into a clear protective cover. Then put the pages into a binder, and fill them out with a dry-erase marker. You can reuse the pages as many times as you want! You can also write directly on them, and print as many copies as you want, but I'd say let's not waste too much paper!

USE A TABLET, IPAD, OR PHONE 📝

Download the pages and upload them to your files. You may use GoodNotes app or any other Notes app on your tablet, iPad or phone. You can write directly on them with a Stylus or Apple pencil. You can make as many copies as you want of each page, and you'll always have it with you!

USE A COMPUTER OR LAPTOP



Download the PDF file on your computer. You can open it using Adobe Reader or any browser. You can use your keyboard to write directly on the PDF as it is an interactive file. Be sure to regularly save your changes, especially before closing the document to prevent losing your edits.

Souls Healing Humanity Glossary

HOLISTIC SCAFFOLDING™ 🎉

The 6 platform framework that takes the wisdom of our ancestors and great teachers and puts it together in a modern, easy-to-understand form that can truly transform your life.

FIVE GOLD GOALS ®

These are goals as taught in the Fed Up, Not F*cked Up book and online course. When you choose to live by the Five Gold Goals, you will always succeed because each of these goals is always obtainable. And, they only rely on you. There is no external force that you allow to interfere. Each goal is a conscious choice.

WISDOM WANDS 🗯

Tried and true methods, many of which are variations on ancient practices, will help you shed the human programming that has been holding you back from living your best life.

Souls Healing Humanity Glossary

LIFE-ALTERING PLAN



It is a process in which you use Holistic Scaffolding™, Wisdom Wands, Five Gold Goals, and Target Practice to come into alignment with your True Self and create a life that you really LOVE! And the best part about it is that once you learn the components from Souls Healing Humanity you become your own Guru and Coach!

TARGET PRACTICE



This is also a concept taught by Laura and Shh (aka Souls Healing Humanity). It is a method in which you set targets to achieve things in your life that bring you closer to alignment with your True Self.

TRUE SELF



It's you without all the bullshit programming. Your authentic self, your spirit, your soul, intuition, gut feeling, higher self, wise MF.

50 Things to Quit by Friday!

The Ultimate Quit Shit List to Take Charge of Your Life

Ever heard of "50 ways to leave your lover?" Well, here are 50 things you need to put on your **Quit Shit List** right Now!

Why is this Quit Shit List so important? Imagine your life as a large glass that is filled to the rim with water, and the water represents all the stuff that you do in your life. If you choose to keep your glass filled with the same old shit, there's simply no room left for your dreams, desires, and passions. It's like trying to fit into your skinny jeans from two decades ago; it's frustrating, sad and just fucking uncomfortable.

Therefore, you've got to quit doing shit and make room for what truly matters. Dump your drama, kick those bad habits to the curb, and let go of those draining people. Make an energetic space for your dreams, your adventures, and your life, designed by YOU for YOU! Remember, a cup runneth over may look and sound impressive, but only a glass that is half full can be filled with **YOUR** magic.





1 2 3 4 5 6 7 8 9 10

NO

Which emotions do you feel when you read this "Shit List" item?



							e emotio	
	-				down	and	brainstor	m
ways th	at you c	an QUIT	this s	hit!				



NO YES

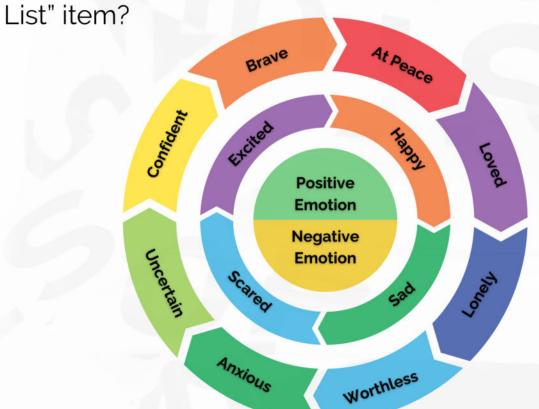


Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm
ways that you can QUIT this shit!

