



mindvalley academy  
online training

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**WORKBOOK**

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**Overcoming Invisibility:**  
How To Have the Power to Shine,  
Stand Out, & Speak Your Truth

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*with Gina DeVee*

# Overcoming Invisibility: How To Have the Power to Shine, Stand Out, & Speak Your Truth

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## 4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

## Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deep slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualisations that will happen during the class.

*Thank you* for joining our online class. We hope you enjoy it!

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The next part is for you to take notes while you listen to this online training. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. My driving force is powered by .....
2. I am inspired by.....  
to.....
3. I never allowed myself to.....  
.....
4. Most of the time I feel .....  
due to .....
5. I absolutely deserve ..... and will  
celebrate .....
6. I can not shine because ..... and it  
all started when .....
7. Growing up I was told not to ..... and to be  
.....
8. Name 3 things you felt you gave up on, as they were accepted or approved by the people  
around you.
9. What messages were you given that suggested it wasn't alright to speak up, or to have what  
you wanted?

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10. Write 5 regrets you have or areas where you felt silenced.

11. On a scale from 1 to 10 how visible was your mother:

- to herself
- to your father
- in her relationship with money
- with her body
- health
- fame

12. On a scale from 1 to 10 how visible was your father:

- to himself
- to your mother
- in his relationship with money
- body
- wellness
- career
- fame

13. What were your family dynamics? What incidents held you back?

14. The areas I want to work on are:

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- 
- 
- 
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15. Today I will take action on.....and  
commit to .....

Use this space for any additional notes you have: