



SOULS HEALING  
HUMANITY

# TAKE BACK YOUR POWER

FIVE IMPACTFUL ACTIVITIES TO GET  
YOU BACK TO YOUR POWER

LAURA FOSTER

# INTRODUCTION

Welcome to the **Take Back Your Power** five-day workbook! This workbook will explore the unique power of Holistic Scaffolding™ from Souls Healing Humanity. There are a total of 6 platforms, and we'll be focusing on the first two platforms of Awareness and Celebrating YOU. We'll also introduce you to some powerful Wisdom Wands to help you reach your next level of growth and success. Through a series of fun and impactful exercises, you'll learn how to set a target (goal), time travel to your future wise-ass self, create a "Quit Sh\*t List," and access Wisdom from the Future to assist you on your journey of self-discovery.

We know that life can be challenging, and we often get stuck in our own limiting beliefs and self-sabotage, but with the Take Back Your Power workbook, you'll receive the tools and strategies to break free from those patterns and move toward your highest potential.

This is a five-day program about YOU and for YOU! You should dedicate around 15 minutes each day for each lesson over the next five days. To truly transform, grow, and develop, carving out a few minutes is well worth it, right?

Now, I'm a straight shooter, and if you do not feel like you are able to dedicate 10-15 minutes each day for yourself for the next five days, please close this workbook now. If you already say things like you don't have time, you have too much to do, maybe I'll try next week, next month, next decade, that's okay, absolutely no judgment. But if you're truly ready to transform, I want you to know that it's time to take back your power!





# Hi, I'm Laura



**Author, Transformational Guide, Wisdom Worker, and Overall Badass**

I have been put on this earth to utilize a unique bullsh\*t-clearing 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 now live a life that I love! And with every fiber of my being, I believe that we all DESERVE to not just survive but to thrive, and I have created this workbook to help you Take Back Your Power!



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# 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, that 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. 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 bullsh\*t programming. Your authentic self, your spirit, your soul, intuition, gut feeling, higher self, wise MF.



# The CHOICE is YOURS!

Do you want to be **in control** and create a life that you really love?

Do you want to continue to **allow other people and circumstances to choose a life for you?**

## Wisdom Nugget

**It's always your choice! Evolve or Repeat!**

I will love you no matter what. If you do choose to put yourself first for five days, I will be right there with you. Energetically sending you strength, compassion, and a sh\*t-ton of unconditional LOVE!





# DAY ONE

## TRUTH BOMB!

Uh, you're basically sick of your life. You keep buying stuff, reading, and studying, and six months later, you're still in the same spot.

## Possible Solution

Become Aware of Your Awesomeness!

At Souls Healing Humanity (Shh), we take a very different approach. Most self-help books, courses, and gurus focus on all the stuff you do wrong. Or they want to go back and blame your mama, one-eyed dog, or the creepy, weird neighbor in the cul-de-sac. I digress, at Shh we focus on the positive. The foundational platform of Holistic Scaffolding™ starts with Awareness. So let's be aware of your awesomeness right now!



# DAY ONE

## SHEILA'S ACTION STEP

From your current self, let's say, Shelia, 45 (Your Name and current age) write down three things you do really well. Things that people admire, things that come easily to you, or things that you have worked really hard to become great at.

Who's Shelia? She's a person who has used Holistic Scaffolding™ and agreed to share part of her journey with you. Therefore, let's take a look at Shelia's Action Step:

**NAME :** SHEILA

**AGE :** 45 years old

**STRENGTHS :** Compassionate

Loves to Cook

Resilient





# DAY ONE

## MY ACTION STEP



NAME : \_\_\_\_\_

AGE : \_\_\_\_\_

STRENGTHS : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Next Step

Now that we got you in a celebratory vibration, we can start to use that to take back your power.

However, if you don't know how, don't worry we'll get there.



# DAY TWO

## TRUTH BOMB!

Congratulations, you're starting to be aware of how f\*cking awesome you really are, but are unsure what to do next.

## Possible Solution

Time travel and set a target.

Let's time travel a moment and imagine your upgraded version of you three years in the future. What is one thing (target) that your future self has accomplished? You know, it is something you're proficient at, f\*ckin' nailin' it, lovin' it, livin' it!





# DAY TWO

## SHEILA'S STRENGTHS AND TARGET

Once you have **one target** in mind, you will be exploring what current strengths you have to move you toward your Upgraded Self.

Let's take a look at Shelia for example:

### STRENGTHS

COMPASSIONATE

LOVES TO COOK

RESILIENT

### TARGET

REVERSE  
TYPE 2 - DIABETES



# DAY TWO

## MY STRENGTHS AND TARGET

Sheila noticed that her love for cooking would definitely serve her well as she made lifestyle changes to reverse her Type-2 Diabetes.

Take a moment to fill out these circles for YOU.

List your strengths in the first circle

List your Target achieved by your Upgraded Self

STRENGTHS

TARGET





# DAY TWO

Are you beginning to be aware of how your current strengths can be utilized to upgrade yourself?