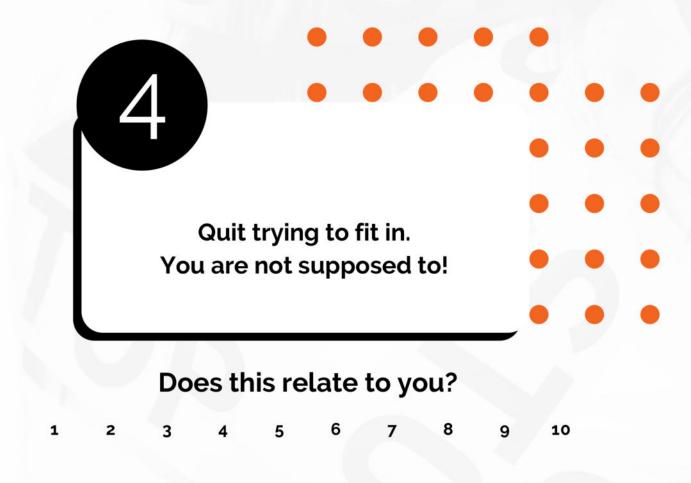


1 2 3 4 5 6 7 8 9 10

NO



Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm
ways that you can QUIT this shit!



YES

Which emotions do you feel when you read this "Shit



NO

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	-				down	and	brainstor	m
ways th	at you c	an QUIT	this s	hit!				



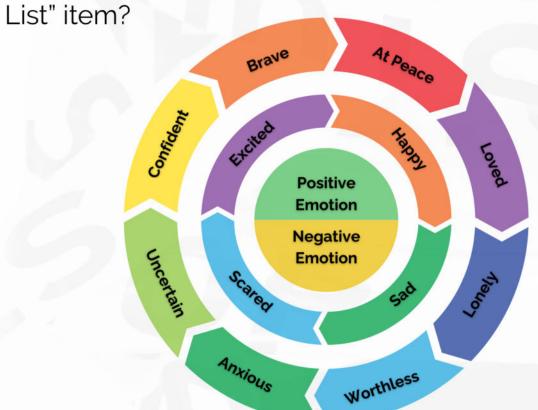


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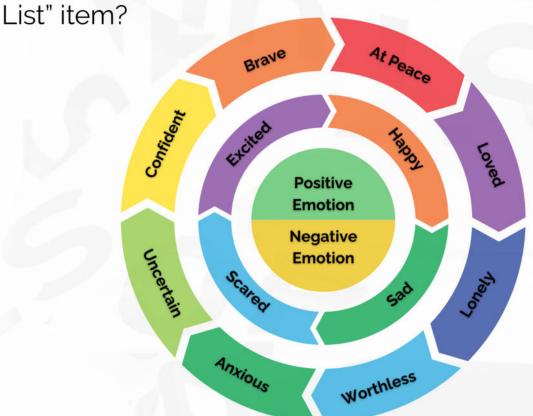
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NO



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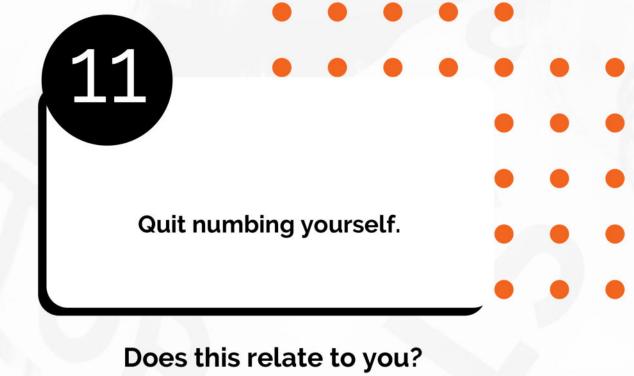


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NO YES



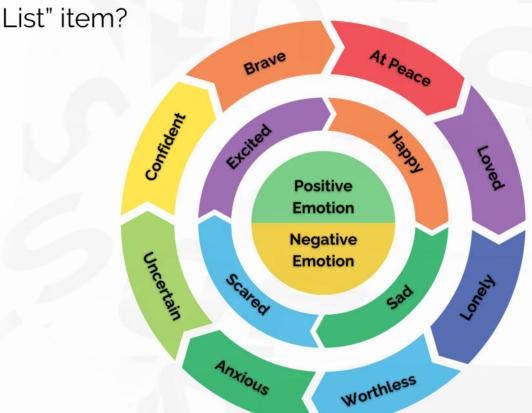
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3 4 5 6 7 8 9 10

