



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

### 50 Things to Quit by Friday!

# The Ultimate Quit Sh\*t 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 Sh\*t List** right Now!

Why is this Quit Sh\*t 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 sh\*t, 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 f\*cking uncomfortable.

Therefore, you've got to quit doing sh\*t 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.









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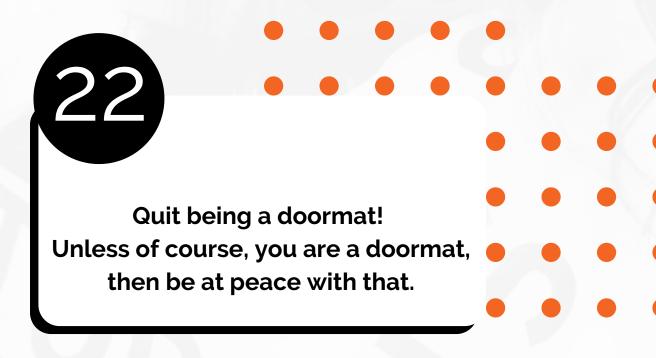
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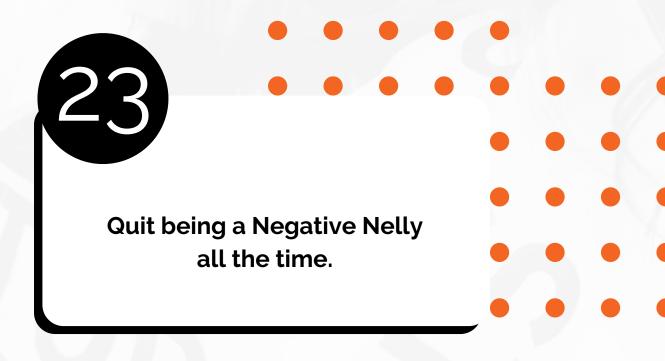
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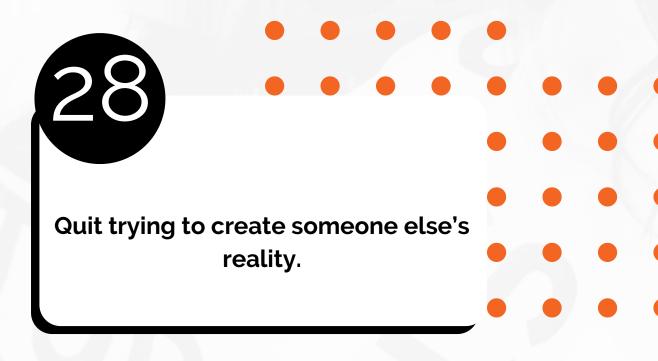
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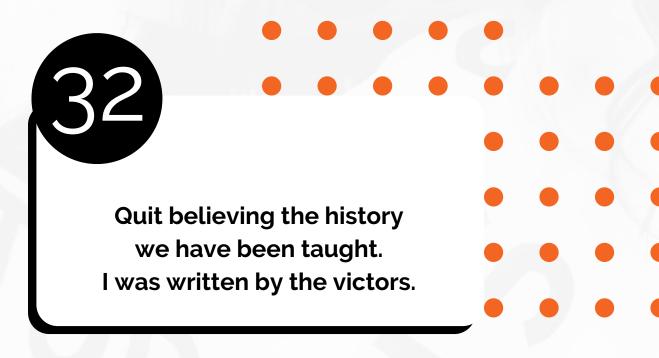
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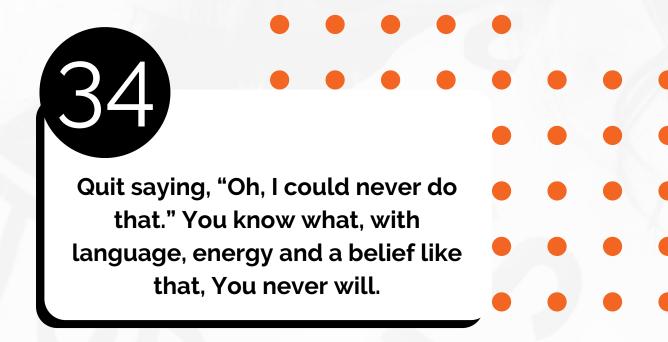
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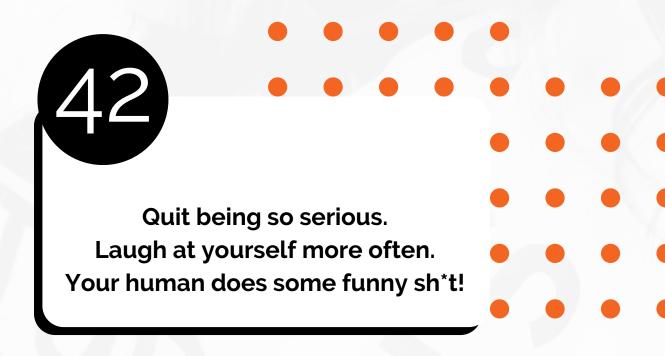
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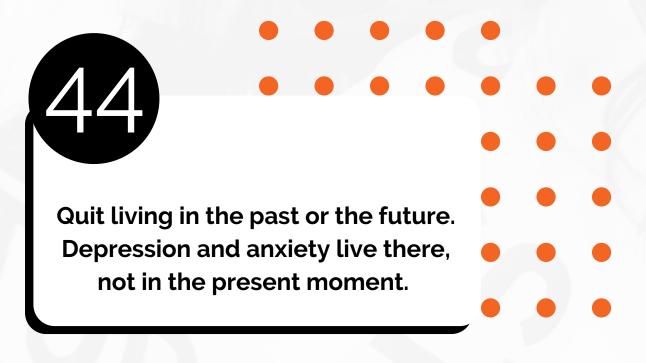
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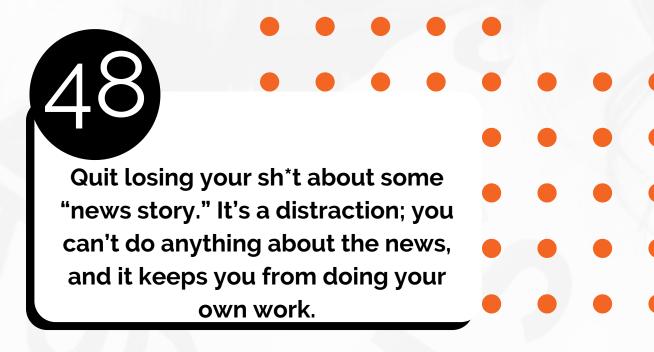
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### In Conclusion

#### Congratulations, Quitter! 🎉

You just gave yourself the gift of dumping bullsh\*t that's been clogging up your glass and stealing your magic. Whether you nailed all 50 or just circled the one that hit you hardest, you've started the process of shedding programming and stepping into your True Self. That's not small sh\*t—that's freedom.

#### Now What?

- Keep this workbook handy. Come back to it whenever you feel stuck in old patterns. The bullsh\*t never stops showing up—but now you've got the tool to call it out.
- Remember: Quitting isn't weakness. Quitting what isn't you is the strongest, most rebellious move you can make.
- Want to go deeper? Dive into Souls Healing Humanity.
   Everything I create—including Holistic Scaffolding™
  and the Tea and a Truth Biscuit Blog—is 100% FREE.
   No funnels. No fake gurus. Just sh\*t that works.

### In Conclusion

The point of this Quit Sh\*t List isn't to make you perfect—it's to remind you that you were never broken. Every quit creates space for more alignment, more peace, more joy, and more YOU.

So take a breath. Take a bow. And take your damn weekend back. You earned it.

→ All my content is 100% FREE — no marketing, NO email list, NO sales funnel. Just sh\*t that works. I love all you people.

Love and ((HUGS)), Laura

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