It's time to Give Up Living Passively!
www.gulptime.com
CONGRATULATIONS!

Congratulations on taking the first step on your Gulp! journey.

The aim of this Big Gulp! Workbook is to provide a place for you to write down your thoughts and key insights as you work through making your Big Gulp!

Stepping outside your comfort zone can be scary. So by working through the exercises in this workbook and by preparing your roadmap, you'll find the inner courage and confidence you need to take those important steps forward every day to making your Big Gulp!

By this date: _______________________

Signed _______________________

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DAY 1: Dare & Defy

AIM OF DAY 1

The aim of Day 1 is to name the challenge and face it head on. This is your chance to create an important breakthrough in your life. This is your time to say “no” to any more pain, frustration and suffering, and say “yes” to a life where you feel vibrant and fully alive. This is the time to start living your true life! You’ve reached a pivot point. Embrace this opportunity with both arms. And trust that you’ll get through it.

WHAT SCARES ME THE MOST ABOUT STEPPING UP TO MY BIG GULP! IS:

1

2

3

GIVE UP LIVING PASSIVELY!

But by saying “Yes” to my big GULP! I will prove to myself that:

1

2

3

My commitment to making my Gulp! happen on a scale of 1 to 10 (where 1 = low and 10 = high) is:

0 5 10

The three things that would make me feel more committed are:

1

2

3

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**DAY 1 : Dare & Defy**

**To make my Big Gulp! happen, I will need to be:**

**MORE:**

**LESS:**

**The 3 things that will keep me motivated to stay on track are:**

1. 
2. 
3. 

**Give up living passively!**

**Wisdom**

The veil of confusion gently falls away, like the dank mist on a dull winter’s day. Revealing the path that lies there before me, to step forward or not, what will it be?

**TRUE STORY**

Rosa Louise McCauley was born on February 4, 1913 in Tuskegee, Alabama. On December 1, 1955, a bus driver ordered her to give up her seat to a white man. She dared to refuse and was consequently fined. The bus boycott that ensued was to propel the civil rights movement led by Martin Luther King.


**DAY 1: Dare & Defy**

Read or listen to Day 1: Dare & Defy and work through all the Gulp! reflection exercises.

**ACTION**

Write down your Big Gulp! on the space provided. Cut it out and carry it with you always.

Invite three people to join your Circle of Support. Write down their names and contact details as well as their key role.

Make a plan for how you are going to work through this Big Gulp! workbook.

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**My Circle of Support is...**

---

**My Big Gulp! is to...**

By this date: ______________

Signed ____________

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**Pick a Wisdom Word**

Think of a number between 1 - 40. Now turn to page 24 and find the Wisdom Word that corresponds to this number.

Write it here:

What new thoughts does this word spark?

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Give Up Living Passively!
**DAY 2: BREAKDOWN & BREAKTHROUGH**

**AIM OF DAY 2**

The aim of Day 2 is to breakdown your worries and break through your fears. It’s natural to feel afraid because you’re stepping outside your comfort zone and into the void of the unknown. The good news is that fear starts in the mind through your thoughts, beliefs and interpretations. So you can use your mind to reverse it. Separate the reality of the situation from your perception of the situation. Then look for the positives. Focus on the benefits. When you change your perception to a positive one, your feelings of fear will dissolve.

“When fear grows in darkness; If you think there’s a bogeyman around, turn on the light.”

Dorothy Thompson

**GIVE UP LIVING PASSIVELY!**

**IN FACE MY BIG GULP!, WHAT I FEAR THE MOST IS:**

1.

2.

3.

When I feel fear, my instinctive reaction is to:

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DAY 2 : BREAKDOWN & BREAKTHROUGH

REality: What is the current reality of your Gulp! situation? (i.e. what are the facts and figures?)

PercEPTION: What is your perception of your current situation?

ImaginaING: What do you imagine might happen?

FEELING: How does this make you feel?

reacting: How do you naturally feel like reacting as a result?

give up living passively!
DAY 2: Breakdown & Breakthrough

**What’s the WORST that could happen?**

And what could you do to minimize this even happening?

**What’s the BEST that could happen?**

And what could you do to create this?

1. 
2. 
3. 

**True Story**

“We do not see the things as they are. We see them as we are.”