NO

Which emotions do you feel when you read this "Shit



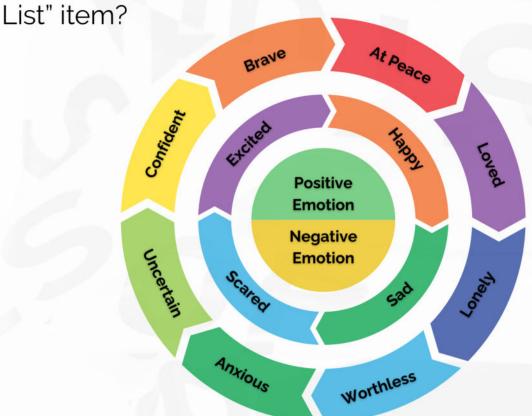
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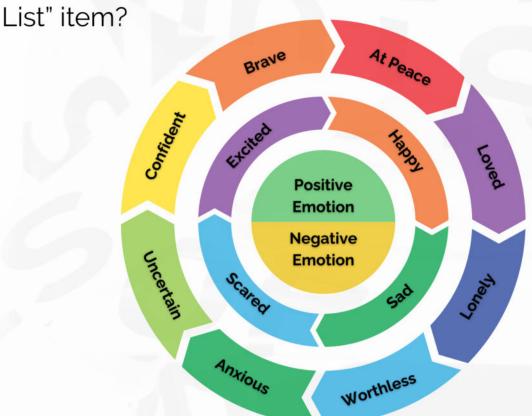


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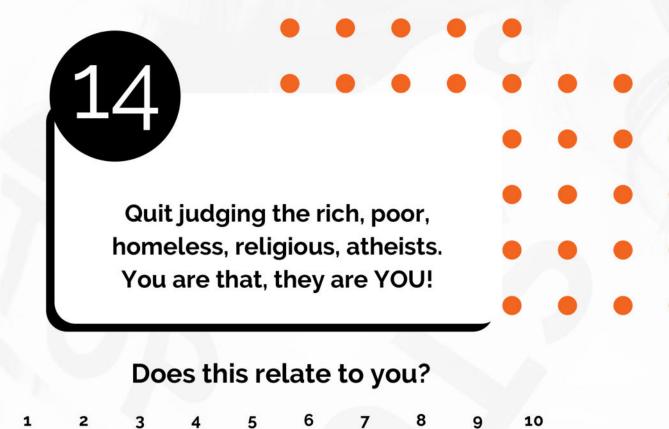


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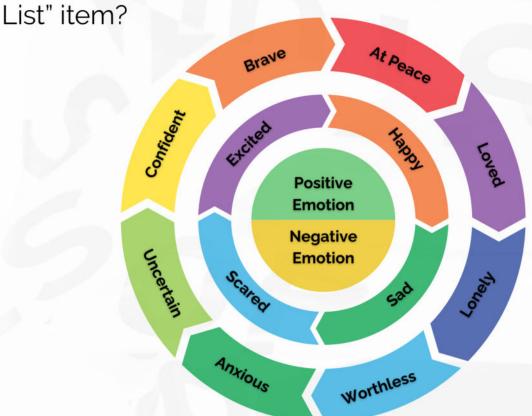
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NO YES

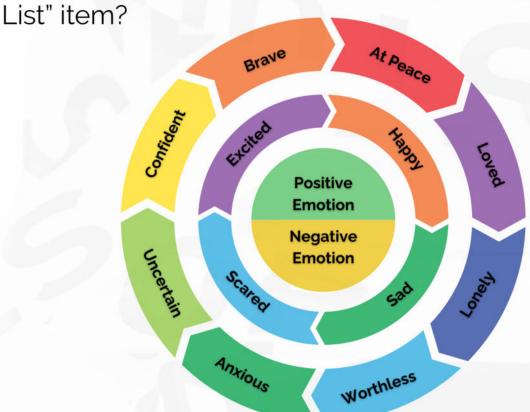


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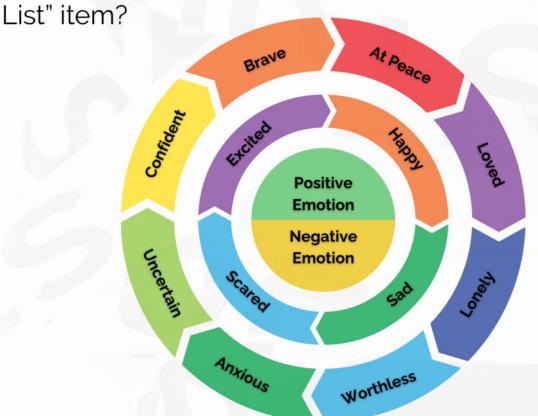


