



The Foundations Workbook

A companion to how to tune yourself

Clear. True. Undeniably You.

HOW TO USE THIS WORKBOOK

This is where the reading becomes yours. Move through it beside the six modules, at your own pace. The practices matter more than the answers. There are no wrong ones. Write by hand if you can; the body listens differently when the pen is moving.

You never needed to become someone new. This is only about clearing what was never yours, so the truest you can shine through.

MODULE 1

You Are an Instrument

Where in my life do I feel the most like myself?

Where do I feel like I'm performing a version of me?

What would change if I trusted that my tone is already enough?

MODULE 2

Distortion

Which of the four layers (energetic, emotional, mental, environmental) do I carry most right now?

What's one piece of static I've treated as 'just who I am' that might not be mine?

Where do I feel it in my body?

MODULE 3

Your Tuning Fork

Which practice settled my system most? (Trust the body's answer, not the interesting one.)

What time of day do I most need to come back to tune?

MODULE 4

Relational Resonance

Who helps me sound most like myself?

Where do I shapeshift to be accepted, and what does it cost me?

What would it look like to hold my tone in one relationship where I usually lose it?

MODULE 5

Inputs and Outputs

What's the single biggest unconscious withdrawal in my day?

What's one deposit my system is quietly asking for?

MODULE 6

Anchoring

What does 'tuned' feel like in my body, specifically, so I can return to it?

What is the one anchor I'll commit to daily?

Who am I becoming as this becomes my default?

EXERCISE

The Distortion Inventory

For each role you tend to play, name it honestly. No judgment, just light.

The identity I play

What I gain from it

What it costs me

What I'm afraid would happen if I let it go

EXERCISE

The Resonance Audit

The people you're around most, and one word for how you feel in your body after time with them: tuned, or distorted.

PERSON · HOW I FEEL AFTER (TUNED / DISTORTED)

A GENTLE START

Your First Seven Days

One small practice a day, so beginning feels obvious instead of overwhelming. Tick each day you show up for yourself.

- Day 1 — the longer exhale (4 in, 8 out), three rounds
- Day 2 — name the static: notice one moment you feel 'not yourself'
- Day 3 — the physiological sigh, once, when you need it
- Day 4 — one deposit, one withdrawal
- Day 5 — toning or humming on the exhale, one minute
- Day 6 — the resonance audit, quietly
- Day 7 — choose your daily anchor

Tune yourself. Come home.

— *Emily, Noumena House*