THE ART OF BEING A PROJECTOR

Practice Worksheets

SEVENTEEN PRACTICES TO PRINT AND WRITE ON

You don't need to do them all. Choose the one that fits where you are today.

SARAH LEMMERMAN MAGINNESS · THE PROJECTOR MOVEMENT

PRACTICE 1 OF 17

Three things you see.

Write down three things you notice that the people around you seem to miss.

From the chapter "The fish was never broken"

DATE _____

WHAT I NOTICED

PRACTICE 2 OF 17

Whose energy is this?

For three days, notice when your energy rises and when it drops, and who you were with each time.

From the chapter "How the engine works"

DATE _____

WHAT I NOTICED

PRACTICE 3 OF 17

The ninety-second scan.

Close your eyes and scan your body without trying to change anything.

From the chapter "Your body is the instrument"

DATE _____

WHAT I NOTICED

PRACTICE 4 OF 17

Thirty seconds before you walk in.

Before a conversation that matters, take a moment alone, breathe into your low belly and let your shoulders fall.

From the chapter "Your presence does the talking"

DATE _____

WHAT I NOTICED

PRACTICE 5 OF 17

Sit outside in silence.

Set one intention, to connect from the place within you that is connected to all of creation.

From the chapter "The aura and creation"

DATE _____

WHAT I NOTICED

PRACTICE 6 OF 17

Was I invited?

Ask it silently before you offer guidance. If you're not sure, ask whether they'd like your perspective.

From the chapter "Recognition, and what your sight is worth"

DATE _____

WHAT I NOTICED

PRACTICE 7 OF 17

One breath before you answer.

When something is being asked of you, pause and listen for how your own authority speaks.

From the chapter "How your yes and no arrive"

DATE _____

WHAT I NOTICED

PRACTICE 8 OF 17

Where am I still auditioning?

Notice where the costume is. Nobody's asking you to quit anything today.

From the chapter "A new design in an old world"

DATE _____

WHAT I NOTICED

PRACTICE 9 OF 17

Name the belief.

There's a part of me that believes I have to _____, or else _____.

From the chapter "The costumes that took shape, and taking them off"

DATE _____

WHAT I NOTICED

PRACTICE 10 OF 17

The Pause.

Pause, bring in the wise adult to welcome the part, acknowledge it, attune to what it needs, connect to the body and choose what happens next.

From the chapter "The costumes that took shape, and taking them off"

DATE _____

WHAT I NOTICED

PRACTICE 11 OF 17

The focused practice.

Fifteen to twenty-five minutes with a timer, on something you have only minor resistance to.

From the chapter "What holds you"

DATE _____

WHAT I NOTICED

PRACTICE 12 OF 17

Choose one reset.

Pick one practice from the chapter and try it at a moment when it fits your day.

From the chapter "Projector hygiene"

DATE _____

WHAT I NOTICED

PRACTICE 13 OF 17

One part of the day.

Morning, the people hours, the afternoon check or the evening. Try one, once, badly.

From the chapter "A Projector day"

DATE _____

WHAT I NOTICED

PRACTICE 14 OF 17

One honest sentence.

Put a need you've been hoping someone will guess into one specific sentence.

From the chapter "Projectors in relationship"

DATE _____

WHAT I NOTICED

Fill in the blank.

You need to talk to them, because they really understand _____.

From the chapter "Where you belong"

DATE _____

WHAT I NOTICED

PRACTICE 16 OF 17

Morning words.

I am in charge of my energy today. I have a choice about where I put it and where I remove it.

From the chapter "Sovereignty and 2027"

DATE _____

WHAT I NOTICED

PRACTICE 17 OF 17

One thing that delights you.

Ten minutes is enough, and it doesn't need to become anything.

From the chapter "Play, are we having fun yet?"

DATE _____

WHAT I NOTICED