

# Window Toolkit Workbook

**Scaling  
Within.**



# Fully Alive

1. Think of a time when you felt fully alive, fully yourself, and "in your element." What comes to mind?

2. What do you notice about your surroundings? What do you see? What do you hear, smell, taste, feel, etc.?

3. What do you notice about you? What are you feeling? What do you look like? Your facial expression? How are you carrying yourself?

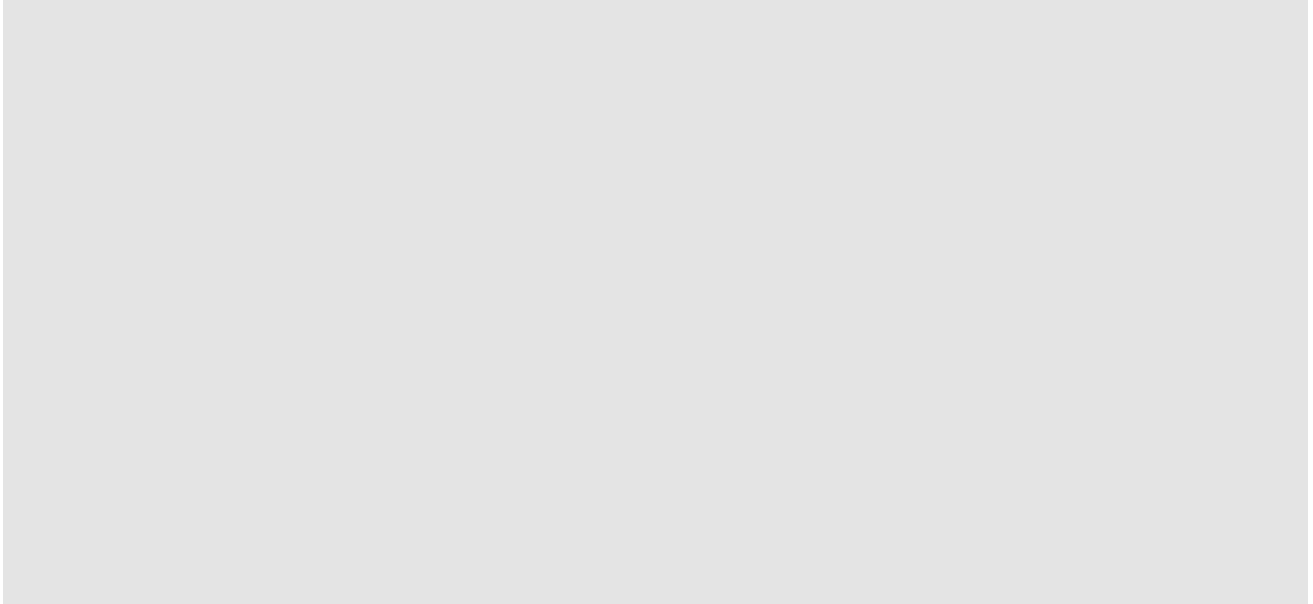
# Highest Self

1. When you are operating out of your highest, most capable, wisest-kindest self? What does that look and feel like?

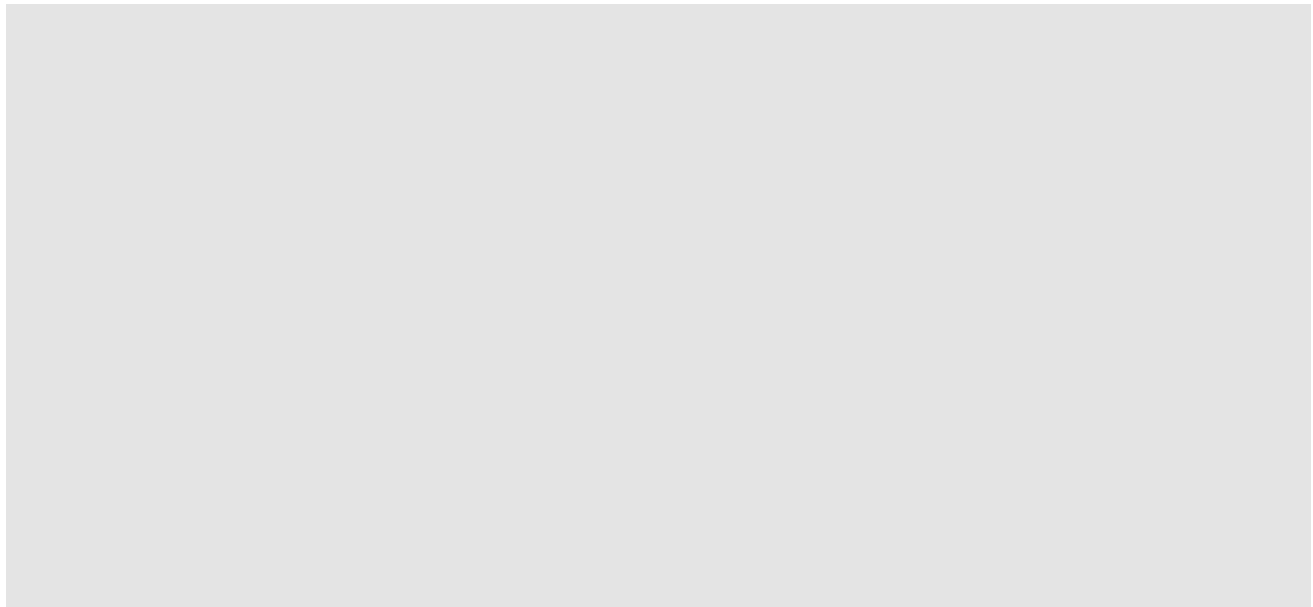
2. Brainstorm key words & phrases that connect you to your highest self (i.e. confident, playful, mama bear mode.)