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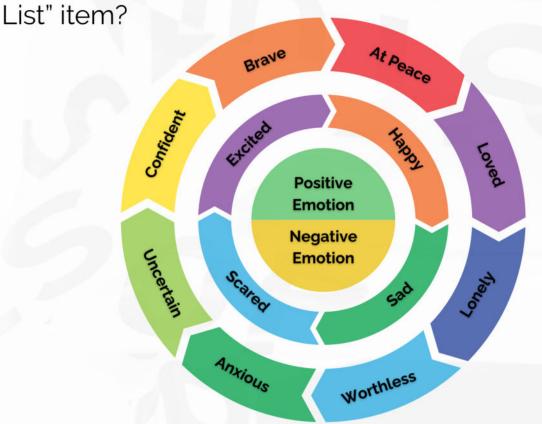


10

NO YES

1

3

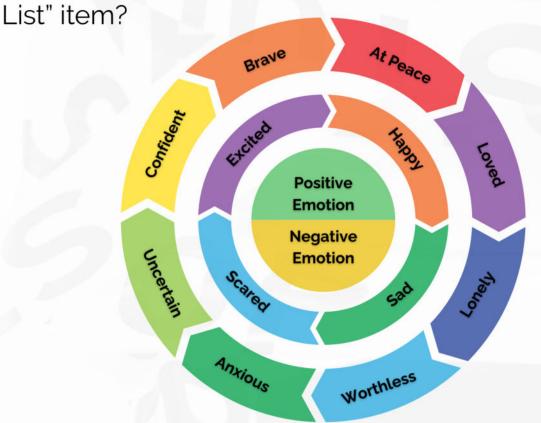


Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm
ways that you can QUIT this shit!



1 2 3 4 5 6 7 8 9 10

NO



Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm
ways that you can QUIT this shit!



9

10

YES

Which emotions do you feel when you read this "Shit

List" item?

NO

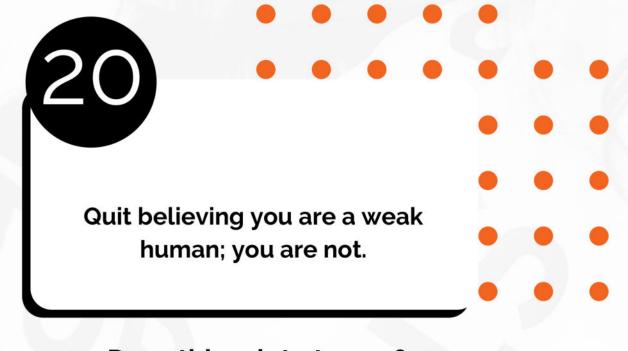
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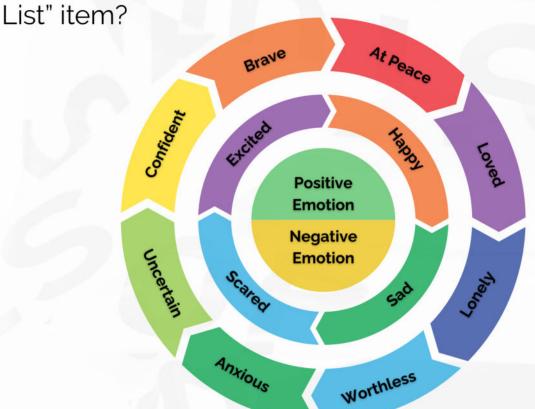


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1 2 3 4 5 6 7 8 9 10

NO



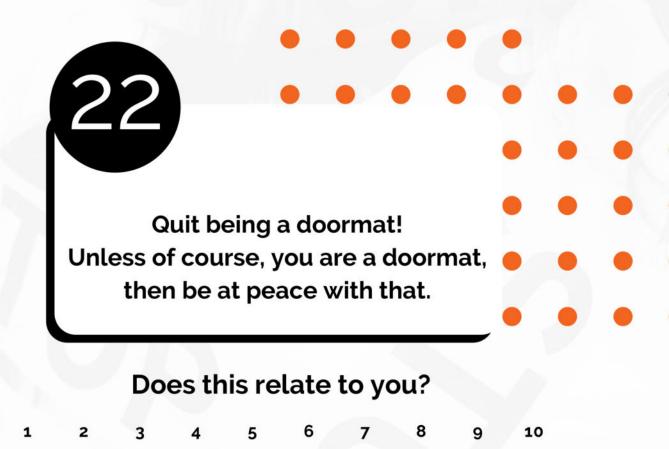
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NO



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NO



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1 2 3 4 5 6 7 8 9 10

NO



							e emotio	
	-				down	and	brainstor	m
ways th	at you c	an QUIT	this s	hit!				



1 2 3 4 5 6 7 8 9 10

NO

Which emotions do you feel when you read this "Shit List" item?



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ways th	at you c	an QUIT	this s	hit!				



1 2 9 10 3

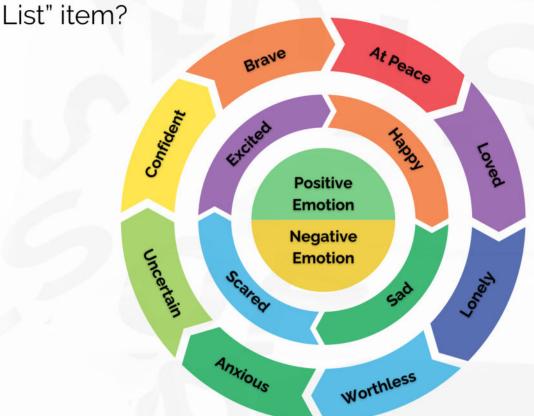
NO YES



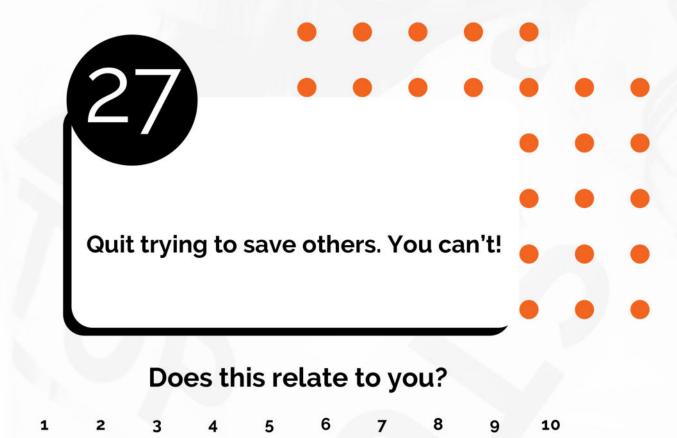
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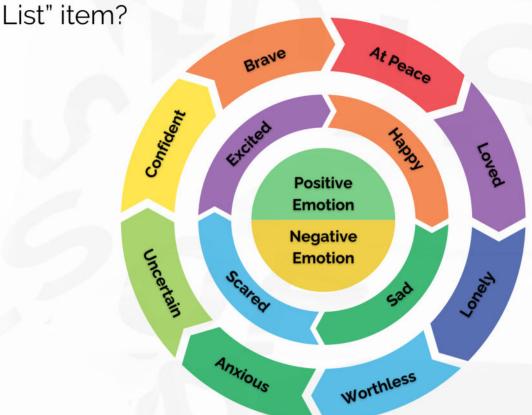
NO



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NO YES

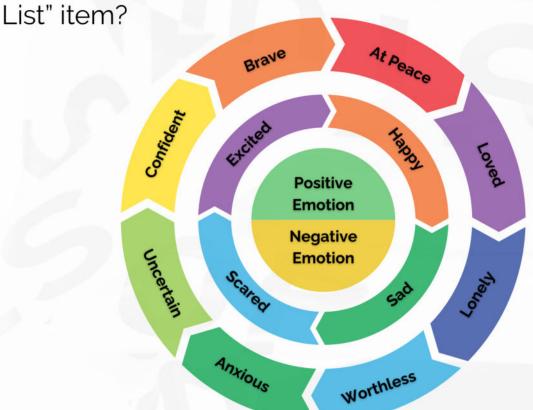


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ways th	at you c	an QUIT	this s	hit!				



1 2 3 4 5 6 7 8 9 10

NO



							e emotions
					down	and	brainstorm
ways	that yo	ou can	QUIT th	is shit!			



1 2 3 4 5 6 7 8 9 10

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Which emotions do you feel when you read this "Shit List" item?



							e emotions
					down	and	brainstorm
ways	that yo	ou can	QUIT th	is shit!			