Talmud

**Wisdom**

When Sue, who was terrified of public speaking, was asked to speak at her annual conference she said “Yes.” It was tough, but she found the inner courage she needed to do it. In her words, “I believe that the more you do the things you’re scared of, the more you’ll learn that you will be just fine. In fact, I think it can be much harder when you don’t step up to the challenge!”

Give Up Living Passively!
DAY 2: BREAKDOWN & BREAKTHROUGH

For the next seven days, make a point of doing one thing that's outside your comfort zone.

Regularly practice breaking the fear cycle. When you feel fear bubbling up simply:
1. STOP
2. BREATHE DEEPLY 3 TIMES
3. OBSERVE WHAT IS GOING ON

Have a Fear Funeral! Get some friends around, write all your fears down on one piece of paper and then bury it in the garden. Let everyone say a few words and then follow up with a great celebration.

Read or listen to Day 2: Breakdown & Breakthrough and work through all the Gulp! reflection exercises.

GIVE UP LIVING PASSIVELY!

R.I.P. TO THE FOLLOWING FEARS

Date: ____________________
Name ___________________

PICK A WISDOM WORD

Think of a number between 1 - 40. Now turn to page 24 and find the Wisdom Word that corresponds to this number.

Write it here:
What new thoughts does this word spark?

THE WAYS THAT I'VE STEPPED OUTSIDE MY COMFORT ZONE THIS WEEK ARE:

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DAY 3 : CENTER & CONNECT

AIM OF DAY 3

Being connected to your center and inner core is the fundamental foundation of the Gulp! philosophy. Only when you silence your thoughts can you connect to your deeper wisdom. Here there is no fear. Here there is only your true essence and what feels right. The aim of Day 3 is to calm your mind and build a strong inner core, helping you to make better choices and decisions.

The music and songs that relax me are:

Give Up Living Passively!

The places where I feel calm and centered are:

The activities that really calm and relax me are:
DAY 3 : CENTER & CONNECT

Practice centering yourself:

Stop
Look around you
Notice colors, shapes, textures
Listen to the sounds around you
Smell the scents around you
Feel your feet on the ground
Breathe IN naturally and consciously
Breathe OUT naturally and consciously

Reflect upon your GULP! situation and ask yourself...

What is most important to me right now?

What is the truth here?

What are my heart and soul yearning for?

What is my true nature calling me to do?

Give up living passively!

Wisdom
The stillness envelops me leaving me nowhere to hide. It shows me that which I know I must see, but fear deep inside.

For my life is exactly what I have created it to be, And this challenge is what I must do, in order to be free.

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My Center & Connect Activity Program:

**Daily I will:**

**At least once a week I will:**

**Once a month I will:**

Write down your daily, weekly, and monthly centering activities and make time to do them.

Spend at least 2 hours this week reflecting upon and connecting to what your heart and soul is calling you to do.

Write about the new insights and thoughts that come up during these centering sessions.

Read or listen to Day 3: Center & Connect and work through all the Gulp! reflection exercises.

My heart and soul is calling me to:

Think of a number between 1 - 40. Now turn to page 24 and find the Wisdom Word that corresponds to this number.

Write it here:

What new thoughts does this word spark?

Give up living passively!
When you shut up the chit chat and fears that plague your mind, you create “space” for new ideas and insights to emerge. What if this Gulp! challenge is actually a catalyst? A once in a life time chance for you to make a leapfrog shift in your life? The aim of Day 4 is to expand your mind and get you brainstorming new ideas and looking at your challenge from a completely different perspective.

Go to a place that inspires you - a cafe, an art gallery, a park, or even at home on the couch.

Write down at least 8 different possible scenarios or options. Then pick the three that feel the most “right” for you.

The 3 options that feel the most “right” are:

1. 
2. 
3. 

MY 8 OPTIONS ARE:

1.  
2.  
3.  
4.  

5.  
6.  
7.  
8.  

GIVE UP LIVING PASSIVELY!
Now grab an old pile of magazines and cut out pictures that represent your ideal vision. They could be photos, abstract colours, textures, objects, and even words. Then paste them in the space below. Reflect upon what you see and feel.
Imagine that you have already achieved your Big Gulp!, and that you are writing a letter to someone about your experience. Describe to them where you are, what you’re doing and how you’re feeling. Write in the present tense (ie. “I am”, “I have” etc). Write your letter in the space below.

Dear
**DAY 4: IMAGINE & INVENT**

- **Complete all the practical exercises and activities**
- **Find a special object that sums up your ideal vision and put it in a place where you can see it every day (e.g. a photo, a memento, a pebble etc.).**
- **Share your vision with the people in your Circle of Support. Ask them for unconditional encouragement.**
- **Read or listen to Day 4: Imagine & Invent and work through all the Gulp! reflection exercises.**

**The idea that really inspires me the most is:**

**My special object is:**

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bow lines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

Mark Twain

**Pick a Wisdom Word**

Think of a number between 1 - 40. Now turn to page 24 and find the Wisdom Word that corresponds to this number.

Write it here:
What new thoughts does this word spark?

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Give Up Living Passively!
After stirring up this creativity, it’s now time to put a stake in the ground and chart your way forward. Day 5 is about defining where you’re heading and what you need to do to get there. We’ll look at what you know, what you don’t know and what you need to find out. Then we’ll identify clear and targeted actions to take that will get you there swiftly and gracefully. And finally we’ll explore ways in which you can keep your energy high on your Gulp! journey.

AIM OF DAY 5

The ideal outcome I choose to create is:

I am able to manage my energy levels so that I don’t get drained.
0 1 2 3 4 5 6 7 8 9 10
0 1 2 3 4 5 6 7 8 9 10

I feel strong, fit and healthy and able to cope.
0 1 2 3 4 5 6 7 8 9 10
0 1 2 3 4 5 6 7 8 9 10

I have a written plan and list of action items.
0 1 2 3 4 5 6 7 8 9 10
0 1 2 3 4 5 6 7 8 9 10

On a scale of 1 to 10 (where 1=low and 10=high) how do you rate yourself? Circle the relevant number.

The aim of day is:

Taking Stock

What holds me back is:

“Luck happens when preparation meets opportunity.”
Seneca

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DAY 5 : PLAN & PREPARE

WORK THROUGH THE C.I.G.A.R. MODEL TO CREATE YOUR PLAN.

GIVE UP LIVING PASSIVELY

MY CURRENT SITUATION

GAPS

The 3 biggest gaps between where I am, and where I want to be are:

My current situation is:

IDEAL SITUATION

My ideal is:

GAPS

My top 5 actions are:

I will keep track of my progress by:

REVIEW

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It’s amazing what you can achieve by taking small daily steps. Before you know it they’ve accumulated into big changes! See for yourself. Cut a piece of paper into a square and then follow these instructions to transform this flat piece of paper into a beautiful bird - step by step.

1. Fold the paper in half diagonally, then unfold it.
2. Fold the paper in half diagonally again, unfold it.
3. Fold the paper in half diagonally once more, unfold it.
4. Fold the paper in half diagonally a fourth time, unfold it.
5. Fold the paper in half diagonally a fifth time, unfold it.
6. Fold the paper in half diagonally a sixth time, unfold it.
7. Fold the paper in half diagonally a seventh time, unfold it.
8. Fold the paper in half diagonally an eighth time, unfold it.
9. Fold the paper in half diagonally a ninth time, unfold it.
10. Fold the paper in half diagonally a tenth time, unfold it.
11. Fold the paper in half diagonally an eleventh time, unfold it.
12. Fold the paper in half diagonally a twelfth time, unfold it.
13. Fold the paper in half diagonally a thirteenth time, unfold it.
14. Fold the paper in half diagonally a fourteenth time, unfold it.
15. Fold the paper in half diagonally a fifteenth time, unfold it.
16. Fold the paper in half diagonally a sixteenth time, unfold it.
17. Fold the paper in half diagonally a seventeenth time, unfold it.
18. Fold the paper in half diagonally an eighteenth time, unfold it.
19. Fold the paper in half diagonally a nineteenth time, unfold it.
20. Fold the paper in half diagonally a twentieth time, unfold it.
21. Fold the paper in half diagonally a twenty-first time, unfold it.
22. Fold the paper in half diagonally a twenty-second time, unfold it.
23. Fold the paper in half diagonally a twenty-third time, unfold it.
24. Fold the paper in half diagonally a twenty-fourth time, unfold it.
25. Fold the paper in half diagonally a twenty-fifth time, unfold it.
26. Fold the paper in half diagonally a twenty-sixth time, unfold it.
27. Fold the paper in half diagonally a twenty-seventh time, unfold it.
28. Fold the paper in half diagonally a twenty-eighth time, unfold it.
29. Fold the paper in half diagonally a twenty-ninth time, unfold it.
30. Fold the paper in half diagonally a thirty-first time, unfold it.

