

You can heal through using the Power of your Imagination

My On-Demand Workshop
Progress Sheets


intuitive sensitives
intuition | curiosity | belonging

Progress Sheet

1. Trust



How to Create Self-Trust and Feel Listened To

Videos:

	1.1 What's the issue?
	1.2 The 6 Stages of Feeling Heard, Seen and Nurtured in Your Life
	1.3 Switching to Choice and Freedom – Dissolving Self-Mistrust

Exercise:

	1.4 Owning Blocks to Self-Trust
--	--

Meditation:

	1.5 Dissolving Mistrust to Blissful Peace
--	--

What Happens Next?

	1.6 You are Drawn to Higher Awareness
--	--

Date
completed:

Days taken
to complete:

Name:
(please print)

intuitive  sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

2. Higher Mind



How to Recognise 'Wisdom Co-incidences'

Videos:

	2.1 What's the issue?
	2.2 Your Higher Mind Calling
	2.3 Caring Outside of the Self
	2.4 Moments of Absolute Clarity

Exercise:

	2.5 Freedom from Fiction
--	---------------------------------

Meditation:

	2.6 Big Change
--	-----------------------

What Happens Next?

	2.7 You are Drawn to Higher Awareness
--	--

Date
completed:

Days taken
to complete:

Name:
(please print)


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

3. Shape Shifters

Learn How to Master the Tension Created by
Control Orientated People



Videos:

	3.1 What's the issue?
	3.2 Recognising when Someone has been Sent into your Life as a Shape-Shifter
	3.3 How to Make Yourself Immune to the Powers of a Shape-Shifter
	3.4 Neutralising Hurt: The Key to Dissolving the Power of Controlling People

Exercise:

	3.5 Assessing My Hooks that are Attractive to Control Orientated People
--	--

Meditation:

	3.6 Kicking the 'Control Me' Energy into Oblivion
--	--

What Happens Next?

	3.7 You are Drawn to Higher Awareness
--	--

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

4. Threshold Guardians



How to Pass the Courage Test

Videos:

	4.1 What's the issue?
	4.2 Recognising the Threshold
	4.3 Paths, Tests and Reasons
	4.4 Step into your Quest

Exercise:

	4.5 Wall Hangers Messages
--	----------------------------------

Meditation:

	4.6 Crossing the Threshold
--	-----------------------------------

What Happens Next?

	4.7 You are Drawn to Higher Awareness
--	--

Date
completed:

Days taken
to complete:

Name:
(please print)


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

5. Trickster



Why the Trickster releases Self-Sacrifice Patterns

Videos:

	5.1 What's the issue?
	5.2 What the Trickster Teaches You
	5.3 Little Red Riding Hood
	5.4 Mastering the Tricksters Energy

Exercise:

	5.5 Self-Sacrificing
--	-----------------------------

Meditation:

	5.6 Your Trickster Animal
--	----------------------------------

What Happens Next?

	5.7 You are Drawn to Higher Awareness
--	--

Date
completed:

Days taken
to complete:

Name:
(please print)

intuitive  sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

6. Shadow



Meeting the 'Shadow'

Videos:

	6.1 What's the issue?
	6.2 The Meaning of Your Hidden Self
	6.3 Negotiating Dangerous Shadows
	6.4 The Positive Shadow

Exercise:

	6.5 Recognising the Shadow in Action
--	---

Meditation:

	6.6 Accessing your Positive Shadow to Reveal the Hidden Aspects of the Deeper Self
--	---

What Happens Next?

	6.7 You are Drawn to Higher Awareness
--	--

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

7. Ally



Become Your Own 'Ally'

Videos:

	7.1 What's the issue?
	7.2 Your Ally in the Full Light of Consciousness
	7.3 False Allies and The Foundation of True Ally
	7.4 Dissolving the Influence of False Allies to Reveal Your True Ally Archetype

Exercise:

	7.5 Realising the Content of First Memories
--	--

Meditation:

	7.6 Releasing the Energy of False Allies to Reveal Your Connected Self
--	---

What Happens Next?

	7.7 You are Drawn to Higher Awareness
--	--

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

8. Mentor



Discovering Your Own Powerful Guidance

Videos:

	8.1 What's the issue?
	8.2 Discovering Your Own Powerful Guidance
	8.3 The Mentor – The Key to Your Wise Expression
	8.4 The Steps to Accepting Your Inner Mentor Guidance
	8.5 Accepting Your Inner Mentor Guidance

Exercise:

	8.6 Calming the Over Protective and Perfectionist Mentor Energy to Access Deep Guidance
--	--

Meditation:

	8.7 Accessing Your Four Higher Mind Mentors
--	--

What Happens Next?

	8.8 You are Drawn to Higher Awareness
--	--

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

9. Ruler

How to Sprinkle Magic over your
Connection to Power and Control



Videos:

	9.1 What's the issue?
	9.2 Learning How to Lead Your Life
	9.3 The Shadow Ruler
	9.4 Transforming the Shadow Ruler

Exercise:

	9.5 Discovering the Patterns of Your Ruler Archetype
--	---

Meditation:

	9.6 Releasing the Pressure of the Shadow Ruler: Restoring Balance in Your Inner Kingdom
--	---

What Happens Next?

	9.7 You are Drawn to Higher Awareness
--	--

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

10. Outlaw

How to Deal with Characters who Make You Wonder What You've Done Wrong



Videos:

	10.1 What's the issue?
	10.2 Your Ego Journey Expressed through the Outlaw Archetype
	10.3 Your Ego & Maturity through the Outlaw Archetype
	10.4 How the Soul Understands Rejection & How to Heal It

Exercise:

	10.5 Spotting the Outlaw Archetype's Rejection Patterns Exercise
--	---

Meditation:

	10.6 Relaxing the Outlaw Archetypes Ego Fears Using the Soul's Guidance
--	--

What Happens Next?

	10.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

11. Sage



How to Recognise and Understand Your Truth

Videos:

	11.1 What's the issue?
	11.2 The Journey to the Centre of Meaning
	11.3 Your World Beyond Thoughts, Feelings and Desires
	11.4 The Sage & Your Passage to Wisdom

Exercise:

	11.5 Discovering My Thoughts, Feelings & Desires So I Can See the Wisdom of the Sage
--	---

Meditation:

	11.6 Accessing Truth: The Space Beyond Thoughts, Feelings & Desires
--	--

What Happens Next?

	11.7 You are drawn to higher awareness
--	---

Date
completed:

Days taken
to complete:

Name:
(please print)


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

12. Seeker



Stepping onto Your Inspired Path

Videos:

	12.1 What's the issue?
	12.2 The First Step of the Enriched Seeker Path
	12.3 Difference between Ego and Spirit: Listening to the Call of the Seeker Energy
	12.4 Developing the Ability to be a Seeker not a Wanderer

Exercise:

	12.5 Accessing Your Ego Safety Messages
--	--

Meditation:

	12.6 Embracing the Enriched Seeker Archetype to Reach the Authentic Self
--	---

What Happens Next?

	12.7 You are drawn to higher awareness
--	---

Date
completed:

Days taken
to complete:

Name:
(please print)

intuitive  sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

13. Destroyer



Stepping onto Your Inspired Path

Videos:

	13.1 What's the issue?
	13.2 The Purpose of Destruction
	13.3 The Destroyer as the Opportunity for Metamorphosis
	13.4 Embracing the Destroyer for Transformation not Bitterness

Exercise:

	13.5 Acknowledging What No Longer Serves Your Journey
--	--

Meditation:

	13.6 Embracing the Destroyer's Metamorphosis Meditation
--	--

What Happens Next?

	13.7 You are drawn to higher awareness
--	---

Date
completed:

Days taken
to complete:

Name:
(please print)


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

14. Fool Archetype



Stepping Beyond the Fear of What Others Think

Videos:

	14.1 What's the issue?
	14.2 The Fool's path
	14.3 Becoming Unafraid to be the 'Fool' and Losing the Fear of Humiliation
	14.4 Releasing the Stored Pressure of What Other People Think

Exercise:

	14.5 Viewing the Unconscious World of the Fool Archetype
--	---

Meditation:

	14.6 Releasing Humiliation Energy & Entering the Freedom of the Fool Vibration
--	---

What Happens Next?

	14.7 You are drawn to higher awareness
--	---

Date
completed:

Days taken
to complete:

Name:
(please print)


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

15. Wise Innocent

The Path to Trusting the Universe



Videos:

	15.1 What's the issue?
	15.2 The Innocent's Path
	15.3 Dealing with the Expectation of Disappointment
	15.4 Repairing the Innocent's Innocence

Exercise:

	15.5 Reviewing the Innocent's Lost Faith
--	---

Meditation:

	15.6 Restoring the Innocent Archetype to Connection with the Universe
--	--

What Happens Next?

	15.7 You are drawn to higher awareness
--	---

Date
completed:

Days taken
to complete:

Name:
(please print)


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

16. The Creator Archetype

Soul Mapping; How you Co-Create with the Universe



Videos:

	16.1 What's the issue?
	16.2 The Battle Between Ego and Soul
	16.3 Accessing the Creator: Ego and Soul Working Together
	16.4 Creating Harmony: Working with the Soul, Ego and the Universe

Exercise:

	16.5 Discovering the Conflict Between the Ego's Needs & the Soul's Destiny
--	---

Meditation:

	16.6 Creative Harmony: Entwining the Ego and Soul
--	--

What Happens Next?

	16.7 You are drawn to higher awareness
--	---

Date
completed:

Days taken
to complete:

Name:
(please print)


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

17. The Orphan

Dissolving the Belief: In Life You're on Your Own



Videos:

	17.1 What's the issue?
	17.2 The Orphan's Healing Fantasy
	17.3 Healing the Fantasy – The Source of the Issue
	17.4 Letting Go of the Healing Fantasy

Exercise:

	17.5 Discovering Your Healing Fantasy
--	--

Meditation:

	17.6 Dissolving The Orphan Archetype's Healing Fantasy
--	---

What Happens Next?

	17.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

18. The King Archetype

Resolving the Pressure of Attaining Perfection;
Will I Ever Live Up to Expectation?



Videos:

	18.1 What's the issue?
	18.2 The King's Fear
	18.3 The King: Your Right to Prosper
	18.4 Achieving Success Using the King Archetype

Exercise:

	18.5 Resolving the Conflict between My Own & My Male Line Idea of Prosperity
--	---

Meditation:

	18.6 Dissolving the Unconscious Ruler: Accessing the King
--	--

What Happens Next?

	18.7 You are drawn to higher awareness
--	---

Date
completed:

Days taken
to complete:

Name:
(please print)

intuitive  sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

19. The Lover Archetype

Your Path to Divine Love, Connection & Enchantment



Videos:

	19.1 What's the issue?
	19.2 How Your Heart Has Been Cheated
	19.3 Eros: The Path to an Enchanted Life
	19.4 How to Captivate Connection Using the Power of the Lover Archetype

Exercise:

	19.5 Discovering Love Addiction Patterns Through the Generations
--	---

Meditation:

	19.6 Your Kingdom of Love & Enchantment
--	--

What Happens Next?

	19.7 You are drawn to higher awareness
--	---

Date
completed:

Days taken
to complete:

Name:
(please print)

intuitive  sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

20. The Queen Archetype



How to Access Your Mature Wisdom

Videos:

	20.1 What's the issue?
	20.2 The Ice Queen
	20.3 Unlocking the Fear of Receiving
	20.4 How to Access Your Mature Wisdom

Exercise:

	20.5 What Feeds Your Queen Self?
--	---

Meditation:

	20.6 How to Accept My Inner Beauty & Mature Wisdom
--	---

What Happens Next?

	20.7 You are drawn to higher awareness
--	---

Date
completed:

Days taken
to complete:

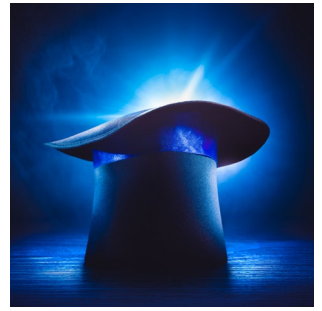
Name:
(please print)

intuitive  sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

21. The Magician Archetype



How to Ignite Magic into Your Life

Videos:

	21.1 What's the issue?
	21.2 The Dark Sorcerer
	21.3 Unlocking the Fear of Things Going Wrong
	21.4 How to Engage the Inner Magician to Create a Magical Life

Exercise:

	21.5 Revealing Your Inner Story
--	--

Meditation:

	21.6 Igniting Magic in Your Inner Kingdom
--	--

What Happens Next?

	21.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	

intuitive  sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

22. The Mystic Archetype



Your Journey to Truth without the Panic you can't Control

Videos:

	22.1 What's the issue?
	22.2 Vibration Switch: Leaving No-Man's Land
	22.3 Truth v Fear: How to See Realities without Fear
	22.4 How to Engage Your Inner Mystic

Exercise:

	22.5 Releasing Projection
--	----------------------------------

Meditation:

	22.6 Igniting Truth and Wisdom in your Inner Kingdom
--	---

What Happens Next?

	22.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

23. The Detective Archetype



Accessing your Ability to Always be Five Steps Ahead

Videos:

	23.1 What's the issue?
	23.2 When to Sweat the Small Stuff
	23.3 How to Navigate other People's Smoke Screens
	23.4 How to Know when your Instincts are Right

Exercise:

	23.5 Becoming a Visionary
--	----------------------------------

Meditation:

	23.6 Accessing Insight: Activating the Detective Archetype in your Inner Kingdom
--	---

What Happens Next?

	23.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

24. The Graceful Sage Archetype

The Shaman In Training



Videos:

	24.1 What's the issue?
	24.2 The Graceful Sage & The Feeling of 'Home'
	24.3 How to Emerge from Crisis to Healing Magic
	24.4 How to Never Lose Sight of Yourself in Other People's Darkness

Exercise:

	24.5 Conversation with Your Unconscious
--	--

Meditation:

	24.6 Accessing Unconscious Power: Activating the Graceful Sage Archetype in Your Inner Kingdom
--	--

What Happens Next?

	24.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	

intuitive  sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

25. The Innocent Archetype

How to let go of self-judgement and learn to play



Videos:

	25.1 What's the issue?
	25.2 Why Self Judgement is Wrapped Up in the Innocent
	25.3 The Difference Between Innocence & Naivety
	25.4 How to Release the Mask of Expectation to Learn How to Play with Freedom

Exercise:

	25.5 What is Your Mask of Expectation?
--	---

Meditation:

	25.6 Releasing the Pressure of Perfection from the Innocent Archetype in Your Inner Kingdom
--	--

What Happens Next?

	25.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

26. The Mini-Sage Archetype



Understanding the Soul Wisdom you were born into

Videos:

	26.1 What's the issue?
	26.2 The Character & Curiosity of Your Mini Sage Energy
	26.3 Releasing Your Unconscious Fear of Truth & Wisdom
	26.4 How to Activate the Soul Wisdom You Came Into the World With

Exercise:

	26.5 Assessing Your Mini-Sage's Unconscious Fear of Physical Life
--	--

Meditation:

	26.6 Harmonising Your Mini-Sage in Your Inner Kingdom
--	--

What Happens Next?

	26.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

27. The Learned Fool Archetype

From Naivety to Wisdom



Videos:

	27.1 What's the issue?
	27.2 How to Let Go of Past Failures Haunting You
	27.3 The Patterns of the Learned Fool
	27.4 How to Engage With New Opportunities

Exercise:

	27.5 Dissolving Unconscious Suspicion
--	--

Meditation:

	27.6 Accessing Your Learned Fool in Your Inner Kingdom
--	---

What Happens Next?

	27.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

28. The Wise Warrior Archetype



Finding your Inner Authority.

Videos:

	28.1 What's the issue?
	28.2 Boundaries not Barriers
	28.3 Empowering not Control
	28.4 Accessing your Wise Warrior

Exercise:

	28.5 Releasing my Unconscious Resentment for Attachment to Someone else's Happiness
--	--

Meditation:

	28.6 Accessing your Wise Warrior Authority in your Inner Kingdom
--	---

What Happens Next?

	28.7 You are drawn to higher awareness
--	---

Date completed:

Days taken to complete:

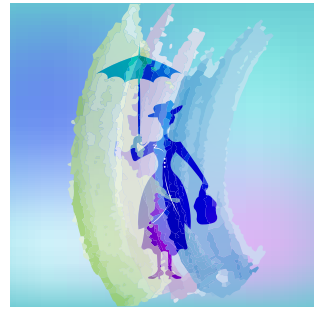
Name:
(please print)

intuitive  sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Progress Sheet

29. The Fairy Godmother Archetype



Finding your Inner Authority.

Videos:

	29.1 What's the issue?
	29.2 ?????
	29.3 ?????
	29.4 ??????

Exercise:

	29.5 Discovering My Core Abandonment Fears
--	---

Meditation:

	29.6 ??????
--	--------------------

What Happens Next?

	29.7 You are drawn to higher awareness
--	---

Date completed:	Days taken to complete:
Name: (please print)	


intuitive sensitives
intuition | curiosity | belonging

Please send a copy of this completed Progress Sheet to Support@HeidiSawyer.com

Heidi's Philosophy

When I started out in the world of the enlightenment journey, I had no idea what it was, or what I had got myself into. All I knew, I was fascinated with intuition, consciousness and psychology.

The fascination I believe started with wanting an answer to life's 'why' questions:

- *Why did I feel other people's emotions intensely?*
- *Why was I sensitive?*
- *Why did I seem to know people's true motivation rather than the one they presented?*
- *Why did I know the general patterns people would follow?*
- *Why did I always want to do the opposite to what I was told to do?*
- *Why was I feeling the only one who thought the environment I grew up in wasn't quite right?*

I felt alone in my quest for finding a sense of truth and where I fit in.

We provide a service for Intuitive-Sensitive People to find their own sense of truth and to never feel alone on that journey the way I did. I wanted other people like me to find their life purpose and fulfilment without feeling they were either weak for exploring their psychological make-up or weird for wanting more than superficial connections.

I also understood I wanted some sort of answers to spiritual questions but my beliefs were not religious or superstitious. I wanted to honour the idea of faith, but without religion.

For more than 22 years I have pursued the answers to those questions whilst building a business that honours the values of Intuitive-Sensitive People. I wanted to show you can create the life you believe in, despite any previous limitations.

I started the enlightenment journey with no family, no friends, no home, no car, no job and no money. I felt stripped to the bone, completely naked, yet determined. I started with faith, not in a God, a faith in the journey, a belief I would do whatever it takes. I was 23 and possibly very naive.



Today, I have created the working and personal life most people only get to dream of. My work is completely in line with my values and has a strong purpose. I have family, I have a very happy marriage, I have a lovely home and I have amazing friends. I even have a stunning office environment with a very dedicated team.

There are no game players in my existence yet I have experienced many.

Your Journey with us, whether you're just starting out or you're a seasoned (enlightenment) traveller, is through our core concept, Lotus Expansion, which supports you through the stages of your journey to enlightenment.

Enlightenment is the journey from fear to peace and can be experienced on its own through our yearly Lotus Expansion PLUS option up to the intense Mentorship Programmes with me over a 12 week period. Choose from three different programmes to suit your budget or preferences; MasterMind, Lotus Expansion PLUS or Heidi Unlimited Personal. Bespoke programmes are available via Heidi Unlimited (Business).

I look forward to working with you.

Heidi x



ALTERNATIVES

"We provide a bridge between scientific thought and 'whole thinking' helping you to develop fast instincts, empathic connection and instant rapport. We use a unique combination of cognitive science, spirituality, consciousness and transpersonal psychology." - Heidi Sawyer

This is your time to bloom.



www.HeidiSawyer.com/mentorship

The Heidi Sawyer Group | Base Innovation Centre | Broxhead House | Barbados Road
Bordon | Hampshire GU35 0FX | VAT Number: 984 6412 86
Telephone: +44 (0) 1420 55 23 11 | Support@HeidiSawyer.com | HeidiSawyer.com

© Since 1996 The Heidi Sawyer Group. All rights reserved. Do not duplicate or distribute without permission.