1 2 3 4 5 6 7 8 9 10

NO

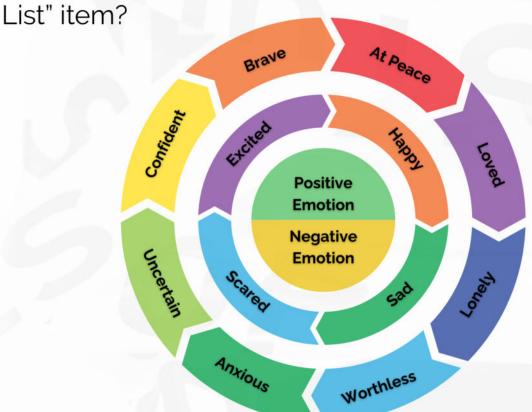


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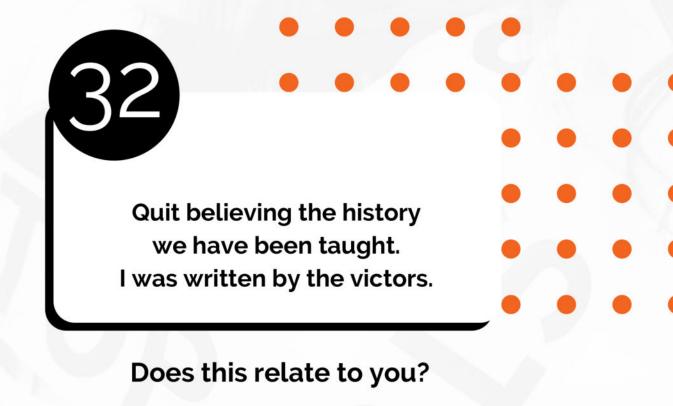


1 2 3 4 5 6 7 8 9 10

NO



							e emotions
					down	and	brainstorm
ways	that yo	ou can	QUIT th	is shit!			



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Which emotions do you feel when you read this "Shit



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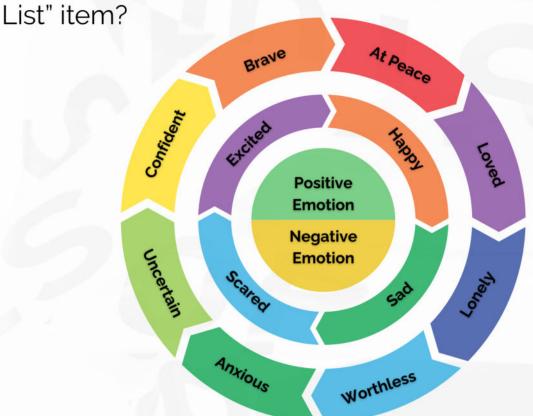


Quit chasing your dreams. Settle in, do your own fucking work and allow unlimited abundance to flow to you.

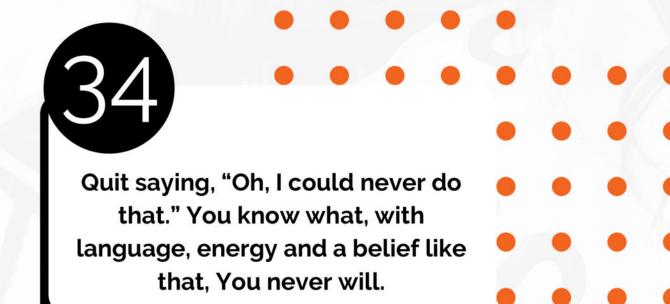
Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO YES

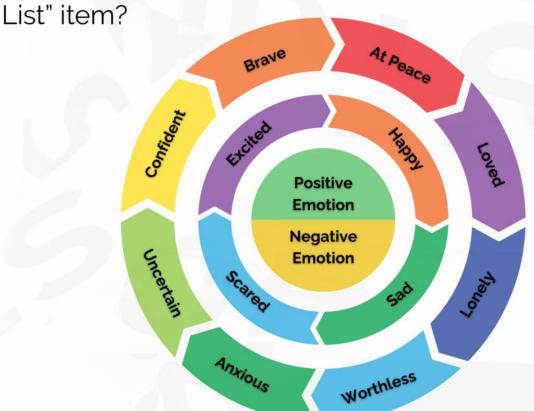


							e emotions
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ways	that yo	ou can	QUIT th	is shit!			



1 2 3 4 5 6 7 8 9 10

NO



Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm
ways that you can QUIT this shit!



1 2 9 10 3

NO YES



Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm
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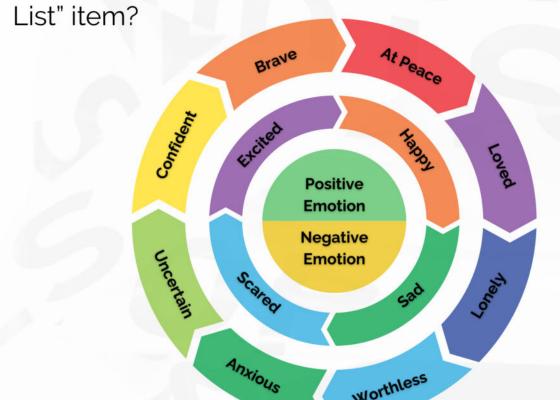


1 2 9 10 3

NO YES

Which emotions do you feel when you read this "Shit

Worthless



							e emotio	
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ways th	at you c	an QUIT	this s	hit!				