**But, Laura, what if I can't think of a single strength that applies to my target?**

No worries, spend more time listing your strengths. You certainly have more than three. **Trust yourself.** You do **have everything you need**, but you don't see that yet... You will!

## Next Step

Okay, you are starting to see how awesome you are, and you have set a target for your upgraded future self. However, you don't know what to do next.



# DAY THREE

## TRUTH BOMB!

Yep, you're f\*cking awesome, and you can set a target, but how do you get started? You feel lost and unsure of what to do next.

## Possible Solution

Time Travel Journal Entry

Your wise-ass, future self has answers that you may not be aware of at the moment. Shelia was shocked when she did this activity and graciously shared her personal entry from one of my workshops:



# DAY THREE

## SHEILA'S TIME TRAVEL JOURNAL ENTRY

Sheila 48 (Three years in the future) - I reversed my Type-2 Diabetes!

### This is what my life looks like:

I have a lot more energy. I actually have started hiking and swimming.

I do not have to take any more prescription medications, and as a result, I have more money to spend on the fun stuff. I even booked myself a facial for the very first time.

I don't get "hangry" anymore. My mate likes this change as I used to bite his head off on a regular basis.

### This is what it feels like:

I am so proud of myself.

I wake up each day feeling the love that is around me.

I feel so grateful that I had the courage to do this incredible work.

### What are some things I had to change to achieve my target?

I had to do my own research and learn how to reverse Type-2 Diabetes.

I had to trust myself and the wisdom of my body.

I had to revamp my eating habits by becoming a vegan.

I had to learn to put myself first.

I had to manage my stress level.





# DAY THREE

## MY TIME TRAVEL JOURNAL ENTRY

Action Step: Create Your Own Time Travel Journal Entry

This is what my life looks like:

This is what it feels like:

What are some things I had to change to achieve my target?



# DAY THREE

## Next Step

Oh, you are starting to get the hang of this! But, you've got other people in your life that are regularly steppin' on your nerves, pissin' in your cornflakes, and makin' your eyes roll around in your head until you're dizzy. So you're wondering "how do I deal with those f\*ckers?!"



# DAY FOUR

## TRUTH BOMB!

You don't live in a bubble, and people regularly get in the way of you working on your target. How do you deal with this?

## Possible Solution

Create a "Quit Sh\*t List"

Write down all the things you want to quit. Let it rip. Nothing is off the table. You can even put sh\*t on there like, "Quit feedin' my kids. All they do is b\*tch about what's on their plate, anyway."

Let's take a look at Shelia's "Quit Sh\*t List."





# DAY FOUR

## SHEILA'S QUIT SH\*T LIST

### MY QUIT SH\*T LIST

#### TARGET:

Reverse Type 2 Diabetes

What sh\*t do you need to quit doing so you can achieve your target?

#### I need to quit:

- Buying junk food! Wisdom Nugget: If you don't buy it you can't eat it.
- Blaming others for my bad habits.
- Using time as an excuse.
- Expecting someone else to do my work.
- Putting everyone else's needs and wants above my own.

### Action Step

Create your own "Quit Sh\*t List"



# DAY FOUR

## MY QUIT SH\*T LIST

## MY QUIT SH\*T LIST

TARGET:

What sh\*t do you need to quit doing so you can achieve your target?

I need to quit:



# DAY FOUR

After you wrote your extensive list and/or the pen ran out of ink, let that list marinate overnight. First thing in the morning, revisit the list and pick two or three things you will Quit Doing! You are in control here!

Yes, Sheila utilized the complete Holistic Scaffolding™, and NO, her transformation did not happen overnight. This takes work, people, but I do not doubt that you can do it. Thousands like you have already.

## Next Step

Okay, you are aware of your awesomeness and strengths, set your target, and you have vowed to yourself to take action on your "Quit Sh\*t List," but is that enough? (Uh, No!)





# DAY FIVE

## TRUTH BOMB!

You are making significant progress, but your current self needs some additional tools, I call them Wisdom Wands, to help you achieve your target. You have already been learning some:

**Day One:** Becoming Aware of Your Awesomeness!

**Day Two:** Time Travel and Set a Target

**Day Three:** Time Travel Journal Entry

**Day Four:** Create a "Quit Sh\*t List"

## Possible Solution

### Wisdom from the Future

When you learn how to align with your True Self, you have all that you need to upgrade yourself at any time and achieve any target you set.

Another platform on the Holistic Scaffolding™ is Celebrating YOU. Therefore this Wisdom Wand (Wisdom from the future) allows you to time travel again and celebrate the wisdom that you can glean from your True Self.



# DAY FIVE

## Action Step

Here's how to access Wisdom from the Future

Again, I'd like you to carve out uninterrupted time for yourself. You can use the form provided or utilize index cards as Shelia did in the workshop.

Complete a 10-minute Yoga Nidra session.

Imagine yourself three years from now.

What three pieces of wisdom does your future self want you to know?

Take those index cards (or cut them out) and place them on your bathroom mirror. Look into your eyes and read those aloud every day for the next month.

