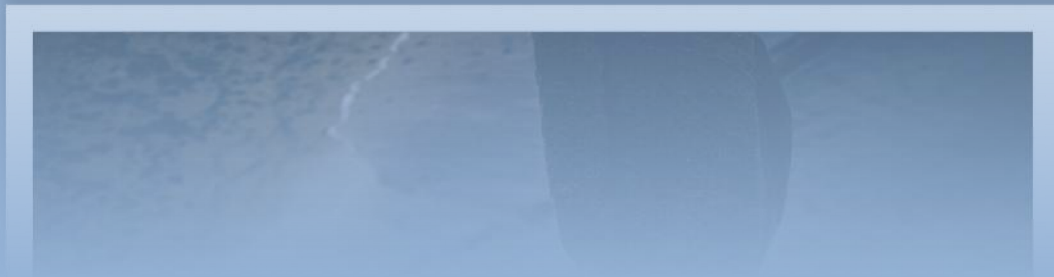
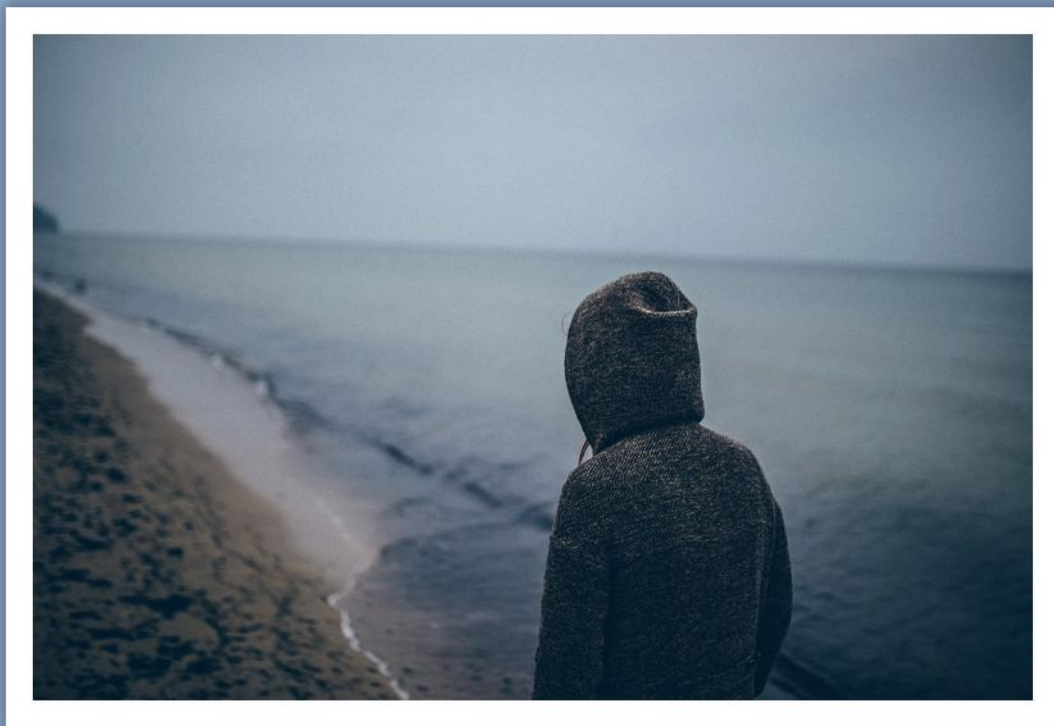


THE INTROSPECTIVE HERO

A Workbook For Introverts Who Think
Deeply And Dream Big



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Introduction: The Thousand-Mile Journey

“The journey of a thousand miles begins with a single step.” — Lao Tzu

For introverts, introspection comes as naturally as breathing. We love to explore the colorful landscapes of our imagination.

But sometimes it is difficult to bring our bright ideas and big dreams into reality. Our thoughts are the secret jewels of our being. Naturally, we're reluctant to share our mind diamonds with others.

This is a shame because the world desperately needs what we have to offer. It needs the dreamers, the artists, the strange ones. It needs people who think deeply and observe carefully.

