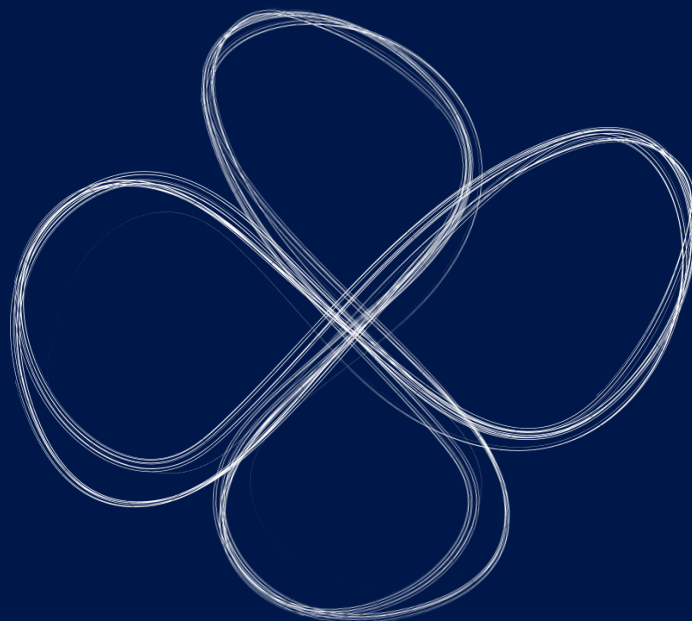


# Your NEXT LEVEL EMBODIMENT Workbook



*“Embodiment is doing the work nobody will ever see.  
What they will see are the results of it.”*

 *Ayrton Giulio  
Unlimited*



AS YOU GO THROUGH THIS WORKBOOK, YOU ARE  
WARNED... THERE IS NO WAY BACK TO THE INSIGHTS  
YOU WILL FIND.

You can't un-see what you've seen.

My only wish is for you to enjoy the process!

See you at your very Next Level.  
Have a good Embodiment journey.

**PROUDLY - YOUR FULL NAME:**

I Am \_\_\_\_\_

**WHO ARE YOU?**

How do you define yourself in terms of the roles you play in Life.

I Am \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**WHERE ARE YOU AT IN LIFE RIGH NOW?**

Think of the 3 areas you feel need the most work, give it a 1 to 10 score if you want and an explanatory statement, too.

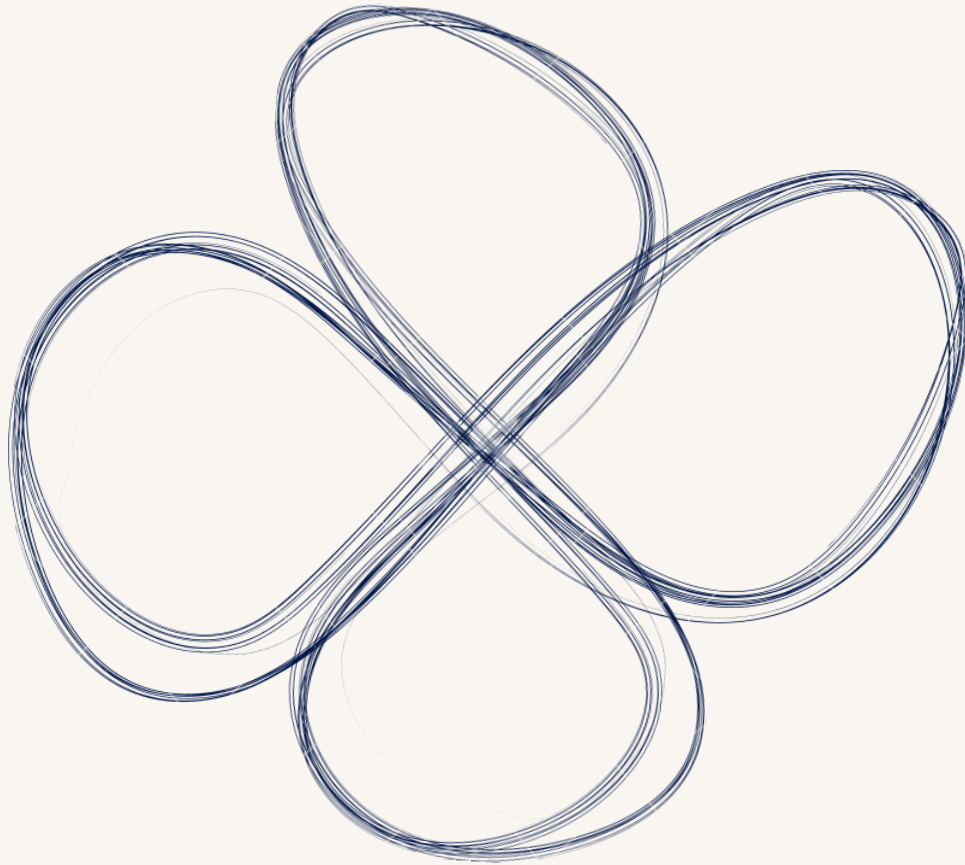
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NOW IT'S TIME YOU WRITE DOWN  
YOUR INTENTIONS ON THIS SPACE.

