

## SUCCESS ACTIONS WORKSHEET

Unleash Your  
**MEDITATION MOTIVATION**  
&  
Reap The Rewards  
In All Areas of Your Life

### *Week 6*

*I Am Thrilled You Joined Me  
On This Wonderful Meditation Journey*

**Introduction:** Welcome to the Grand Finalé of this Meditation Motivation series. You have viewed all the videos, done your daily SBE meditative practices and read each Success Worksheet. CONGRATULATIONS 🙌... You have certainly done the "DOING" and now in this Worksheet you get to continue reaping the rewards.

To ensure that you harness the absolute most from all the Learnings and "Ah Ha!" moments that you have had journeying week to week, I am changing our worksheet up at this important stepping-off point.

THIS WEEK I WANT YOU TO GRAB A PEN... and together lets journey through the 4 Keys to Success in a new and interactive way. You will notice in this Success Worksheet there are integrative exercises for you to complete.

If you can print this Worksheet, then please do and then you can write in the spaces provided below. It's a fab summary document to hold on to for yourself too. If printing's not an option, then grab something to write on & lets go!

Ready? Pen in Hand? Somewhere to write? Fantastic, I am thrilled you are going to write with me today... You see, application gives your learning that optimum opportunity to bed in and become part of your long-term, permanent knowing.



Now I am going to step it up a gear and you will notice for the rest of the worksheet that I am going to help you tease out of your wonderful mind, as many of those insights and motivational nuggets as possible from our Meditation Motivation Journey so far...

From here on in, I am going to be giving you hints followed by some simple questions which relate to the Hint. As you contemplate the Hints and formulate answers to the questions you will be super-powering EVERYTHING that you have got from this course and more...

I invite you to do your very best to answer each question yourself. Write your answer in the box provided (or on that page) and then... after that... you can take a look at the answer provided in tiny print... by me... below your answer 😊.

Hint 1: This one involves a Daisy  and the sun :

Question 1  : What is it natural for a Daisy to know when it comes to the sun and what does that daisy do as a result?

Answer:

Answer to Question for Hint 1: It is a natural law that each daisy has within it a KNOWING that tells them where the sun is in the sky.. and another natural law ensures that each daisy then has the inherent ability to turns it's pretty pettled-head to face that sun and soak up those wholesome rays.

Question 2  : How does what the Daisy KNOWS apply to your body and what it is designed to know?

Answer:

Answer to Question 2 for Hint 1: How this applies to my body is as follows: all human bodies also have a KNOWING of what is wholesome and all round good for them... so my body's designed to KNOW how to tune into and move

towards that which is good for me.... and when it does all this awesomeness, my body has the inherent ability to harness and optimise that goodness within me.

Question 3 🌸 : And how does this all relate to You during your SBE?

Answer:

Answer to Question 3 for Hint 1: Just like the Daisy knows how to turn towards what is good for it, aka the sun's rays; my body knows how to turn toward that comfortable, coherent, inner flow state when any opportunity to do so arises. And so, when I go to the "felt sensation of the air flowing in..." I create just that opportunity... And then just like the Daisy soak up and utilizes all that goodness, the KNOWING of the Domino effect within ME does the rest .. YES! This KNOWING is within me as it is within us all. And whether I *think* it is or not, or whether I *believe* it is or not, is irrelevant, because the SIMPLE, wonderful fact is, that it is.



Hint 2: This one involves those tick-tocking Metronomes which we saw in Class 1 and your inner state of being when you are doing your SBE.

Just to help you remember the metronomes ('cos that was way back in Class 1) here is a wee summary of that video clip. At the beginning of the video clip there are several Metronomes and they are all clickety clacking out of time with each other. Each one is clacking away from side to side to its own rhythm and is oblivious of all the others!!! Wow! Those guys are out of synch with each other, its chaos!

Now fellow SBE-Meditator, there are some things which occur in this video, and when they do, it changes the way those metronomes click & clack.

To help you grasp these vital learnings, I will break it down for you over three SIMPLE questions.

Question 1? At the end of the video what change has occurred across all of those metronomes / in other words how are they clickety-clacking now?

Answer:

Answer to Hint 2 Question 1: That's right, those Metronome are now all clicking and clacking in time with each

other. There is no chaos now! Instead, each one is clicking from right to left & then left to right in perfect time with all the others. They are in synch, or synchronized.

