

Reclamation

7 days of reflections and prompts to help you
reclaim who you are



Hi love.

I'm Shirin. I'm a teacher, facilitator and guide who specializes in mindfulness, mindset and manifestation.

I call the work that I do Life Alchemy. I show you how to create gold out of whatever life gives you.

I believe we are all our own healers, teachers and leaders. My work is to empower you to reclaim who you are by unlocking your innate wisdom and knowledge.

In these pages, I'm not teaching you anything new. Instead, I'm showing you how to uncover what you already know to be true.

This guide is all about **RECLAMATION**.

Reclaiming your innate knowledge

Reclaiming your inner wisdom

Reclaiming your sense of self trust

There is no timeline to doing this guide. You can do it daily or take your time with the reflections and prompts.

Only you know what is best for you.

I can't wait to see what you uncover as you navigate your way through these pages. A deeper understanding of who you are and what you are meant to do in this world waits for you, love.

Sending you all my love,

Shirin

Day 1

And then one day you realize you're supposed to steer your own ship. You're the one responsible for charting your own course.

You create the map, lead the way and take the journey all at the same time.

That's the most thrilling and terrifying part of creating your own life.

No one's ever done it before. No one but you.

Which means you have all the answers, you have all the wisdom, you get the final say.

You and you alone.



"I followed all the rules and what do I have to show for it."

She said this during our discovery call. She was stuck in a job where she was underpaid and underappreciated.

A daughter of immigrants, the eldest in her family she had done all the right things.

She worked hard and was the first in her family to graduate from college and then went on to do her masters.

But here she was talking to me feeling confused and lost.

She was trying to figure out how she had gotten so lost when she had followed the plan so well.

For so long I was her. Following the plan to a T.

The plan that would have me coupled up, babied up and 401kd by the time I was in my 30s (early not mid.....let's not push it here, okay?!).

And so, I tried to do all the things they told me to do:

Stable job

Partner

Retirement Plan

I thought that if I had all these things then my life would be stable, secure and as a result, successful.

Some of the things I got. Others eluded me. But I will tell you one thing, the closer I got to “their plan” the further I felt from who I was.

I was trying to conform to a formula that was supposed to assure my happiness, and it was in fact, making me more and more unhappy the closer I got to it.

And all along the way I thought the problem was me. Maybe if I got one more degree. Maybe if I lost a little more weight. Maybe if I had just worked a little harder.

But the problem was never me. The problem was the plan.

This was the most terrifying and thrilling realization of all because without the plan that meant that I was the only person responsible for this thing called my life.

You get to define your life, love. The only person who has a say in this masterpiece is... *you*.

Now, I'm not going to lie and say this makes life easier. No, it's far more easier to follow the formula they've been telling you to follow.

But I will tell you that once you do away with their plan and start creating your own, life becomes so much more free, fulfilling and joyful.

It's time to steer your own ship, love.

Journaling Prompts

- What do you think being your own North Star means?
- Do you believe you are your own North Star? If yes, why? If not, what beliefs, fears, thoughts rule your North Star?
- What would life feel like if you were to be your own North Star?
- What would shift if you were your own North Star?



Want more? Head to Episode 63 of my podcast: *How to become your own North Star*.

Day 2

There will come a moment where you will get exactly what you want and it will terrify you.

Not because it's not meant for you or that you're not ready for it.

It just means that every goal reached has its own list of worries, uncertainties and stress.

Life doesn't get easier once we get "there", it just gets more interesting.



When my husband and I decided to get married it was the most sure I have ever been in my entire life.

There was no doubt in my mind that this was the human with whom I wanted to spend my life.

And that's saying a lot for me because when it comes to big decisions I can be quite indecisive.

But that day, there was no fear or uncertainty. ***I just knew.***

Fast forward to the weeks leading up to our wedding and I was a ball of doubt and fear.

And it scared the hell out of me.

If I knew that this was the right person for me, then why was I scared?

Did the fear know something that I didn't know?

Was the fear trying to tell me that I was making a mistake?