YES

Which emotions do you feel when you read this "Shit

List" item?

NO

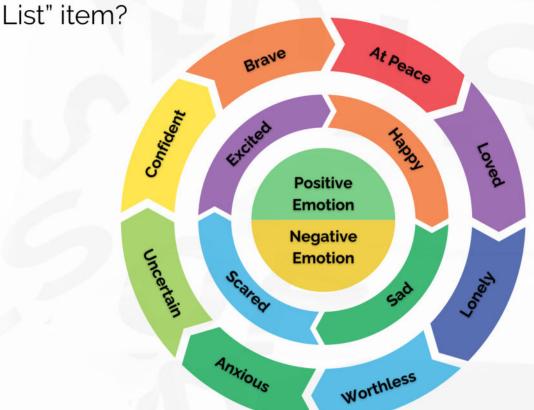


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1 2 3 4 5 6 7 8 9 10

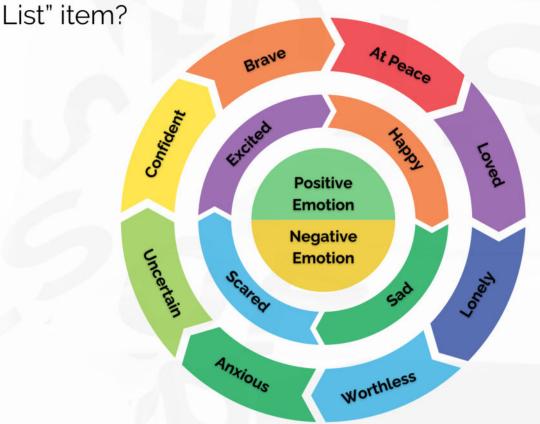
NO YES



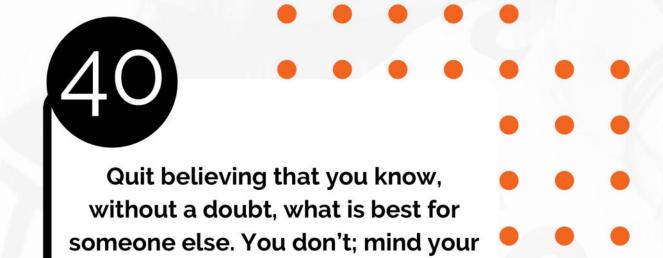
Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm
ways that you can QUIT this shit!



NO



Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm
ways that you can QUIT this shit!



own fucking business.

1 2 3 4 5 6 7 8 9 10

NO YES



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ways th	at you c	an QUIT	this s	hit!				



NO

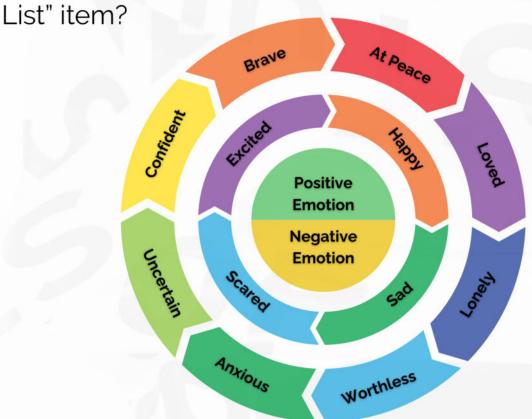


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ways th	at you c	an QUIT	this s	hit!				



1 2 3 4 5 6 7 8 9 10

NO



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ways th	at you c	an QUIT	this s	hit!				



Quit being a stuffed shirt. Rip off that shirt, burn that bra, and fling off those shoes. Life is short. Have fun!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

Which emotions do you feel when you read this "Shit

List" item?

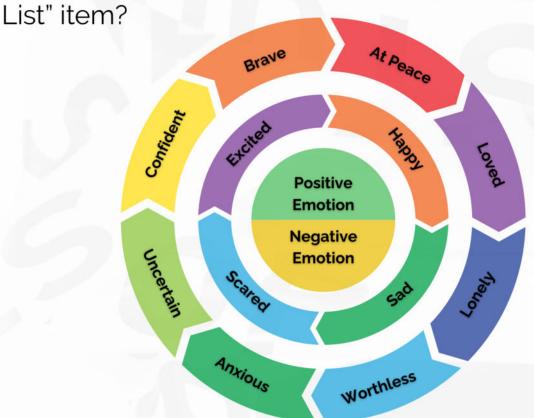


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1 2 3 4 5 6 7 8 9 10

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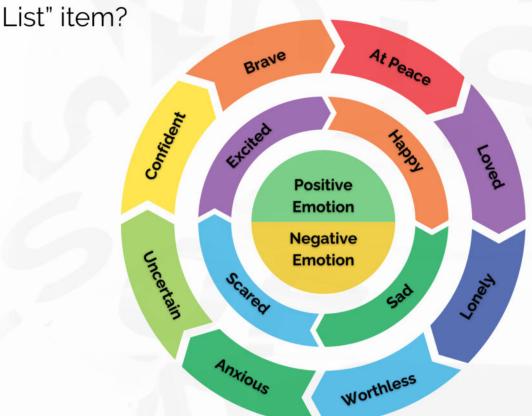