Question 2 ? What happened to change the Metronomes from clicking and clacking out of time with each other to coming into synch with each other?

Answer:

Answer to Hint 2 Question 2 : What happened to change those Metronomes from being out of synch with each other to clicking in synch was..... Someone lifted the plank upon which all those unsynchronized metronomes rested, and placed it resting on top of (across) two cylindrical cans, which were lying on their sides (so they could move n'roll, right?). So now that plank holding all the metronomes, because of the cylindrical-cans its resting on, can move a little in response to the movement of all those Metronomes. And that's what was needed! Placing the metronomes onto a system where movement is possible changes everything!!! It actually creates a state where the Metronomes can energetically interact with each other.... When they could relate to each other, they came into synch with each other... Yes! After just a little while they are all coherent and clicking in time with each other!


Question 3 ? How does these metronomes coming into synch with each other relate to you, your body, your brainwaves, your heart beat, your cells.... Like all of you... i.e., how does this relate to your state of being, when you engage in the SBE?

Answer:

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Answer to Hint 2 Question 3: How this relates to you, your body, your brainwaves, your state of being when you engage in the SBE is .... When those out of synch, chaotic metronomes are taken from a rigid state where they are all energetically isolated from each and moved into a system where there is they can energetically relate to each other; they come in to synch with each other. It is in this state upon on the moveable platform that the metronomes can interact at an energetic level with each other! Ok, so the metronomes represent all of your inner organs, systems, brainwaves, like all of YOU.. and these systems are working (obviously!!) day to day, moment to moment.... But like the metronomes they can be out of synch. So when YOU sit into YOUR SBE Meditation, and when you go to that felt sensation (even for a moment), YOU are creating an energetic state, (a state of being) within which all of your systems can and WILL come into synch with each other... Now this is a SIMPLE FACT... and a NATURAL LAW 😊



Hint 3: This one involves the flick of a finger and some  dominoes.

Question: How does my simple finger-flick as a little girl playing dominoes and you bringing your awareness to the felt sensation of your breath's air-flow, relate?

Answer:

Answer to Hint 3: In my simple finger-flick there is actually a transfer of energy from my finger to that first Domino. Now how this relates to you when you do an SBE meditation, is as follows: each time you go to the felt sensation of the air flowing in over those cells... you are transferring your energy with a flick of consciousness (i.e., a simple flick of focus) to the feeling sensation of your breath's air-flow... and this sets off the Domino-effect within! This is how it works and this is why we always KEEP IT SIMPLE... Because it is already!!! 😊

**Yes! We simply flick our awareness to the breath  
and our life force intelligence does the rest.**




Ok, all the take homes you can recall written down? YES!! Wonderful.

As we progressed through the weekly classes, Key 2 held an astronomically powerful truth brought to you over and over again. It shows us that even a brief moment of “BE-ing” with the felt sensation of the air flowing in with our breath, is POWERFUL.

I recall sharing a story with you about the Buddha visiting with a community of monks (in class 2 I think!). There was this one chief monk known for his tough and hard-nosed ways when it came to Meditation and practice discipline. He was leading a training practice with the novices. He was emphatic about the importance of focus and staying in the moment and giving all of yourself to the practice.. etc.. etc..

The Buddha sitting at the top of the hall, noticed a young novice near the back getting very restless and looking very sad indeed. The Buddha called on him asking what ailed him? The young man replied “I think oh Master that I am in the wrong discipline and I should return home and be a farmer!”

The Buddha looked at him with compassion and then he told that young novice and all present, something very important....



Hint 4: This one has something to do with a Humming-Birds' Wings.

Question 1: What did the buddha tell the young novice about the Humming-Birds wings and what has this to do with Key 2-Brief is Powerful ?

Answer:



Answer to Hint 4: the Buddha told the young novice that even a moment as brief as the single beat of a hummingbird's wings (which by the way is 1/80<sup>th</sup> of a second!) during which one experiences BE-ing, is as powerful as hours of sitting and trying to force oneself to BE !!

And the answer to what this has to do with Key 2 is ..... [OK I reckon you have got this... so continue with the answer yourself 😊]]

Yes!! This is why we have a hummingbird as the mascot for our crucial Success #2 Key... We can Keep it Brief, and be happy with our success in the doing, because Brief is Powerful.