Here's the thing:

There will be moments in our life where we get exactly what we want, and it will scare the f* out of us.**

And that does not mean that the thing is not meant for us.
It does not mean we manifested the wrong thing.
It does not mean that we picked the wrong desire.

It just means that we are stepping into something bigger, and that is scary.

We often think that reaching our dream means that all our problems go away.

We believe that there is a mythical land of “there” where there are no worries or stresses to think about.

But we’ve all been there. We’ve gotten to “there” and realized *“Wait, now I have to figure all these new things out?!”*

We get that business, and now we have to figure out how to get clients.
We get that home, and now we have to deal with mortgages and contractors.
We get that partner, and we have to communicate, compromise and watch their favorite Kung Fu movie for the 100th time..... *But I digress.*

I call this the "When I" or "If Only" mindset. This mindset sounds a little like this:

*When I get that job, I'll be.....
If only I wasn't single, I would be.....
When I lose that weight, I'll.....
If only I had my own business, I....*

It's a mindset that tricks us into believing that once you figure this one thing out, everything will be solved. You'll have no more worries or problems.

But the truth is, it's no better or easier on the other side, it's just... *different.*

Here's the thing love, every new dream reached will have its own list of worries and problems. But it will also contain a multitude of joy and abundance.

Living life means holding both in your hands and saying yes.

Yes to all of this.

Journaling Prompts

- Set a timer for 2 minutes and write down all your If-Onlys and When I's.
- Once you do this, take 2-3 that you feel very attached to and ask the following questions:
- Once I reach/solve this thing, will this mean I will no longer have any issues/problems?
- What are some of the issues or problems I could possibly foresee once I achieve this thing?
- In an ideal world where all my issues are solved once I figure out this thing, what do I imagine I would feel/life would feel like?
- Is it possible for me to cultivate those feelings now without that thing being solved? And how could I cultivate those feelings now?
- What is resonating for you?

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Want more? Head to Episode 61 of my podcast: The Fear of getting Exactly what you Want

Day 3

No longer shrink away from
what you need.

No longer shame yourself for
what you want.

Know what makes you thrive.

Name it. Claim it. Revel in it.



I used to be so ashamed of how much love I needed.

It was something I became acutely aware of when I was young.

I needed too many hugs.

I needed too many kisses.

I needed too many words of affirmation.

It seemed like I was the only person who needed this much love.

I started to believe that there was something wrong with me and so I stifled this need. But the more I ignored it, the stronger it became.

And so I started to search everywhere for love. And the more I searched the more ashamed of myself I became.

I searched for it in my relationships.

I searched for it in my work.

I searched for it each and every day.

I wanted to be loved so badly. It was an insatiable hunger as if no amount of love was ever enough.

In Buddhism there is a concept called **The Hungry Ghost**. It's the insatiable part of you that is never satisfied.

It always wants:

More love

More validation

More affirmation

More success

More stability

Our hungry ghost tricks us into thinking that if we just get a little more we will be satiated. And so it makes us endlessly search for that one thing that will finally make us feel whole.

But in our search we fall out of alignment, we fall out of our integrity, and we hurt ourselves and others.

When we operate from our hungry ghosts we are operating from our old wounds.

Our hungry ghosts are exactly that, the ghost of a former version of ourselves that never got what they needed.

And so they make us continually search for that elusive feeling of wholeness we never got when we were younger. They make us search for it in everything outside of ourselves.

The truth is, our ghosts are on to something. We do need that thing.

I need love. *I love love.*

But when I allow my hungry ghost to search for that love, I make poor decisions, and ultimately end up causing harm to myself.

There is a balance. A place where your hungry ghost ends and you begin.

A place where you can ask for what you need, not from a place of insatiable hunger but from a place of absolute knowing- *this is what I need to thrive.*

I need love to thrive.

Perhaps you need validation to thrive. Or maybe it's that you need to be seen.

Claim it, love.

Claim what you need.

There is no shame in what allows us to be our most full selves but we must be aware of what is fueling our desire for this need. Is it our insatiable hunger or the deep knowing that knows what's best for us?

So how do we make the distinction?