# Place of Peace

1. Bring up the image of a place, real or imaginary, that feels safe and calm—a place of peace for you. This might be the same or different as what you pictured for the Fully Alive exercise.

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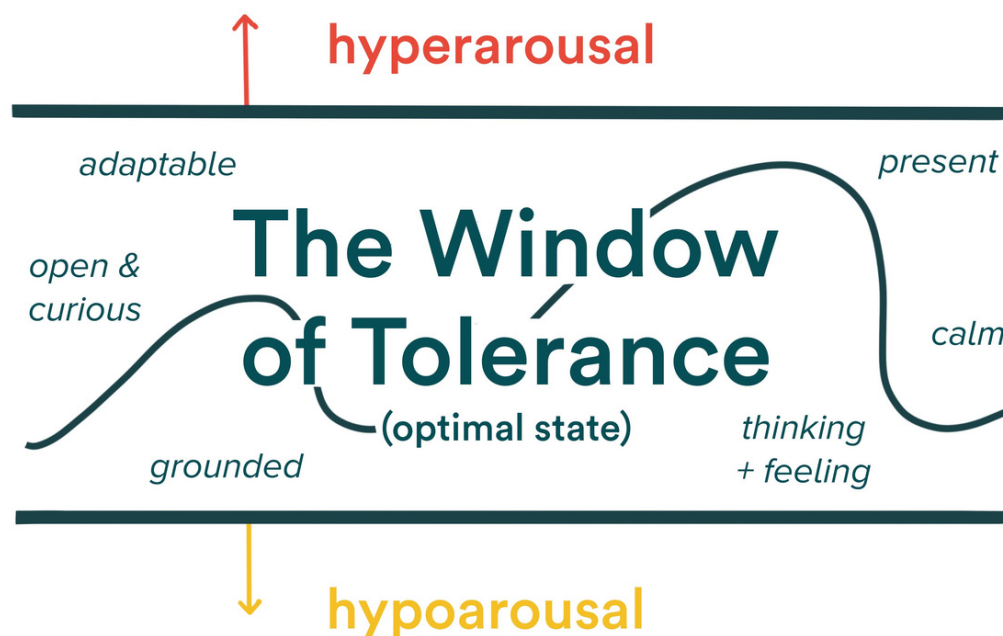
2. What do you see, hear, smell, taste, feel?