Hint 5: This one involves that cool blue colour on the BioFeedback screen, those blessed Metronomes once again (😊), Your State of BE-ing and Key 2.

Do you recall the BioFeedback Demo I showed from my Therapy sessions with a client? [It is in the MasterClass and in the 2024+ Edition of Class 1, pop back in and have a peep, it is soooooo worth viewing again].

Anyhooo... at one point in the video we see a Blue colour band running along the bottom of the Biofeedback screen. However, at the beginning of that video, like 30 seconds earlier, the colour moving across the screen was green. The green colour band was a visual of that client's state of being within. That unit I had her attached up to, was literally showing us in real-time, her heart rate interval, her heart rate, and some other biophysical measurements.

The green correlated with a Coherence Score that the machine calculates (live) and which is based on the Clients' inner state of being at the time... literally, moment to moment!

The green colour showed us that her breathing rate, her heart rate and basically all her systems were working away (like those metronomes) however, they were not in Coherence with each other.

Now dear friend, here is the bit that relates directly to Key 2 : Brief is POWERFUL.

That colour band suddenly went BLUE!!! And stayed Blue (and wow was it a lovely deep, deep blue).... Here are 3 questions that get you integrating all the KNOWING from this HINT.....

Question 1: I have told you what the Green colour at the beginning of that video represents, now what does the blue colour represent? Or in other words, if you were hooked up to that biofeedback unit (I invite you to imagine that you are), like that lady-client of mine, then what would that blue colour show you about you?

Answer:

Answer to Hint 5 Question 1: The Blue colour on the Biofeedback screen would show me in a visual way, that I have entered a Coherent state of being (aka, a Coherent Flow State, a State of Coherence).

Question 2: How does the Green colour on the BioFeedback relate to the metronomes? In other words, If I was to show a video of the Metronomes representing the Green Colour on the Biofeedback Screen what way would those Metronomes be clickety-clacking?

And what way would those Metronomes be clickety-clacking when they correlate with the BLUE colour?

Answer: GREEN:
Answer: BLUE:

Answer to Hint 5 Question 2: During the Green , those Metronomes would be clickety-clacking out of synch... each one of them working away, but not in rhythm with the other metronomes. During the BLUE, those Metronomes would be clickety-clacking in absolute Sych with each other. All those Metronomes will have being lifted into a State that allows them to interact with each other Energetically... 😊

Question 3: OK, back to imagining you are hooked up to the BioFeedback unit... and you are at that moment, when the colour has changed from Green to Blue. Yes! Your inner state has shifted to a Coherent, aligned, smooth flow-state....! What did that you “do” consciously and deliberately that was so powerful that in an instant it caused this shift in state?

Answer:

Answer to Hint 5 Question 3: I began with a reset and blew my air out slowly... then I breathed in slowly bringing the air in across the tip of my tongue, through slightly pursed lips... as I did this I brought my awareness to the feeling of the air flowing in across those cells on the tip of my tongue... and when my air was in me, I then let that air out slow and easy, noticing how my body softens and just loves each out-breath... then I .... (ok you got this... Write it on your page or up above... Describe your sitting in to and DO-ing your Sensory Breath Exercise Meditation. YOU GOT THIS 😊)



Key 3 – Be Realistic / Be Gentle With Yourself



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“The Truth Shall Set You Free”

**Q: What are your take homes from Key 3 - “Be Realistic- Be Gentle With Yourself”?**

<b>My Take Homes from Key 3 : “Be Realistic- Be Gentle With Yourself” are :</b>
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my experience over decades working with 1000's of wonderful people that we need reminding of these Natural laws. Mostly, because they are here to support us, and we tend to not realise this.

You see our thinking mind, which is the most recent arrival on the planet, can be pretty hard on us, and is often totally UN-Realistic in its expectations! As a result we end up being far from gentle with ourselves!

Yes all too often that inner whip gets going and unfortunately it is often the reason people do not sustain a meditative practice.

I mention many of these Natural Laws as we progress throughout this 6-week series. Now I have crafted some hints and some questions for you, the contemplation of which, and the answering of which, will benefit you and your sustained practice enormously.

So here goes :



Hint 6 : This one involves straight lines, our thinking mind and Key 3 as it applies to your SBE practice.

Here are 3 questions to help you harvest all the nuggets in this Hint.

