



METAMORPHOSIS

workbook

Emerge from Uncomfortable Life Transitions
with Renewed Clarity & Wisdom

with Tash Cook & Mariana Suarez



hello



Welcome to **Metamorphosis!**

We are so honoured that you are here. Your presence is the essence of this experience, know that every session has been prepared with you in our hearts.

Metamorphosis was created with a singular intention - to redefine the way in which we experience change and transitions in our lives. We all know that change is the only constant in life, yet we keep running away from it, and we wonder why it feels so painful.

In these three days together we want you to consider this possibility...

What if your most uncomfortable seasons and transitions come to your life as gifts, pushing you to expand your limits and evolve into a new, more enlightened version of yourself?

We are excited for you! We encourage you to fully immerse yourself in this experience. Open your heart and let this Metamorphosis be that pivotal moment that you always look back with a smile.

We are here to support you, guide you, and celebrate you every step of the way.

With butterfly wings,

Tash & Mariana



*“Life is a series of natural and
spontaneous changes.*

*Don't resist them; that only creates
sorrow.*

Let reality be reality.

*Let things flow naturally forward in
whatever way they like”*

- Lao Tzu -



EVERYTHING STARTS FROM

intention

The Metamorphosis Event was born from a profound belief—that within each of us lies the potential to evolve and renew from every circumstance.

This event was created to offer you a sacred space and the tools to navigate life's transitions with purpose, clarity, and confidence.

You are not here by chance; you listened to your heart and knew within that investing this time in yourself is essential because you are important!

Life is a growth-centric experience. Change and challenges are not just inevitable, but they are also an essential part of our human experience. They push us beyond our perceived limitations, helping us discover new strengths and qualities that will evolve into a greater version of ourselves.

This event is a reminder that life is not meant to be perfect or pretty and the more we let go of these expectations the easier and prettier it becomes. Embracing imperfections and difficulties as part of our journey is what makes our journey rich, genuine and profound.

We look forward to seeing you embrace the beauty of your life with awe and curiosity, one transition at a time.

**“Change is never painful.
Our resistance to change is”**

- Buddha -

YOUR intentions



Before we begin, take a deep and intentional breath, connect with your heart and craft the deepest intentions for **your Metamorphosis.**

What aspects of your life are calling for renewal and transformation?

What positive changes would you like to see in your life after the event?

How do you want to feel at the end of this experience and take with you?



OPENING OUR HEARTS to change

Change is a constant in our lives, yet our relationship with it can be a delicate one. Some changes are chosen and some are surprises life bring to us. Understanding how we relate to these transitions can provide valuable insights into how we respond how we do.

Imagine that **change** is a person. How would you describe your relationship with it?

Reflect on a significant change you **chose** to make. Consider the emotions and thoughts that accompanied this choice and how did it shape your path...

Think about a change that **came to your life** unexpectedly. Reflect on your initial reaction and the emotional ride. What strengths or insights did you gain from navigating this change?

Day 1

Trust the Journey



EXPLORING OUR SIX human needs

Have you ever wondered what drives your thoughts, actions, and decisions? What underlying forces shape your behaviours, both consciously and unconsciously? These forces are the **six human needs** and the fundamental drivers that influence everything we do.



EXPLORING OUR SIX

human needs

While all six needs are crucial, **growth and contribution** are the two that truly create a fulfilling life. **Growth** allows us to continuously improve and reach our highest potential, while **Contribution** connects us to something larger than ourselves, providing profound satisfaction and purpose.

Which of these needs resonate most with you? Take a moment to reflect on how each of these needs influences your life and identify which ones are most important to you right now.

EXPLORING OUR TWO

primary fears



Have you ever paused to consider what fears lie at the core of your actions and decisions? Understanding these deep-seated fears can provide profound insights into our behaviours and emotions. Let's explore the two fears every human has (whether they recognise it or not).

inadequacy

How does the fear of not being enough show up in your life? In what areas do you feel inadequate, and how does this affect your actions and decisions?

abandonment

In which way does the fear of not being loved influence your relationships? How does it shape your interactions with others & your sense of self-worth?

THE THREE STAGES OF transformation



True transformation takes time, intention and presence, along with a willingness to look within. Understanding the stages of transformation can help us navigate this journey more effectively.



Cognitive

Intellectual
Comprehension



Congruence

Unity of the
Heart and Mind



Identity

Becoming it

As you contemplate these stages, consider where you are in your own transformation journey. What steps can you take to ensure your growth becomes an integral part of who you are?



YOUR
insights and aha's

What was the most impactful insight you gained today?

What new perspective have you gained on your current (or future) transitions?

What is one action you can take to apply today's learning in your life?

notes