After all, it is the outliers who don't fit in and don't want to who have the biggest impact.

This workbook will take you on a journey inward. Think of yourself as a hero setting out on a great exploration. The boons of your journey will be clarity on what you want, and confidence to take the first step to get there.

You'll also discover:

- How to be the hero of your own life while honoring your introversion
- Mind shifting exercises to help you gain clarity on what you really want
- Introspective questions to uncover your life's purpose(s) and passions
- A powerful exercise to break negative patterns that hold you back
- Inspiration to take the first step on your thousand-mile journey

Your journey starts here

This is something I did before I set out on my hero's journey across seven countries on four continents to find my life's purpose.

It's what my award-winning mentor did before she turned her struggling business around and made \$20,000 in one month.

And It's what you must do again and again as you embark on your epic inner adventure.

You must decide.

I know, it sounds too simple. Patronizing, almost. Hear me out, please.

Your heroic moment

Every great hero in mythology and movies faces a point in their life where they must decide. They have to choose between the life they know, and the uncertainty of forging a new path. To make this kind of life-defining decision, one needs a little push. No.

One needs a big push ...

A life-altering event, such as job loss, divorce or death
Emotional pain that can no longer be suppressed and ignored
Deep yearning for fulfillment, connection or self-actualization

What is your big push? Has it happened yet?

It whispers at first

For me, the push to leave the ordinary world and find my purpose was subtle at first. I felt the dull pain and restlessness many caged creatives feel when they try to take the practical path. On the inside, I felt constricted, cut off from my true power and potential.

On the outside, I was inconsistent. To say the least. No matter how hard I tried, I couldn't stick with anything. I changed jobs as often as I changed shoes. I moved houses more times than I can count.

My big push

A few years ago, I lived in Brisbane, Australia for 7 months. Towards the end of my stay, I faced a time of inner turmoil about what direction to take next. I knew that I desperately wanted to find my life's purpose, but I didn't know how to get there.

The big push came when I finally landed a high-paying job with an impressive title. It was exactly the kind of job that I figured would make me feel important

and fulfilled. Instead, I felt miserable. I was in pain.

Then one day, while sitting in the Brisbane subway station, feeling particularly lost, something happened that I will never forget.

A homeless man came and sat beside me, and out of nowhere blurted out, "a journey of a thousand miles begins with one single step." I turned to him, confused. He pointed to one of the screens above the train schedule, and said, "Quote of the day, a journey of a thousand miles begins with one single step." Then he immediately got up and walked away.

I think of that man now as a mystical sage who helped give me the courage to take the first step on my hero's journey.

That day, I decided to accept the call of my soul. Like, I mean, really decided. The life I live today is not by accident. I chose it. I drew a line in the sand and declared, "I am finding my life's purpose this year. No matter what." And I did.

(By the way, your purpose is a moving target that can be more than one thing, but that's a whole other topic.)

Today I have the privilege of helping tens of thousands of introverts quietly revolutionize the way they see themselves. I do this through my website, [Introvert Spring](#), which I created just three months after quitting my job and setting out on my hero's journey. I also work closely with one-on-one and group coaching clients to help them reach their most important goals in life and love.

The courage to choose

I've had to choose the hero's path again and again. Every time I hit a bump in the road, I must decide whether to call it quits or face the challenge head on. And so will you. As you seek to expand and reach your true potential, you will brush up against sharp growth edges. They will hurt. But they will sculpt you into the person you were meant to be. And it will be worth it.

The Essential First Step

The first step on your journey is simple. But not easy. Figure out what you want more than anything else out of this journey.

What is the thing that you're too afraid to ask for?

What is the growth edge you need to lean into?

What would you do if you knew you could not fail?

The next step is to decide that you truly desire and deserve it. There is no shame in desire. It fuels us. Forces us to expand. Never be ashamed to admit that you desire love, money, recognition, or whatever else you really want. It can't come to you if you deny your hunger for it.

One last very important thing

Don't worry about the 'how' right now. The decision must come first. The 'how' is secondary. Always.

Leap first, and let the net form beneath you. Or forget about the net all together. Just fly.