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# Glimmers

1. Brainstorm a list of things that 'trigger' joy for you when you think about or experience them.


# Window Toolkit



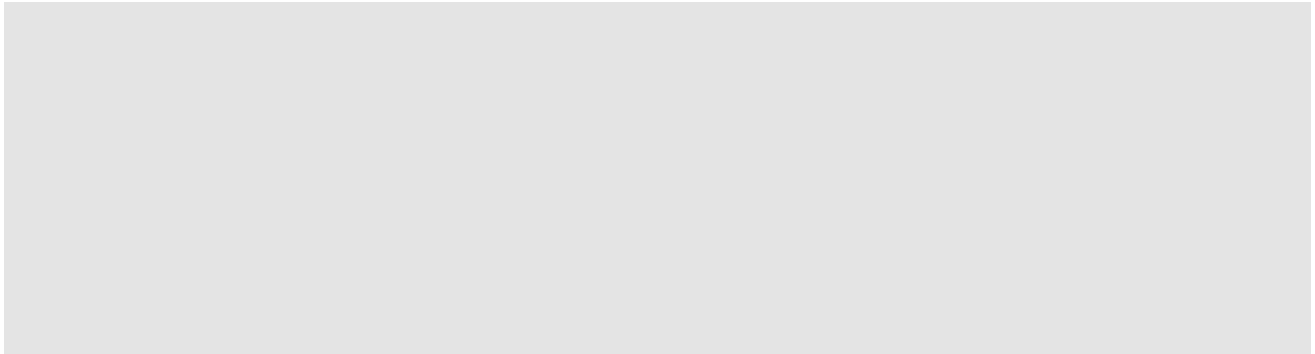
## Key Takeaways

1. If you can recognize you are not in your window the #1 goal is to get back in.
2. As much as possible, don't make decisions or come to conclusions until you can return to your window.
3. If you are not in your window 'stay low to the ground' and take care of your basic needs (thinks Maslow's Hierarchy of Needs.)
4. Practice self attunement - being curious about what's happening inside of you from a kind and non-judgemental stance toward yourself.
5. Returning to the present is key to getting back into your window & your body is the key to the present.
6. Leveraging the 5 senses helps you to return to your window

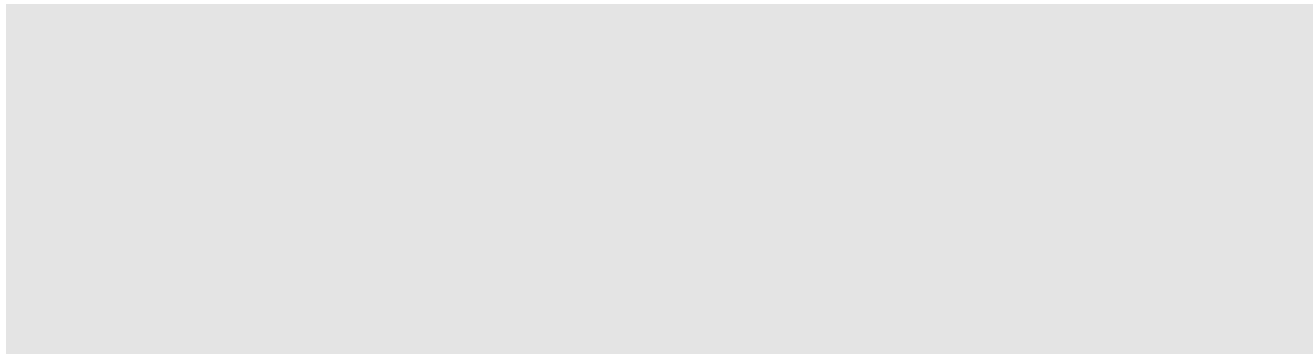
# The 5 Senses

Brainstorm strategies from each of 5 senses that you can use to return to your window.

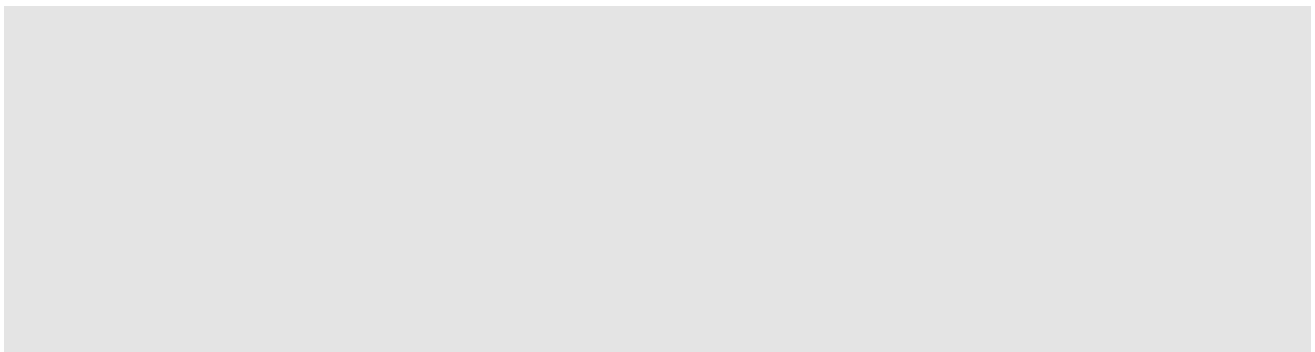
## 1. Visual (sight) Strategies:



## 2. Kinesthetic (touch) Strategies:



## 3. Auditory (hearing) Strategies:



#### 4. Olfactory (smell) Strategies:

#### 5. Gustatory (taste) Strategies:

Are there any other strategies not currently listed that come to mind?



# Key Reminders

List any key phrases or reminders that would be helpful for you to keep in mind when out of your window (i.e. 'this too shall pass,' or 'just care for my basic needs right now', etc.).

# Inspiring Quotes

List any quotes, expressions, or mantras that inspire you and help connect you to your highest self.

# Truths About Me

What do you know is true about you? What are compliments that people have given you that have meant a lot to you in the past?

Brainstorm a list here.