Question 1: What are there none of in nature, which your thinking, planning mind loves? And what is it that your thinking mind loves which rarely if ever, applies to how something occurs naturally?

Answer:

Answer to Hint Question : There are no straight lines in Nature. My thinking, planning, rational mind loves straight lines... like A going to B ,which then does to C and on to D, which is my destination!! Oh Boy! Does my thinky-tip mind love straight lines...

Question 2: How can our thinking minds' love of straight lines affect our Success, with our SBE practice? [i.e., if we are not aware of the fact that it does have this love of straight lines... and we have not done Martina's Meditation Motivation Practice and Learned the REALITY and how the natural laws work!!]

Answer:

Answer to Hint Question : **As we saw earlier, there are no straight lines in Nature. However, my thinking, planning, rational mind loves straight lines...and it has an in-built unrealistic expectation that things be achieved in straight lines. This un-realistic expectation could look something like this in my SBE practice and could scupper my practice if I did not know the truth... “oh well! What’s the point of this... I only noticed the feeling of the air a couple of times throughout that whole 10 minute-meditation practice!? Surely that’s a failure...!!!!” Or it could look like this: “ I NEVER STAY at anything... I might as well give up now... because for 2 days I didn’t practice at all... there is not point in my continuing now!!.**

Question 3: How can knowing about your thinking minds' unrealistic expectations help you be Gentle with Yourself?

Answer:

Answer to Hint Question : There will be times when my thinking mind says its not working, or that I am not doing it right etc etc.. The reality is that the Natural Laws of Life Force Intelligence apply to my SBE practice, therefore, even a moment of feeling this air flowing across those cells is enough to “flick that first domino” within me. I can be realistically gentle with myself by reminding myself that Brief is Powerful and that my goal is to Keep it Simple... One Breath at a time... then life force Intelligence knows how to do the rest. 😊



Hint 7 : This one involves a finger-flick, dominos and YOU BEING REALISTIC & GENTLE WITH YOURSELF !

Question: How does knowing about the magnificent Domino-Effect within relate to you being Realistic and Gentle with Yourself?

Answer:


Answer to Hint 7 : A Simple Flick of Consciousness to the Felt Sensation, sets off a Domino-effect within. When I go to the feeling of the Air flowing across my cells in either my nostrils or on my tongue ... even if I am only in that “felt sensation” in a way that feels absolute, for a mere moment.... It still can, just like that finger-flick on that first domino, set the Domino-Effect into motion within me. Knowing this, helps me be realistic and gentle with myself, because it helps my thinking mind let go of thinking that IT has anything IT needs to do during this Practice. This is about FEELING the SENSATION of the AIR.. and that’s it! This makes it easier for me because I know that the Natural Law takes care of all the rest. Wow! That feels gentle.



**KEY 4 - Plan it into your day!** 

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**Q: What are your take homes from Key4 - “Plan it into Your Day” ?**

Just a wee reminder that the Success Keys all work together, and so working thru 1 above may have sparked some nuggets for Key 2, and 2 for Key 3 and now here at Key 4, they all apply. Hey! These success keys are like the Keys for a safe deposit box in a vault where all precious things are stored: together they open up a whole treasure of Coherence, Inner Peace, Healing and Alignment... Go for it, write down your nuggets from Key 4 : Plan it into My Day....

<b>My Take Homes from Key 4 “Plan it into your Day” are :</b>



Ok, all the take homes you can recall written down? YES!! Wonderful.

As I arrive with you here at the end of our Series 1 Meditation Motivation Course (go to [www.martinafinnerty.com](http://www.martinafinnerty.com), to find out about our next exciting Series 2 or email [martina@thepowerofknowing.ie](mailto:martina@thepowerofknowing.ie)). I am always inspired by the variety of ways people have integrated their Sensory Breath Meditation into their days'.

There are two principal formats that the SBE integrates into our daily routine. One is a formal sitting and the other is an on the move Sensory Moment.

The formal sitting will usually involve you using one of the audios from the series of audios provided throughout this course. Now to help you integrate a formal sitting into your day I gave you a few tips.....

Here is the first Hint and Question for Key 4, and it has to do with a Formal sitting-into an SBE practice:

 Hint 8: This one involves an anchor an audio and one of your normal everyday routines.

Question 1: To increase your ease of integration of a regular SBE formal practice, into your day so it too becomes a habitual part of your life... there is something throughout the series that I recommend you do: what do I recommend ?

Answer:




Answer to Hint 8: Martina recommends that I anchor (which means attach to , or join with) my formal daily practice of my SBE (which is me playing my choice of SBE audio, while sitting or lying somewhere, eyes closed) with an already established (good-for me) habit like, my morning shower, brushing my teeth, or just after I wake up & before I get into my morning routine, or before I curl up to go to sleep at nite, or after my sandwich on my lunch break or....etc etc).

Question 2: Have you anchored your SBE practice to any daily existing routine or daily habit? If you have not, then what potential ones will you consider for your anchoring moving forward? If your answer is YES, what anchor/s have you begun to attach your SBE formal practice to?


Question 3: Which SBE audios are your favourites (list your top 3 in order from 1 to 3) ?

Answer:

Question 4: Have you downloaded these audios from our DropBox location?

Answer:
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Note: We advise that you download onto your device so that they are easily accessible by you at any time, anywhere, and in a way that wifi is not even necessary?

Question 5: If not why?


NOTE : 😊 Please let us know if you need any assistance / if there is any way that myself or a member of our KNOWING Team can improve your access etc...



Hint 9 : This involves something that is plentiful, free and available everywhere, your FREE WILL/Perfect freedom of choice and Your Well Being at every level, even down to the level of your DNA.

Question 1: What is it that is FREE, always AVAILABLE and YOURS TO CHOOSE in any moment of any day which is super good for you at every level, right down to the level of your DNA?

Answer:

Answer to Hint 9: AIR 😊 😊 😊 Yes!!! There is air everywhere and I am free to choose a precious, private Sensory Moment anytime , anyplace and anywhere I choose.

Yes my dear friend, over time, we get better and better at bringing a simple moment of BEing in to our day, every day. We do this by going to the felt-sensation of the breath... like my Dublin friend at the traffic lights, and a young client who was feeling nervous at the team meetings in his new job. He dopped privately to a Sensory

Moment in those meetings and found a whole new level of personal space, security and grounding WHILE surrounded by all his fellow workers and the BOSS!!!

These Sensory Moments are for You ALWAYS...


And while they can and are accessed randomly and in a manner that relates to what is occurring in your day, like young John in his workplace above; they can also be planned into your day.

I advise that you plan the SBE moments, especially as you are beginning your time now, after completing this Motivational series. Go ahead anchor a sensory moment to something you do every day. Even if you are like my CEO client who reckoned he was always too busy for a formal practice; well he chose to be with these precious Sensory Moments every time he used his keys or a fob, to get into his home, into his car, into the parking garage at his company etc... Wow did it work for him... and guess who has a formal practice now, 4 to 5 times per week?

GO AHEAD : Plan it into YOUR day.

Make it yours... Anchor it to something simple and regular in your day...

Question 2: What daily routine, event or habits are you anchoring your Sensory Moments to ?


 Hint 10 : This has to do with Key 3 (Being Realistic and Gentle with yourself) and this Key 4, and with your Phone !

Question 1: How can you use your phone in relation to your SBE's and what has this got to do with Key 3 (Being Realistic and Gentle with yourself) and Key 4 (Planning it into your day)?

Answer:
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Answer to Hint 10 : BEing Real and BEing Gentle with yourself applies in the most practical of ways. Truth is, that while we are taking part in a course we are more inclined to remember to DO the DOING... The taking part is motivational in itself. As part of the answer to this question I will remind you of what I shared in the classes:

*"I recall that at the beginning I ALWAYS FORGOT!!! And later in the day I would berate myself for having forgotten!! Or for not having done it at all!!!"*

BEING REALISTIC we remember

that we are all human,

that we all need Re-MINDing...

and so we do just that...

THEREFORE A SOLUTION IS:

Do like I did if you need to and set several reminders in your phone to remind YOU every day!

Can you remember what I had coming up on my Alarm Message every hour?

*"Have you done it yet?"*

Now go forth, PLAN to set up your Dominos, one by one:

- Re-Minding yourself to Keep it Simple & that Brief is powerful.
- KNOWING that Realistic and Gentle gets the best result.
- Anchoring both your formal practice and your Sensory Moments to your daily routines and habits
- And remembering a simple PHONE-REMINDER 📱 Really HELPS 😊

*Love and Light to You*

*From Martina*