“If I had six hours to chop down a tree, I’d spend the first hour sharpening the axe.”

Abraham Lincoln
My 3 Big Actions this week are:

- Work through the C.I.G.A.R. model for your big Gulp!
- Make your origami bird and with each fold you make, think about what step it might represent for you.
- Spend some time and complete your Daily Self-Care Plan. Cut it out and put it where you can see it every day.

**My Self Care Plan:**

The ways I’m going to keep fit, healthy and strong are:

- The “energy drainers” that I need to minimize in my life are:
- The “energy gainers” that I need to maximize in my life

My weekly treats are going to be things like:

**Pick a Wisdom Word**

Think of a number between 1 - 40. Now turn to page 24 and find the Wisdom Word that corresponds to this number.

Write it here
What new thoughts does this word spark?

Give up living passively!
As you step forward you move into uncertainty and the unknown. Day 6 is all about encouraging you to let go of control and learn how to simply “be in the flow.” Intention, intuition and instinct can all be powerful signposts to guide you. You also need to look at what you have to let go of in order to stay light and agile.

“Follow your instincts. That’s where true wisdom manifests itself.”
Oprah Winfrey

When I reflect upon my Gulp!, my instinct is telling me that:

When I listen to, and trust, my intuition.

I regularly notice coincidences.

I like to be spontaneous.

I am able to easily “let go” of the old.

If you scored below 6 on any of these, what do you need to do to increase your score?

“Follow your instincts. That’s where true wisdom manifests itself.”
Oprah Winfrey

Give up living passively!
The coincidences that I’ve noticed over the past few weeks are:

**Letting Go**

Silence your thoughts, center yourself, breathe deeply and spend some time reflecting on your Gulp!

- **Beliefs** I need to let go of are:
- **Expectations** I need to let go of are:
- **Possessions** I need to let go of are:
- **Relationships** I need to let go of are:

“Just as a bird cannot fly if it has stones tied to its leg, So we cannot make progress on the spiritual path, if we are tied down by the chain of attachment.”

Geshe Kelsang Gyatso
DAY 6 : FOCUS & FLOW

For the next week, start each day by practicing the Creative Expansion Technique.

Over the coming days, whenever you need to make a decision, “tune into” it and sense what your intuition is telling you.

For at least 1 hour each day consciously be spontaneous. Go with the flow, be aware of coincidences, do things differently.

Read or listen to Day 6: Focus & Flow and work through all the Gulp! reflection exercises.

For at least 1 hour each day consciously be spontaneous. Go with the flow, be aware of coincidences, do things differently.

Creative Expansion Technique

Sit down and place your feet firmly on the ground.

Close your eyes and silence your thoughts.

Gently breathe in and breathe out.

Expand your energy around you.

Now, imagine that your ideal vision is now a reality. What do you see? What do you hear? How are you feeling?

SMILE!

Pick a Wisdom Word

Think of a number between 1 - 40. Now turn to page 24 and find the Wisdom Word that corresponds to this number.

Write it here

What new thoughts does this word spark?

I Create My Day

“I wake up in the morning and I consciously create my day the way I want it to happen. When I create my day and out of nowhere little things happen that are so unexplainable, I know that they are the process or the result of my creation. And this gives me the power and the incentive to do it the next day.”

Dr. Joe Dispenza, What the BLEEP Do We Know!?

Wisdom

Give up living passively!

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By now, you'll realize that there's no turning back. You're moving forward. You're on the right path. And in many ways it might feel that the path is actually leading you. It's Gulp! time.

Believe that you CAN do this. So take that leap of faith and live your greatest life.

Congratulations! You’ve come to the end of your Big Gulp! Workbook. These exercises are extracted from my book “Gulp!: The Seven Day Crash Course to Master Fear and Break Through Any Challenge.”

And remember, you never know what you’re capable of - until you try! So dare to dream. Take risks. Think outside the box. Follow your heart. Trust your instincts. And most of all, commit to give up living passively!

After all, if not now...when?

Good luck,
Gabriella Goddard
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