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ways th	at you c	an QUIT	this s	hit!				



1 2 3 4 5 6 7 8 9 10

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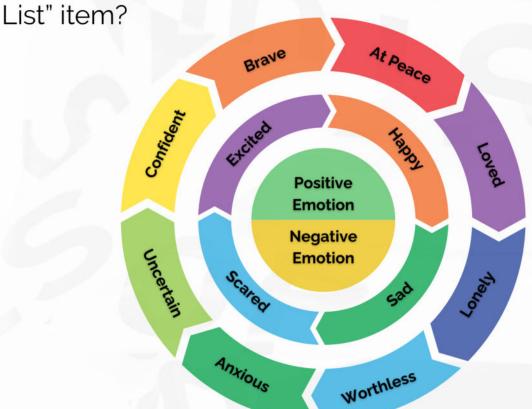


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1 2 3 4 5 6 7 8 9 10

NO



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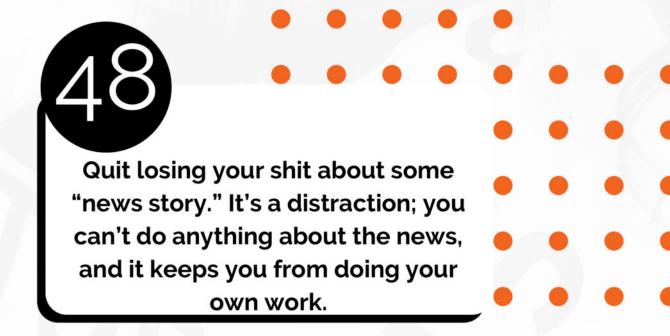


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NO YES



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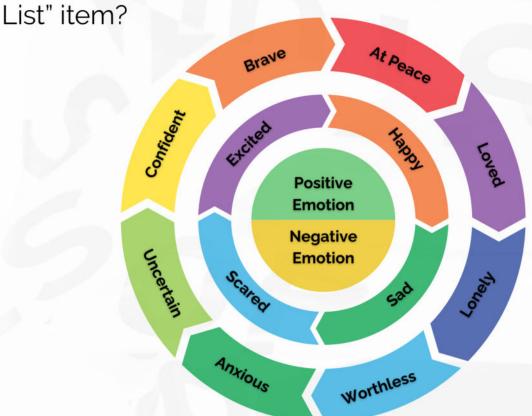


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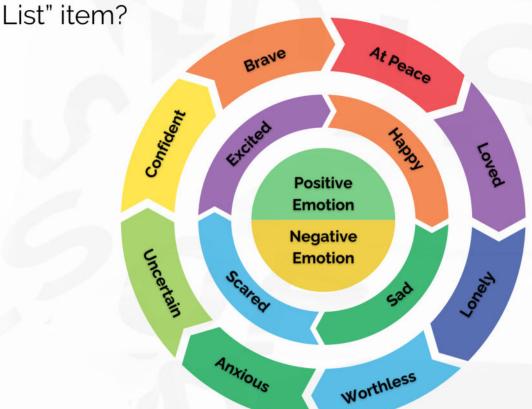


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1 2 3 4 5 6 7 8 9 10

NO YES



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In Conclusion

I truly hope this list can be the Kickstarter you've been searching for to transform your life. I want to remind you that, you are the only thing you need to craft a life you love.

If you felt like this workbook just scratched the surface, then I invite you to start my <u>Unfuckatation 101: Where To Start course</u> where we dive straight into building your own uniquely designed Quit Sh*t List, and we review everything you need to shed so you can welcome in a life you truly love.

But remember, while you are doing your own work, it can be beneficial to walk along with like-minded companions. Join our vibrant community at the <u>Fed Up, Not F*cked Up Private Facebook Group</u> where shared wisdom nurtures growth and healing. Let's continue this transformative voyage together. Join us today!

Love and ((HUGS)), Laura

SoulsHealingHumanity.com