1. Become aware of the symptoms of your hungry ghost

Whenever I am operating from a place of my hungry ghost there is a frantic and manic energy inside me. I stop trusting myself and my intuition and I'm looking outwards to help soothe myself. I start to have lots of obsessive, ruminating thoughts and am constantly trying to figure out what other people are thinking about me.

2. When you become aware of the symptoms, tend to yourself. Meaning, take a moment and check in.

When I become aware of my hungry ghost symptoms I will pause and start taking deep breaths. Sometimes I place a hand on my heart. I get in touch with that younger version of me that really needs this thing so badly and I soothe her. No shame, no judgement, just curiosity and awareness. I say something like. "Hey, I understand you're feeling worried/scared/left out. I'm here for you."

3. Get in touch with what you need and see if you truly need that thing from the outside or if you can fulfill it yourself.

Get clear on what your hungry ghost is asking for. Then see if you actually need it the way your hungry ghost desires it or if instead you can give that thing to yourself in a more nourishing way.

The more you become aware of your hungry ghost, the more you will be able to find that place of balance. The more you will be able to recognize when a need is coming from an insatiable hunger and when a need is coming from a place of total knowing.

Remember:

**Each and every one of your needs is valid, worthy and deserving.
Each and every one of your needs is needed for you to thrive, love.**

Journaling Prompts

- What are my hungers that never seem to be satiated? (ex: achievement, love, stability)
- What does it feel like when I'm operating from this insatiable hunger? (ie. physically, emotionally)
- What are the thoughts that I have when I am operating from this insatiable hunger?
- What do I believe having more will fix? Or who will I become/what will my life look like if I had this insatiable hunger met?
- If I dig deep and am honest, what am I actually craving when I am hungry? What is my hunger actually asking for?
- Can I satiate it myself? Can I soothe it? What can I do in this moment to accept, tend to and nurture this hunger?



Want more? Head to [Episode 59 of my podcast: Name and Claim your Needs](#)

Day 4

Letting go is less about getting rid of and more about making space for.

Truth is, you can't make space for better if you keep holding on to good enough.



I gave in. I Marie Kondo'd my home.

Over the years, I had heard amazing things about her methodology for cleaning your home but I was resistant to actually doing it.

I chalked my resistance up to it being a trend or a fad. Anytime something becomes super popular, I'm the first person to give it the side eye.

But a friend encouraged me to read her book and as I read it, I realized the root of my resistance- *I didn't want to let go of my things.*

Now listen, I'm not a hoarder... (Although sometimes I wonder if I didn't live in NY where space is a rare luxury that perhaps I would become someone you would see on an A&E special... *but I digress*).

But I'm also not a minimalist.

My closet and bookshelves could most certainly be defined as overflowing.

But I took pride in their abundance.

And as I read Marie Kondo's words, encouraging me to let go and get rid of, I could feel the tension well up inside me. I couldn't imagine parting with my beloved items.

And then I read a passage that shifted it all for me:

"We should be choosing what we want to keep, not what we want to get rid of."

Marie wasn't asking me to get rid of, she was asking me to get intentional with what gets to stay.

I had been associating letting go with lack, with negative space, with emptiness.

But letting go is less about not having, and more about deliberately choosing what you do want to have.

It's surrounding yourself with the things that make you feel abundant.

So I shifted my perspective to: what do I want to stay, what do I want to surround myself with, what do I want to see each and every day.

That's when I started to sort and sift through my clothes with wild, blissful abandon. And as I started to let go I had a total a-ha moment- *most of the things in my home were just "okay."* *They actually weren't items that filled me with joy.*

They were things that I had been holding on to because I didn't believe I deserved more or could have more.

My pajama drawer was full of ratty old clothes. My closet was filled with clothes that didn't fit, were falling apart or I hadn't worn in forever.

All these items were taking up space in my life and I had mistaken the lack of space with abundance.

But it wasn't abundance, it was just a whole bunch of good enough.

All of us in some area in our life are holding on to so many good enoughs:

Good enough friends
Good enough partners
Good enough professional lives

And we hold on to them, because we are so afraid of lack. But we don't realize that we can't make space for better if we don't let go of the good enoughs.

I quite literally had no more space in my closet and drawers for the items that I really and truly wanted. And moreover, I couldn't see the lack because I had no space to see the contrast.

I now finally can see where I can have more joy and where I deserve better and my first intention is to get myself the silkiest, most beautiful pajama set ever.

My vision is that one day I open every drawer and closet in my house and it fills me with 100% joy.

Love, now I ask you: where in your life is your metaphorical closet overflowing with the good enoughs? Where in your life are you holding on to that dress that no longer fits or that t-shirt that is ratty but is better than nothing?

As long as we hold on to the good enoughs we can't see where we are lacking and we cannot make space for what we desire.

Journaling Prompts

- Letting go means....
- When I think of letting go I feel...
- Where in your life do you feel like you may be holding on to good-enoughs? If you can name the good-enoughs specifically do so.
- What are the beliefs that hold you back from letting go of these good enoughs?
- Reframing letting go in the words of Marie Kondo as "choosing what we want to keep, not what we want to get rid of." What shifts for you? What feelings, thoughts and sensations arise for you?
- Now make a list titled "I want to keep" and write down all the things in your life that bring you 100% joy.
- If the list isn't long, don't worry. This is pointing you in the direction of what you desire. So now make a list titled "I desire" and write down all the things that come to mind (ie. silky beautiful pajamas)



Want more? Head to Episode 57 of my podcast: Letting Go

Day 5

Here's a secret:

The people out here doing scary things are doing it despite their fear not without fear.

The truth is, the more you do scary things, the more you realize that being afraid is part of the process.

But you start to realize that the fear usually isn't a warning sign.

Instead, it's a sign that you're going in the direction of your dreams.



No one is fearless. And if they tell you they are then they're probably lying...or they're a sociopath... seriously.

Before I started my business, I used to believe that people who took risks were fearless. They just didn't experience fear. Maybe it was their genetic makeup or perhaps they had experienced so much success in life they no longer felt scared before they took a big leap.

But the real truth is that brave people aren't lacking in fear.

They still get that uneasy feeling in their gut.

They say phrases like "you have no idea what you're doing" to themselves.

They question themselves and their abilities.

But they've come to understand fear usually isn't a warning sign, it's most often a sign they're on the right path.

I've come to understand that whenever fear shows up in my life it means that I am on the precipice of something big. It means that I'm about to level up and expand into something that I've never experienced before.

Fear is always a sign that I'm moving closer and closer to my dreams.

Because the truth is, our biggest dreams hold our biggest fears:

The fear of failure

The fear of judgement

The fear of being seen

The fear of the unknown

Before any big leap fear usually shows up to protect you. It doesn't want you to get hurt so it makes you question yourself. It makes you doubt your abilities and your worth.

And in its pursuit to protect you, it holds you back from doing what you most want to do.

The people out there doing big things and taking big risks have the same fears and doubts as you. But what they have learned to do is change their relationship with fear. **They no longer believe it.**

There's a Buddhist parable about a young warrior woman who was told by her teacher that she had to go into battle with Fear. She was terrified at the idea but she knew she had to do it.

At the battle the young warrior bowed three times to fear and said: "May I have permission to go into battle with you?" Fear said: "Thank you for showing me so much respect that you ask permission."

Then the young warrior said, "How can I defeat you?"

Fear replied, "My weapons are that I talk fast, and I get very close to your face. Then you get completely unnerved, and you do whatever I say. If you don't do what I tell you, I have no power. You can listen to me, and you can have respect for me. You can even be convinced by me. **But if you don't do what I say, I have no power.**"

And that is how the student warrior learned how to defeat Fear.

What does this story teach us:

We cannot run from or avoid fear. Instead we have to face it head on. We must see it, acknowledge it, and respect it. And then we have to look it straight in the eyes and not listen to a damn thing it says.

Love, the more you listen to fear the further you will get from your dreams.