**Let's take a look at Sheila's index cards:**



# DAY FIVE

## SHEILA'S INDEX CARDS

**Putting yourself first is  
never selfish**

**Learn to manage your stress**

**Come into alignment with  
your TRUE SELF**

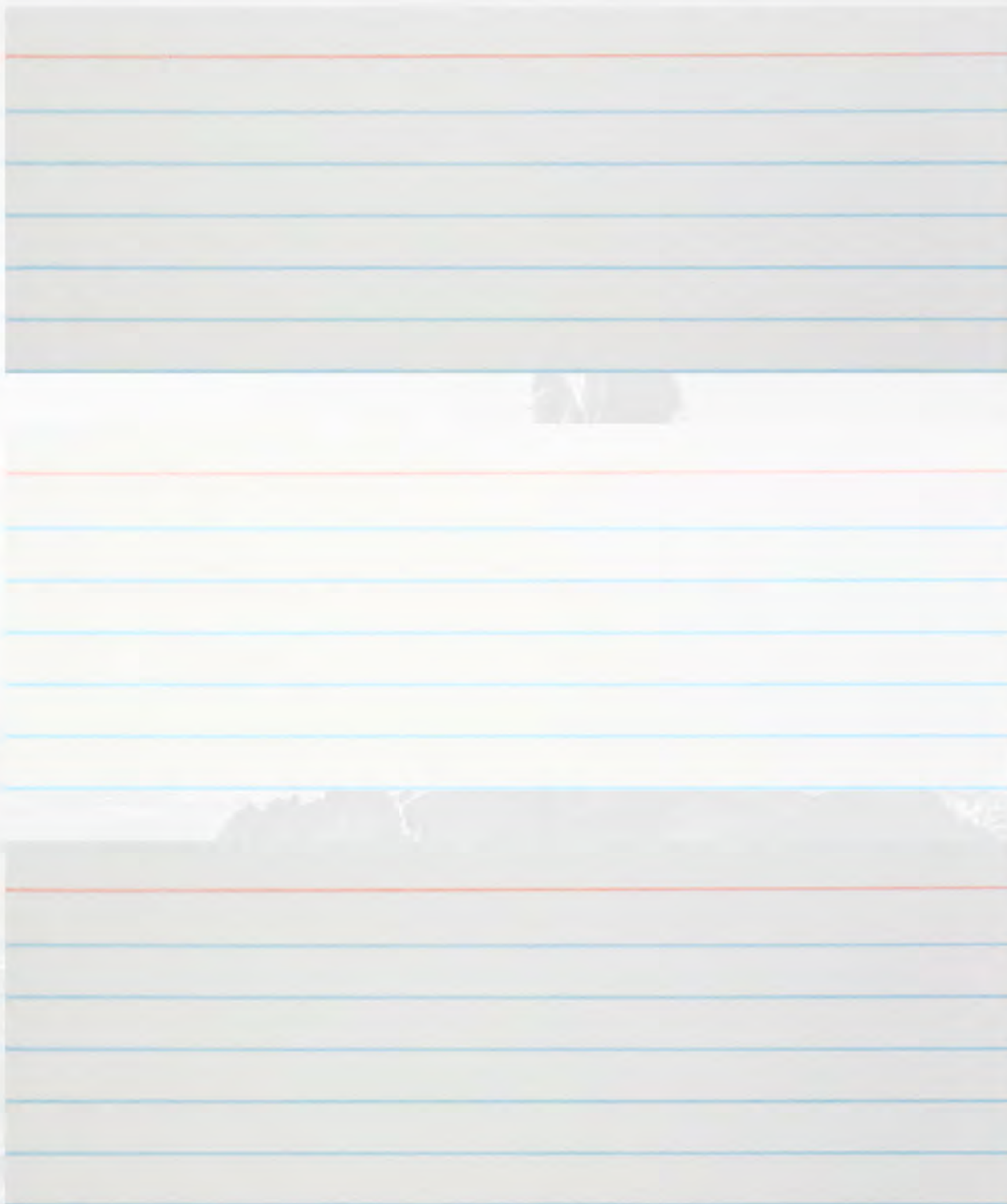




# DAY FIVE

## MY INDEX CARDS

What three pieces of wisdom does your future self want you to know?



# CONCLUSION

Congratulations! Over these five days, you've delved into the transformative power of Holistic Scaffolding™, explored the platforms of Awareness and Celebrating YOU, and armed yourself with Wisdom Wands to propel you toward your next level of growth and success.

As you move forward, consider the empowering concept of the "Quit Sh\*t List." I invite you to take the next step by downloading my exclusive Quit Sh\*t List Workbook. This resource will guide you through 50 things you should quit and shed the things that no longer serve you, making room and empowering yourself to live a life you love!

**Click here to Download the [Quit Sh\\*t List Workbook](#)**

And, as always, come and join your family at [Souls Healing Humanity](#) in our private Facebook Group!

Thank you for investing in yourself and trusting me to be part of your transformative journey. I am here to support you and love you unconditionally!

**Love and ((HUGS)),  
Laura**

**[SoulsHealingHumanity.com](https://SoulsHealingHumanity.com)**