Exercise 1: Courage Begins With Clarity

One of the biggest challenges you'll face on your hero's journey is knowing where to begin. Let's face it, we're bombarded with an avalanche of choices each day. For introverts who are prone to overwhelm, this is incredibly draining.

This is why many introverts never take the first step on their quest to uncover their soul's purpose. The broad road is easy to find and stay on. Forging your own path requires a delicate dance between seemingly contrasting objectives.

You must be unwaveringly focused, yet flexible enough to change course.

You must be clear about what you want while embracing a lot of uncertainty.

You must be courageous enough to accept that fear is an integral part of the journey.

Perhaps you're wondering, *how the hell do I do all of the above when I haven't the slightest clue how to find my path?*

How to gain clarity

When I first decided to turn my popular website into a business, I felt overwhelmed by options. I'd already written an ebook, *The Introvert Revolution: A Quiet Path To Reclaiming Our Power*. My work had also been featured in Dr. Arnie Kozak's book *The Everything Guide To The Introvert Edge*. My blogs and infographics were being shared by the thousands on social media. Hundreds of people were visiting my site each day. Yet I was making pocket change.

I knew that there was so much more I could be doing, but I felt frozen in place. The more possibilities I explored, the more confused and fearful I became. When I eventually did try something, my business and income grew rapidly.

What many people don't know is that I did a whole lot of soul searching to get to the next stage of my journey. The exercise that made the greatest difference for me was answering the clarifying questions, which I share below.

Here is the secret:

If you can't be specific about what you want, go broad. Get as specific as possible with the sensations and emotions you desire. Then allow a bigger 'why' to emerge. The questions below will help you to do just that.

The Clarifying Questions

1. Why are you here? Why are you reading this workbook? What is the big picture outcome you want?

2. What is unique, special and different about you? In other words, what is it about your experiences and passions that sets you apart?

3. How do you want to feel when you are living your ideal life? Choose feeling words that fit from the below list. Then narrow it down to five words that resonate the most. This could take a few minutes or a few days.

- | | | |
|--------------------|------------------|---------------------|
| 1. Accomplishment | 34. Focus | 67. Peace |
| 2. Accuracy | 35. Forgiveness | 68. Presence |
| 3. Acknowledgement | 36. Freedom | 69. Productivity |
| 4. Adventure | 37. Friendship | 70. Recognition |
| 5. Authenticity | 38. Fun | 71. Respect |
| 6. Balance | 39. Generosity | 72. Resourcefulness |
| 7. Beauty | 40. Gentleness | 73. Romance |
| 8. Boldness | 41. Groundedness | 74. Safety |
| 9. Calm | 42. Growth | 75. Self-Esteem |
| 10. Challenge | 43. Happiness | 76. Service |
| 11. Collaboration | 44. Harmony | 77. Simplicity |
| 12. Community | 45. Health | 78. Spirituality |
| 13. Compassion | 46. Helpfulness | 79. Spontaneity |
| 14. Comradship | 47. Honesty | 80. Strength |

- | | | |
|--------------------|-------------------|-------------------|
| 15. Confidence | 48. Honour | 81. Tact |
| 16. Connectedness | 49. Humour | 82. Thankfulness |
| 17. Contentment | 50. Idealism | 83. Tolerance |
| 18. Contribution | 51. Independence | 84. Tradition |
| 19. Cooperation | 52. Innovation | 85. Trust |
| 20. Courage | 53. Integrity | 86. Understanding |
| 21. Creativity | 54. Intuition | 87. Unity |
| 22. Curiosity | 55. Joy | 88. Vitality |
| 23. Determination | 56. Kindness | 89. Wisdom |
| 24. Directness | 57. Learning | 90. _____ |
| 25. Discovery | 58. Listening | 91. _____ |
| 26. Ease | 59. Love | 92. _____ |
| 27. Effortlessness | 60. Loyalty | 93. _____ |
| 28. Empowerment | 61. Optimism | 94. _____ |
| 29. Enthusiasm | 62. Orderliness | 95. _____ |
| 30. Environment | 63. Participation | 96. _____ |
| 31. Excellence | 64. Partnership | 97. _____ |
| 32. Fairness | 65. Passion | 98. _____ |
| 33. Flexibility | 66. Patience | 99. _____ |
| | | 100. _____ |

4. What truly motivates you in life (freedom, security, time with loved ones, growth)? List all that apply.

5. What would your perfect day look, smell, feel and taste like? Describe it in as much detail as possible, starting from the time you wake up and ending when you go to bed.