Over the years, I've been able to change my relationship with fear through a series of questions that I call the **Fear Protocol**. These are the questions I ask myself in order to face fear head on:

1. Is this leap I'm about to take/decision I'm about to make leading me closer or further from my dreams? If no, then this isn't the leap for you right now. If yes, keep going.
2. Is the fear I'm feeling real or perceived (*ie. is my life in danger, will I be putting myself or others in harms way?*). If yes, then this fear is a warning sign and you should probably stop. If no, then keep going.
3. Grounding yourself, speak to the fear and ask what its biggest worries are? Ask it what it's trying to protect you from?

4. Take a moment and thank the fear for being so open and honest with you and speak to it with compassion and let it know the reasons why it is safe (ie. "I got this and you can trust me," "I will figure it out," "This means a lot to me," "We're going to try and if X happens, I promise we'll stop")
5. Now check in and see what your body feels like, what thoughts you're having. Does it feel safer now to take this leap? If yes, do the damn thing! If no, keep connecting to the fear until you start to feel more safe.

Love, if you have dreams in your heart, dreams that you want to realize then you must understand that fear will always be part of the process. But you don't have to listen. You don't have to give in.

Journaling Prompts

- Identify a situation in your life where fear is showing up (ie. a decision you want to make, a conversation you want to have, a leap you want to take).
- Ask yourself, "Is this leap I'm about to take/decision I'm about to make leading me closer or further from my dreams?" If no, then this isn't the leap for you right now. If yes, keep going.
- See if the fear that is showing up real or perceived (ie. is my life in danger, will I be putting myself or others in harms way?). If yes, then this fear is a warning sign and you should probably stop. If no, then keep going.
- Can you name this fear? (ie. failure, judgment, letting go, starting over, making a mistake etc.)
- Grounding yourself, try and speak to the fear. Ask what its biggest worries are? Ask what it's trying to protect you from?
- Take a moment and thank the fear for being so open and honest with you and speak to it with compassion and let it know the reasons why it is safe (ie. "I got this and you can trust me," "I will figure it out," "This means a lot to me," "We're going to try and if X happens, I promise we'll stop")
- Now check in and see what your body feels like, what thoughts you're having. Does it feel safer now to take this leap? If yes, do the damn thing! If no, keep connecting to the fear until you start to feel more safe.



Want more? Head to [Episode 52 of my podcast: The Fear Protocol: What to do when you're Afraid](#)

Day 6

When you realize that
procrastination is often a
symptom of perfectionism,

You realize that you're delaying
not because you don't care

But because you care so
much, love.



When I first started Wholehearted Coaching all I did was delay.

I delayed launching my website.
I delayed writing posts for social media.
I delayed contacting potential clients.

I would keep putting off all the things I knew would help my business grow.

And each time I put something off, I would whisper to myself:

*You're so lazy.
You're such a procrastinator.
You have no idea what you're doing.
You obviously don't want this enough.*

But the truth was, I wanted it so badly and that was what was causing me to delay.
You see, **I thought that the only way for me to succeed was for me to come out of the gates perfectly.**

I couldn't just have a website, it had to be a perfect website
I couldn't just write a social media post, it had to be a perfect social media post.

I believed that there was a perfect way to embark on my dream. And that was what was causing me to stall and to delay.

I thought that you wanted my perfect.
I thought that you wouldn't take me seriously unless everything I did was the best
I thought that you wouldn't want to be here if I wasn't flawless.

But that couldn't be further from the truth.

The moment I started to let go of perfect, was the moment I was able to finally embark on my dreams and make Wholehearted Coaching into the thriving business it is today.

And I did this all by embracing the power of **Good Enough Work**.

Good Enough work is the intersection of getting shit done and being able to take care of yourself.

Good Enough is about going after your dreams in a way that is sustainable and attainable. No overreaching, no impressing, no going above and beyond. Just doing things to a satisfactory level, which means you actually get shit done and have time for the things that matter like your friends, your family, your hobbies, your Netflix cue.

Good Enough is how you juggle households, careers and passion projects.

Good Enough is how you prioritize self-care and still make strides in your professional life.

And here's the wildest thing, no one will notice. And if they do, the people who matter, won't care.

Because truth is, love, this guide is good enough. My podcast is good enough. Every single thing I do in my business is just good enough.

