

FIND YOUR WAY BACK TO YOURSELF

# WORK BOOK **FOR CREATIVES**

DAGMARA BIERNACKA



*Have the courage to*  
**BEYOU**

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# DAGMARA BIERNACKA

*There are two ways to go through life – either with knowledge about yourself (self-awareness) or without it. The first path is more difficult and will challenge you a lot; the second one may seem easier at first but becomes more complicated as you get older.*

*My name is Dagmara Biernacka, and I'm a consultant for creatives. I empower and challenge others to become more self-aware and to create from a place of power.*

*In 2013, I left everything I knew behind in Poland. I packed my suitcase, put \$1,000 in my pocket, and came to New York City to create the life I had imagined for myself.*

*By 2016, I realized that unless I changed my mindset, I would always find something wrong with myself or my life, and I would never grow or be content. I needed to understand who I was and find my way back to myself.*

*I started working with a coach and simultaneously attended Tony Robbins's seminar, "Unleash the Power Within," where I realized that life is our own creation, shaped by our decisions and how we choose to show up for ourselves. This marked the beginning of my true transformation.*

*To transform, you must take care of both your body and mind equally. You have to challenge yourself and be consistent and relentless on your path.*

*At the end of 2018, I created my 8-week program, "Find Your Way Back to Yourself," and started my project, "Have the Courage to Be You."*

*When I named my project "Have the Courage to Be You," I thought I needed that courage to face others. But what I discovered along the way is that, in order to transform, you have to face yourself. And that's far more difficult than standing against anyone else.*

***It's never about winning against others; it's always about winning with yourself.***

*And it's not about breaking the rules; it's about finally realizing the true ones that apply to you. Once you do, you start showing up from a place of power. And that's where I want to guide you.*

# INTRO



## **FIND YOUR WAY BACK TO YOURSELF**

*My goal is to guide you to the place of your power. To get there, you need to reconnect with yourself and begin the healing process.*

*This workbook is based on my 8-week program, “Find Your Way Back to Yourself,” and is designed to initiate your process of transformation.*

*To transform, you must learn to be more self-aware. This program creates a system where you learn to be accountable for yourself, allowing you to build new habits and a new foundation for your life.*

***It is designed to span eight to ten weeks, with one chapter per week.***

*There is a reason it takes time. Each chapter requires at least one week—you need time to understand it and implement the changes.*

***Don’t try to speed up the process, but also don’t slow it down.***

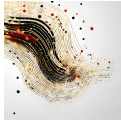
*All the work you put in here is part of your self-discovery journey.*

*It will not be easy. There will be times when you stop, revert to old habits, have doubts, and question whether you really want to continue.*

*You will be learning to take control of your mind and body, and this is a very challenging process. But you can do it, and you can become the person you were meant to be.*

***Stay focused. Be consistent. Put in the work.***

# GUIDE LINE



## WEEK I

Helloooo, do you know  
who you are?



## WEEK II

Challenge your ass



## WEEK III

Become allergic to your  
bullshit



## WEEK IV

Why should I respect  
you?