Exercise 2: Journal Your Way There

Effective journaling really is an art form. It has the power to inspire and console you. It can also bring clarity on days when all seems foggy and grey.

The problem is that most people never learn how to journal effectively. They recount the drab details of their day instead of exploring beyond the surface.

Never fear. I've put together 6 powerful tips to help you journal better.

1. Go beyond the surface.

Explore feelings, desires, and dreams rather than just recounting events.

Blah: "Today was a bad day. My boss was a jerk. I hate my life."

Better: "Today I felt stretched. Frustrated. My boss didn't acknowledge all the hard work I've been doing. I want to feel appreciated for what I do. I have a burning desire to be seen."

2. Get curious.

Ask yourself questions as you go.

Why does this bother me so much?

When have I felt this way before?

What would have to happen for me to feel better?

3. Let there be chaos.

Forget about grammar and punctuation. You're not Anais Nin. No one's going to be reading this stuff (and if they do, you'll probably be dead, anyway).

Get a little

messy. USE ALL CAPS.

Repeat yourself. CreATE a ToRNado On tHE PAGe.

Or-a-river-of-seamless-thoughts-without-beginning-or-end-just-words-strung-together-in-perfectly-imperfect-disarray.

4. Highlight what matters

Underline, circle and **highlight words** and sentences that are *important* to you. This will help you to process what you've written.

5. Try stream of consciousness writing

In Julia Cameron's book, *The Artist's Way*, she recommends a writing ritual that she calls Morning Pages. She advises writing three pages in stream of consciousness style.

This means that you write without hesitation or planning. You pour it all out onto the page like word vomit. You don't have to do three pages. You can start out with just one page.

6. Add a new element

There are many different elements that you can include in your daily journaling practice. Give a couple of the ones below a try.

- Write an intention statement in the morning. For example:
Today my intention is creativity and connection.
- Write out daily affirmations
- Make a gratitude list. *Today I am grateful for...*
- Recap your day in pictures. Draw it out - no artistic skills needed!

Exercise 3: Remove Roadblocks

On the path to greatness, there are inevitable roadblocks along the way. Truthfully, the only real barriers are the ones within ourselves. As you embark on your hero's path towards purpose and meaning, you'll have to learn to get out of your own way ... again and again and again.

This is why many people fall away and give up. They can't stand the pain of facing messy emotions and wounds they'd rather forget.

I want you to know exactly what you're in for, so I'm going to be very honest with you.

The hero's path is not for the faint of heart. It brings up a lot of shit that the cushy broad road allows you to suppress. Self-awareness and authenticity come at a price. You have to be honest about who you are, where you are and where you've f***ed up along the way.

The good news is there is a way to expedite the process. It all begins by addressing your shadows and shame before they come up to spit in your eye. You can do this by identifying and shifting negative patterns.

How To Break Negative Patterns

Step 1: Identify the pattern

Some examples of negatives patterns include, always choosing the wrong type of partner; quitting or self-sabotaging just when you're close to succeeding; making poor money choices.

Describe a pattern you'd like to break below.

Step 2: List emotions, worries and scripts

Using the attached chart, list the emotions, worries and invisible scripts surrounding the pattern.

Emotions	Worries	Invisible Scripts
Ex) Shame over money mistakes.	Ex) No one will want to marry me because of my mistakes.	Ex) "I don't deserve love because I made poor financial choices."

Step 3: Discover the cause

What aspects of your environment growing up caused similar emotions, worries and scripts to the ones you identified above?

What did the people in your life say or do to make you feel/think this way?

What experiences caused or reinforced this pattern?

Step 4: Acknowledge how it has served you

Everything we do serves us in some way. For example, choosing romantic partners who are emotionally unavailable allows you to avoid being vulnerable. List all the ways that your negative pattern has served you.

Step 5: Choose what you want instead.

The wonderful thing about things going wrong is that it helps us to know what we DON'T want. Now that you're clear on what is not working for you, choose what you would like instead.

The Final Step

Declare it:

I recognize that this pattern of _____

has served me by _____.

I also see that it is no longer serving my highest good.

I now choose _____ instead.

Above all, remember to dream

To dream is to live. Our world is created first with our thoughts. Introverts might be quiet, but our mind is alive. We are small, but our imagination reaches the sky.

To dream is to harness the mystical powers of creativity. Letting our mind wander gives the subconscious time to make connections and find solutions. It is for this reason that Woody Allen comes up with his best ideas in the shower. It is why some of the greatest writers of our time use exercise as part of their creative process. When we give ourselves freedom to daydream, we give wings to our best ideas.

Daydreaming can also help us to make connections between past experiences and present circumstances. As we do this, we begin to gain new insights. We are able to delve beyond superficial understanding and uncover the deeper meaning beneath each experience.

To dream is to touch upon something bigger than us. We grasp onto the edges of a collective vision that is catapulting the world toward a new direction. We see our secret dreams embodied by others who share our cause. With them, we are carried forward by the prospect of a better tomorrow.

An introvert's dream

As introverts, our dream is simple; we have a dream that we will be able to keep dreaming.

Without fear of judgment, criticism or sideways glances, we want to continue exploring our imagination. We want to close the door. We want to nightdream and daydream. We want to dive deep into our own thoughts and explore the universe inside our head.

And when we come up for air, we want to share our dreams with the world. But instead of listening, society bombards us with the message that we need to change. It tears us from our thoughts, and drowns out our dreams with the sound of popular opinion.

So, we continue to dream that the world will let us dream ...

My dream for you

My dream and my deepest hope for you is that you will choose the hero's path, and that you will stay on course. When the world tells you to be less of this and more of that, I hope that you will remember who you are. And where you're going.

When the barriers within you arise, heavy and angry like a stone wall in a war zone, may you rise above it with faith and grace.

Support

One of the greatest advantages of being introverted is that we can accomplish a lot all by our lonesome. Why do something in a group when you can do it better and faster on your own? Right? Yeah!

For the most part ... I mean ... except maybe when ...

You've tried to do it ALL on your own for way too long and you feel like the sheer weight of life is going to flatten you into the ground like an overdone pancake.

One of the elements of the hero's journey that I didn't mention was that the hero always meets a wise mentor who helps him complete the journey and win the final battle.

I would love to mentor you on your journey towards greater purpose and meaning. I help introverts who think deeply and dream big to achieve transformational changes in life. My specialties include:

- Life purpose coaching for introverts who are ready to make their quiet impact
- Sales and marketing training for new and emerging coaches and online entrepreneurs
- Dating coaching for single introverts who want to attract true love

I also run a Fulfilling Connections Course that helps introverts create meaningful connections with the right people.

Ready for a breakthrough?

Every month I do a limited number of Breakthrough Sessions with introverts who think deeply and dream big. During the 45-minute session, you'll get clear on where you are now and what is holding you back. Along the way, I'll also share some powerful strategies for moving forward with your goals. It's a great way to see if we're a fit for working together.

Apply below:

<http://michaelachung.com/work-with-me/>

Just want to say 'hi'?

I'd love to hear from you. Send me your thoughts and dreams, or just say 'hi'.

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About Michaela Chung



Michaela Chung is an expert on introversion with a rich background in communication and human performance techniques and strategies. She has been prolific in sharing her expertise and personal insights on the topic of introversion. She is best known for her popular website, [Introvert Spring](#), which offers hundreds of articles and resources to help introverts embrace and optimize their introversion.

She is also the author of [The Introvert Revolution: A Quiet Path To Reclaiming Our Power](#), and the creator of Introvert Talk Sundays, a self-development podcast for introverts.

She has been featured in Arnie Kozak's *The Everything Guide To The Introvert Edge*, as well as Patricia Weber's *Communication Toolkit For Introverts*. She was also recently featured in [this article](#) in The Chicago Tribune.