And you're still here, reading this email, part of my community, supporting me and my good enough work.

If it wasn't for good enough work I wouldn't be able to do half the things I do in my personal and professional life.

Journaling Prompts

- Perfect people are...
- Being perfect means....
- Perfect keeps me...
- Perfect makes me
- Being perfect makes me feel...
- When I think of letting go of perfect I feel....
- What am I delaying doing because I believe it needs to be perfect?
- If I let go of doing things perfectly how would life feel and what would I do today?



Want more? Head to [Episode 49 of my podcast: Letting Go of Perfectionism and B+ Work](#)

Day 7

There is no fake it until you make it, love.

There's nothing fake about showing up in your fullness.

That is the person you are meant to be.

That is the person you have always been.



This is a narrative we need to change. There is no fake it until you make it.

If faking it means being confident, standing in your fullness and showing up as your whole self... Then that, to me, sounds like the truth.

That is the truth of who you are, love.

The belief that you are not worthy, that you are not capable, that you are not deserving. That's the fake stuff, love.

The truth is:

You are worthy.

You are deserving.

You are capable.

You are enough.

You know what you are doing.

And as you read this, there is a part of you that knows this to be true.

I used to believe in the term “*fake it until you make it.*” Until one day I was asked to step into my greatness and I realized that there is nothing fake up about showing up fully in our lives.

About 3 months after I launched Wholehearted Coaching I got an email from a producer at the Today Show asking me to be featured on a segment about mindfulness.

At first I thought the email was a joke. A new version of those Nigerian Prince emails but like much more cruel....

And then after re-reading it 100 times, I realized that I had met the producer at an event I had led a few months previous. And that this was no joke, The Today Show wanted me!

At the time, I felt like I was a complete mess. I had no idea what I was doing as a first time business owner.

I had just made a website. I was struggling to get clients. And then all of a sudden in the middle of all this “mess”, I got an email from a producer at the Today Show asking if I could appear on the show.

Even though I felt like a mess, I knew I had to say yes.

I soon found myself at 30 Rock, getting my hair and makeup done next to Carson Daley (*what is my life?*). And next thing I knew I was in front of the cameras chatting with Hoda and Kathie Lee.

It was all a total blur, but I remember feeling totally grounded and capable. It wasn't until I watched the clip later that it all sunk in. I was on national TV and I was.... **Amazing.**

I was in awe of myself. I watched myself stand in front of that camera as if I had done it a million times. ([You can watch the clip here](#))

For a long time, I couldn't figure out how I did such an amazing job and I attributed it to the phrase “fake it until you make it.”

But that's not actually what I did. There was nothing fake about the woman in that interview. That woman was actually me. Who I really am.

Before I went on the show I remember asking myself:

“Who is the person I need to be in this moment?”

“Who is the person who shows up and know she deserves to be there?”

” Who is the person who knows that she can handle whatever comes her way?”

They were grounded, calm, warm, assured, grateful and present. I envisioned this person and I channeled them

And here's the thing that I now realize, she wasn't the fake version of who I was, she is actually who I am.

That day illuminated to me who I truly am.

I am grounded, calm, assured, grateful and present.

I deserve all the good.

I am capable of handling any challenge.

And so are you, love.

This is the truth. All the other stuff, that's fake.

So, Let's change the script. There is no fake it until you make it.

You embody your fullness until you are reminded that that is who you truly are.

Journaling Prompts

- What does "fake it until you make it" mean to you?
- Think of a time when you "faked it until you made it", write about what that situation was like, what it felt like, and what it was like to be that "fake" you.
- Thinking of the phrase "fake it until you make it", what are some of the qualities and attributes that keep coming up?
- What stops you from embracing or accepting those qualities or attributes in/about yourself?
- Is there a part of you that believes in your fullness/wholeness/worthiness? If so, what do they want to say to you?
- This week, if you were to embrace one of the "fake it until you make it" qualities you wrote about, what would that look like? And can you make a commitment to doing it?



Want more? Head to Episode 50 of my podcast: The Truth of Who you are vs Fake it until you Make it