What is that very-next level you are  
seeking in your Life?





The next pages will guide you through the foundational questions of the actual Next Level Embodiment Self-Empowerment model.

It is the way for you to get started and have what it takes to start NOW!

Ready to tap into your own Unlimited resources AND experience the healthiest, longest, and most joyful life you can think of?

Let's Go!

# PRESENCE & SELF-AWARENESS



*“Hitting pause on life and practicing deep self observation, in order to realize and accept the reality and perception of where you're at in life and tune into the inner knowing of where you are truly heading towards*

How do you define self-awareness and presence, and why do you think they play an important role in your Life, at an embodied healthy, joyful and high-performing level?

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Can you think of a time when you were particularly self-aware and present? What did that experience feel like, and how did it impact your perception of outer-reality?

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How do you plan to cultivate presence and self-awareness during the upcoming phase of your Life, as you intentionally pursue the embodiment of your very-next level, and leading beyond?

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# REJUVENATION, ENTHUSIASM & VITALITY



*Shifting the gears of your ability to rejuvenate,  
recharge your batteries, and supercharge your vital  
force to live healthier, longer, and more effectively  
in your day-to-day*

What excites you about this new opportunity and phase of your Life? (Let me be clear... There's ALWAYS something we are not seeing or looking at. Don't rush this)

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How do you typically stay energized and enthusiastic at throughout the day? What else could you do for it?

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Can you think of a time when you were particularly enthusiastic about a project, task or phase of Life? What made it enjoyable for you?

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# AUTHENTICITY & TRUEST IDENTITY



*Starting to stand for your truth and following your inner authority, to stick to what your soul's truly here for and "F" the rest. It is your time to be and live who you truly are and want to be, with healthy boundaries and no compromises.*

How do you define integrity and authenticity, and why do you think they play an important role in your Life, as you embody your truest self-identity in a healthy, joyful and high-performing ways?

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Can you think of a time when you were particularly authentic? What did that experience feel like, and how did it impact your perception of outer-reality?

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What would make you feel more authentic and embodied as you fully Live out your day-to-day and beyond? What are some strategies you can use to stay true to yourself and your values?

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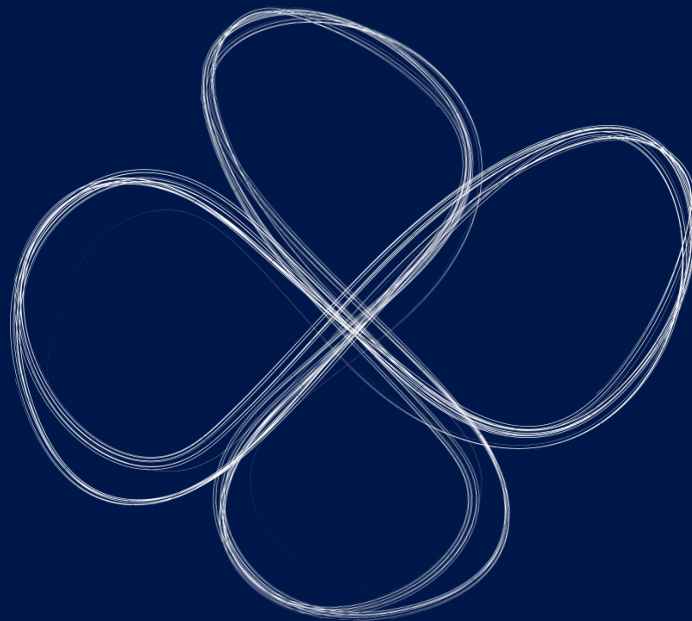
# EMBODIMENT WORK OUTER RESULTS & VALUE CREATION



*Removing all that's on your inner-way and embodying that freedom and joy of living you've been, consciously and not, longing for. Translating that from within, outwards. Taking action and claiming out loud who you're here to be. Observe your dream happen through you, as your renewed source of inner power flood reality in alignment with the truest of your finally embodied identity.*



Here is where "the rubber truly meets the road".  
CONGRATULATIONS for getting so far!



*You will experience a slightly different approach to  
this last two pieces of the  
Next Level Embodiment Model.*

*Because of the self-assessing nature of this  
workbook and the very practical nature of these two  
elements, you will go through this two point at the  
same time, comparing them as you reflect upon  
them: "Inner work vs Outer Work".*

*Absolutely another Life-altering series of  
questions... no worries mate! We've got you!  
Hahah*

*Now the 10 questions for you to reflect upon the  
distinction between inner-work and outer-work:*

### A LAST REMARK:

Please note that inner-work and outer-work are somewhat abstract concepts, it might vary of the interpretation and meaning, but overall the intention is to explore how your internal work, like self-awareness and personal development, affect your external performance in a professional or social setting, and how do they work together.

What's your definition for both inner-work and outer-work?

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How do you balance your inner-work and outer-work in your day-to-day?

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In what more specific ways do you work on yourself internally now? What other ways you know that you'd like to try or implement that could support your Truest Identity's Next Level to emerge from you?

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How do you cultivate self-awareness and mindfulness in your inner-work, so it stays 'in continuous action' throughout your Life, even when you 'get distracted'?

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How does your depth of inner-work affect your outer-work and results creation every day?

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Can you think of a time when your inner-work helped you navigate a difficult situation in your outer-work?

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How do you integrate your values and beliefs into your inner-work? Are they affecting the outer reality or the other way around?

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In what ways do you work on the development of your outer-work, such as your professional skills, networking and personal relationships building? (any 'outer work' skill/ability resonates with you)

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Can you think of a time when your outer-work helped you to improve your inner-work and reality, making you feel more embodied and spiritually-accomplished?

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How do you plan to further integrate your embodiment practice & inner-work with the creation of outer value and results in your future goals and next level of Life?

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Can you think of a time when your outer-work helped you to improve your inner-work and reality, making you feel more embodied and spiritually-accomplished?

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It's my most sincere desire for you to live your  
life at your personal highest.

My wish is that this workbook has started you  
on the irreversible process of adding Life to  
your years, and not vice-versa.

Getting you to live the healthiest, most lively,  
highest-performing Life you may possibly  
desire.

...because what I stand for is 'Compassionate  
Collaboration' which means I know that when I  
accomplish making you thrive from my side,  
you inevitably make my reality better.

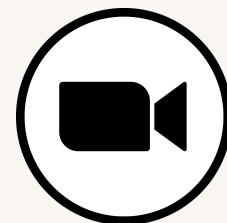
Which ripples in a more loving and joyful world  
for all of us, the more of us who practice this.

That said, I hope you enjoyed this process of  
digging and laying foundations to your  
EVERY next-level-to-come.

I invite you to come back to this often, and  
approach it brand new; as this is an incredible  
jump start to any new next level you may be  
want to truly embody in life.



GREAT WORK! Now you can book a 15-min call with Ayrton here:



And go check out Next Level Embodiment's website for more info and follow our socials to keep the transformation going with regular free value.