## WEEK V

Set yourself free



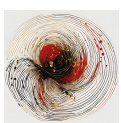
## WEEK VI

Dream bigger, darling



## WEEK VII

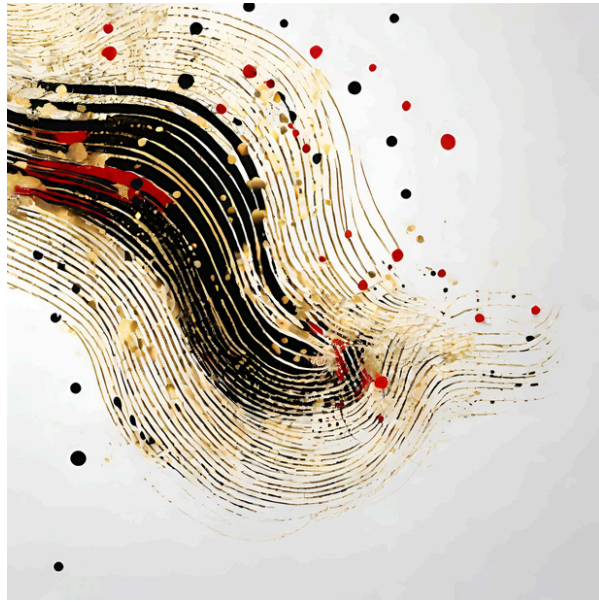
The dance between the  
old and the new



## WEEK VIII

Remember who you are





## HELLOOOO, DO YOU KNOW WHO YOU ARE?

*THIS JOURNEY HAS TO BEGIN WITH BRINGING MORE  
SELF-AWARENESS INTO YOUR LIFE.*

*BEING AWARE OF THE LIFE YOU'VE ALREADY CREATED FOR YOURSELF  
IS THE FIRST STEP IN THE RIGHT DIRECTION.*

*START OBSERVING YOURSELF.  
DO YOU KNOW WHO YOU ARE AND WHY YOU DO WHAT YOU DO?*

*DO YOU KNOW WHAT YOU WANT?*

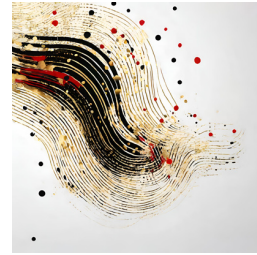
*WE FIND OUR ANSWERS AND OURSELVES IN SOLITUDE.  
START SPENDING MORE TIME ALONE WITH YOUR THOUGHTS,  
IN SILENCE.  
IT MIGHT GET UNCOMFORTABLE, AND THAT'S A CRUCIAL PART OF THE  
PROCESS. YOU HAVE TO LEARN TO BE COMFORTABLE IN DISCOMFORT.*

*START PAYING MORE ATTENTION TO YOUR LIFE AND THE REALITY  
AROUND YOU. LIFE IS ABOUT THE LITTLE THINGS.*

*THERE ARE MORE THINGS TO BE GRATEFUL FOR THAN YOU  
PROBABLY ACKNOWLEDGE.*

# CHAPTER ONE

# TASKS



Let's start with the most fundamental question and your first task:

**What do you want at this moment?** Write down ten things that you want from your life right now. They can be big or small, related to your career or personal life - it could be buying a house or having more time for yourself.

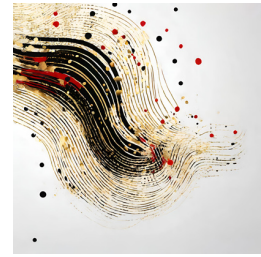
A large, empty rectangular area with a light gray background, intended for writing down ten things you want from your life.

Which one stands out? Accomplishing which one would make you the happiest at this moment?

A large, empty rectangular area with a light gray background, intended for writing down which one of the ten things stands out and why.



# TASKS



2

**Start observing yourself.** Pretend that you are watching a show, and you are the main character. Who do you see? Is this character appealing to you? Do you want to continue watching them?

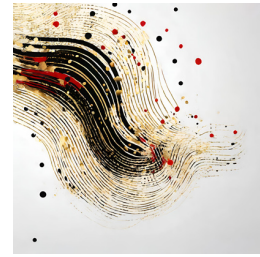
A large, empty rectangular box with a light gray background, intended for writing the response to task 2.

3

Start spending more time with yourself. Begin a day alone (if you can.) Have a quiet morning without your phone, in silence, with your favorite beverage. Pay attention to your thoughts. Learn not to touch your phone for at least an hour after you wake up. Your reality should be more interesting than what you see on your phone. **What is your new morning practice?**

A large, empty rectangular box with a light gray background, intended for writing the response to task 3.

# TASKS



4

**What makes you anxious or uneasy right now?** What would you like to disappear from your life?

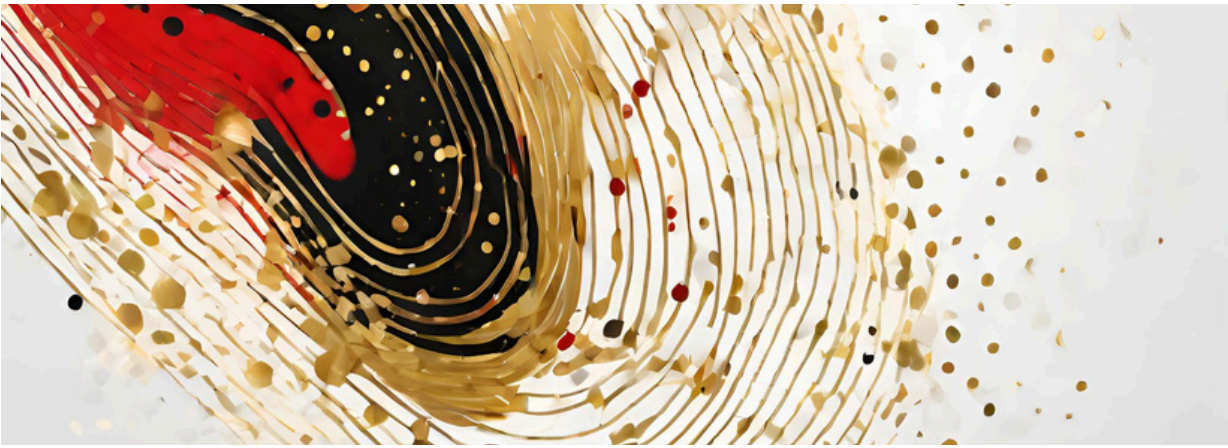
Blank writing area for task 4.

5

**What are you grateful for right now?** Write down ten things. Start practicing gratitude; it will be difficult at times, and I want you to learn to always come back to gratitude.

**There are ALWAYS things to be grateful for.**

Blank writing area for task 5.



# HOME WORK

## YOUR WEEKLY TASK:

**1** Go to your favorite coffee shop, sit down by the window (if possible) and observe people and everything around you for half an hour. Don't touch your phone, don't check your messages; just be present in that moment. Everything else can wait. *Learn to be just present in the now.*

## YOUR DAILY TASKS:

**2** Start paying attention to your habits and patterns. What do you do daily? Why do you do it? Does it work for you? Does it make you happy? We will take care of that in the next chapters.



**3** Every day write down three things that you're grateful for **THAT HAPPENED THAT DAY**, and three amazing things around **THAT YOU SPOTTED THAT DAY**. We need to start shifting your focus to positive things around you that you sometimes fail to acknowledge.

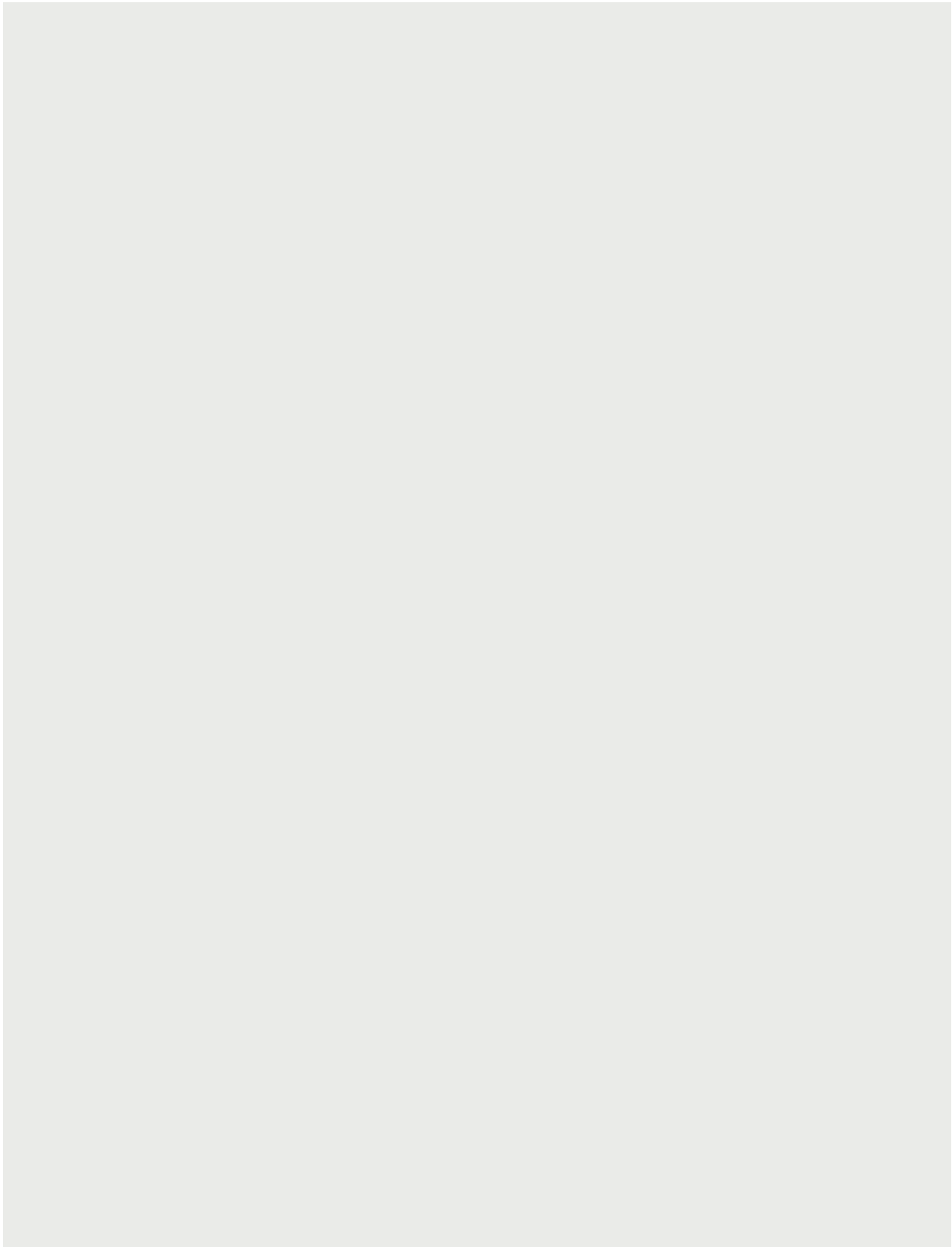
Try not to repeat yourself.

# 4

**Write down your 50 dreams.** GO WILD. The list is for you, no one has to see it.  
What are your deepest desires?

**Write down your 50 dreams.**

Make sure you do it, because we need to start expanding your vision



# NOTES:

