



PSILOCYBIN PREPARATION KIT
THE JOURNEY

A self-directed guide to the process of transformation

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W E L C O M E

Hello There!

I'm so happy you're here! Thank you for taking this step to become your best self. Your combination of self-awareness and drive will be valuable tools in this journey.

This preparation kit will act as your guide, but in the end you are the one who must do the work. If you want to reach the summit, you have to garner the courage to move past unforeseen obstacles.

Fear not! Like a trusty headlamp, this preparation kit will help you shine light on areas previously obscured in shadow. It's best to look inside before the veil is lifted through your psychedelic experience.

Psychedelics will magically transport you to the top of the mountain, but remember that once back on the ground you have to climb that mountain. One step at a time.

Like any journey, we must first prepare before taking our first steps. Let's begin with reviewing your prior year so that you can stay true to the course.

Victoria Lauren

ABOUT VICTORIA

Fueled by a passion for self-leadership, psychedelics, and creativity, Victoria enables her clients to break free from limiting mindsets, narratives, and beliefs.

Her calling is to unlock the fearless leader within, bringing nature's wisdom to the corporate jungle.



THE JOURNEY

PART I



REVIEW & REFLECT

Society's obsession with the future leaves little time to pause for reflection. However, a review of the past months is critical to contextualize what has, in fact, been working for you.

Think of this feedback exercise as a 360 review on yourself. Armed with this information you will be able to "feed forward" improvements to the future.

Let's dive into what happened in the last 6-12 months to help shape your priorities.



01 *Review your calendar from the last year month by month - make sure that you look at each week. Make observations of all high and low points.*

- *Highs are defined as things that brought you great joy, a sense of purpose, a revelation/insight, something that spurred growth, or a feeling of achievement.*
- *Lows are defined as things that brought you stress, anxiety, sadness - a draining of energy or feeling of failure.*

—————→ *Aim to spend at least 20 minutes reviewing your calendars and aim for 10 or more observations. You don't have to note the date or even write something for each week. There's no need to have an equal number of highs and lows.*

—————→ *Use your intuition here while you fill in the table on the next page.*

REVIEW

HIGHS

LOWS

GREAT WORK!

Now that you have a list of the highs and lows let's review your table. If you have this printed out you may want to grab a highlighter.



02 *Review each column and mark the types of items that produced the most reliable or powerful peaks (highs) and troughs (lows).*

—————→ *Do you notice any themes? Think about ways to reinforce these peaks going forward as well as ways to avoid the troughs.*

—————→ *Write down some ideas on the next page for commitments you can make to yourself.*

REFLECT

I COMMIT TO DO MORE OF THE FOLLOWING TO
CREATE CONNECTION & FIND PURPOSE

<input type="checkbox"/>	_____
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I COMMIT TO AVOID DOING THE FOLLOWING THINGS TO
REDUCE ISOLATION & AIMLESSNESS

<input type="checkbox"/>	_____
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CHEERS!



Wow, how the time flies!

Every season is going to feature a collection of unexpected experiences - bringing a mix of both highs and lows. Things don't always unfold the way that we plan or intend, and sometimes that ends up being a good thing!

When we think back to a difficult or painful chapter in our lives we can see the new insights, connections, or passions that were born of this difficulty. We wouldn't be who we are without them.

Everything is on time in time, my friend.

GET STARTED

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Join me for a plant medicine retreat
designed by women for women.

www.victoriacoaches.com/plant-medicine-retreats

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THE JOURNEY

PART II



BUILD HABITS

Habits are the daily rituals that form the bedrock of our lifestyle. Habits feel the most natural and effortless when they are inspired by our identities. Our brains like to see alignment between identity and action.

For example, if you consider yourself a creative leader, you will dedicate time to ideating with your team for out-of-the-box problem solving. If you consider yourself an athlete, you will prioritize working out.

We'll use this to our benefit. But first, let's take a look at your current habits.



03 *Consider your daily habits. Which of these cast a vote for the type of person you want to be? Which habits would you like to continue to reinforce?*

—————→ *Write down habits that would increase your chances of being your best self.*

Now think of habits you continue to struggle with. Are there any negative behavioral patterns that you would like to break?

—————→ *Write down habits that prevent you from acting like your best self.*

CURRENT HABITS

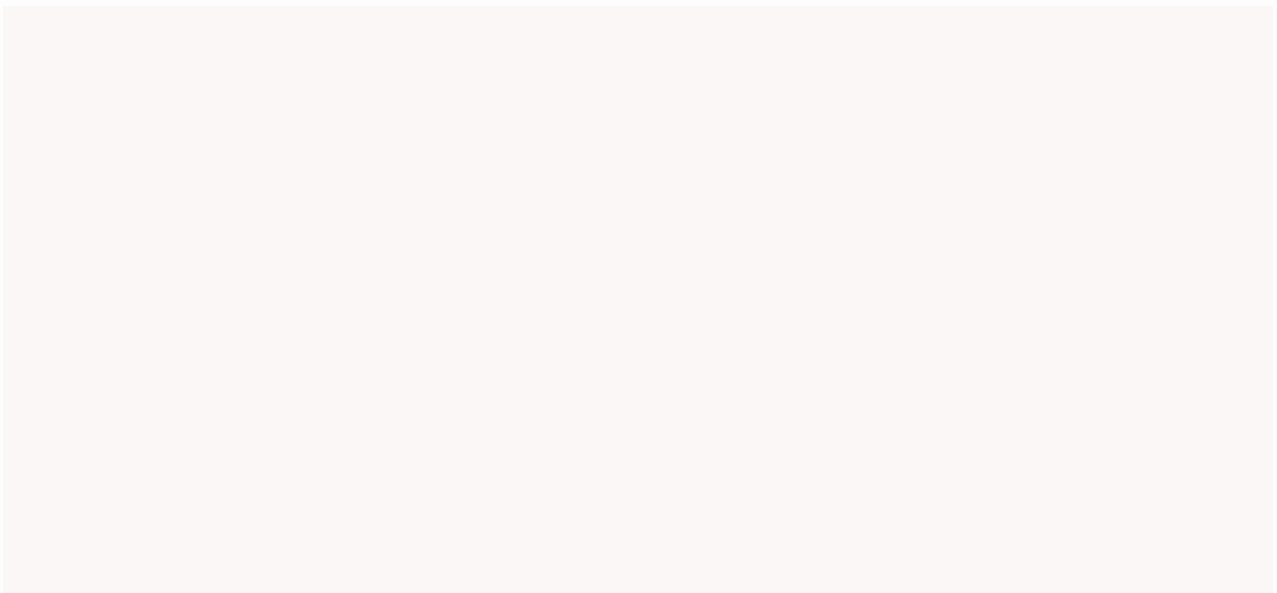
Habits that I Want to Reinforce

Write down habits that you want to establish or continue going forward. Consider what would increase your chances of being your best self.



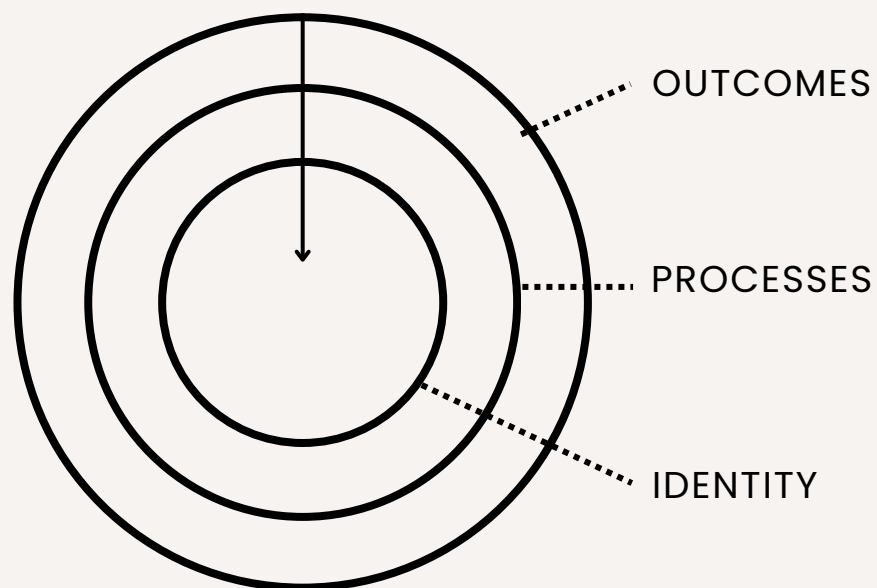
Habits that I Want to Quit

Write down habits that you want to stop doing already. Consider what prevents you from acting like your best self (focus on yourself here!).



LAYERS OF BEHAVIOR CHANGE

When it comes to setting and attaining goals we can consider three different layers of behavioral change: Outcomes, Processes and Identity.



Outcomes

Most people find it easiest to start with outcomes since they represent something tangible. Think of this as goal-oriented and results-focused.

Processes

Processes are the habits or daily rituals that make up your lifestyle. This is where we can use environmental cues to trigger action or employ tactics like habit stacking.

Identity

The innermost layer is your identity. Changing the core means first altering your perspective of who and how you are. This is where we find the most impactful and lasting change happens.

SETTING GOALS

People are comfortable with the concept of setting goals and it's also the easiest layer of behavioral change to start with.

We will work from the outside in, beginning with outcomes.



04 Let's set some goals for the new you - how do you want to act and feel?

We aren't looking for unattainable - keep it simple. Something that feels inspiring but not overwhelming. It also doesn't have to be incredibly specific with numbers or timelines.

Example: "I want to meditate for 60 minutes a day for 365 days straight" becomes "I want to meditate more."

Example: "I want to 30% more of my creative work" becomes "I want to incorporate practices that inspire creative expression."

→ Write down your four most important goals for the new you in the appropriate space on the next pages. Leave the shaded section blank until you reach Steps 5 & 6.

FUTURE OBJECTIVES

Goal #1:

Supportive Habits or Processes

-
-
-
-

Unhelpful Habits or Thoughts

-
-
-
-

Who? _____

Goal #2:

Supportive Habits or Processes

-
-
-
-

Unhelpful Habits or Thoughts

-
-
-
-

Who? _____

FUTURE OBJECTIVES

Goal #3:

.....

Supportive Habits or Processes

-
-
-
-

Unhelpful Habits or Thoughts

-
-
-
-

Who? _____

Goal #4:

.....

Supportive Habits or Processes

-
-
-
-

Unhelpful Habits or Thoughts

-
-
-
-

Who? _____

ESTABLISHING HABITS

Now we will take a look at the processes that can support your goals or desired outcomes for the new you.



05 Let's define the process to achieve these goals. What daily habits can you establish to support these goals?

Be sure to draw the connection between the goal and the daily habits or processes that will help you get there. For the habit you want to focus on consistency rather than intensity.

Goal Example: Meditate more

a. Habit/Process Example: When I wake up in the morning I will meditate for 2 minutes before having coffee

Goal Example: Create more

o Habit/Process Example: While eating breakfast I will write down some key actions that refill my creative cup

—————→ *Return to the pages with your goals. Complete the bullets titled "Supportive Habits or Processes."*

BREAKING HABITS

Typically when we think of setting up processes to support our goals we forget that we can also drop habits that work against us. And the only thing easier than adding another step to your process is to cross something off the list!



06 So what do you need to stop doing?

Think about actions, behaviors, and thought patterns that prevent you from achieving your goals. How do you sabotage your chances of attaining your goals?

Goal Example: Meditate more

a. Habit/Process Working Against You

i. Example: I make it difficult to meditate in the morning when I stay up late watching Netflix. I need to stop going to bed so late.

→ Return to the pages with your goals. Complete the bullets titled "Unhelpful Habits or Thoughts."

FUTURE SELF

Moving to the core of behavioral change, we now want to analyze identity. This means asking yourself:

“What type of person would follow this process?”
“Who would incorporate these habits into their lifestyle?”

This is where you get to define the type of person you are working to become.



07 Review the goals that you wrote down and the habits or processes that support them. Look for themes. What type of person would embody these practices?

Goal Example: Create more

a. Type of Person That Does This

i. Example: Someone connected to themselves and to nature; someone who allows self-expression to flow without judgement or reservation

→ Return to the pages with your goals. Answer the question: whose the type of person that would do these things?

CHEERS!



Now we know the identities you want to cultivate in your future self. These identities will become your North Star.

For example, rather than viewing yourself as a disorganized person instead ask yourself “What would someone who is organized and disciplined do in this moment?” Now every action becomes a vote for the type of person you want to become.

And remember that you are human - you will make mistakes! It’s important to approach life with a sense of grace and self-compassion. There’s no need to dwell on what the inner critic says. You can be your worst enemy in these situations, but you could also be your biggest fan.

Who doesn’t want a personal cheerleader?! I’m rooting for you, too.

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PART III



MINDSET MAP

In this third section of the transformation journey we will select the most important goal from the second section you completed above to dive deeper.

Most people try to accomplish behavioral change at the outcome level with goals, but this can lead us astray. The most impactful way to effect lasting change is **mindset transformation**.

When we change our identities our behavior and actions will adapt to support this shift. But what beliefs need to be refreshed to achieve this important goal?



08 In this section you will create a Mindset Map where you

- Define who is it that you want to become
- Spell out the current habits and actions that work against you
- Uncover your shadow pacts or self-protective commitments
- Identify the underlying beliefs that sabotage your progress

→ Let's begin with defining the goal that is most critical on the next page. Be sure to state it affirmatively.

Example: "I want to become a protective vessel for my untamed creative expression."

MINDSET MAP

08

WHO DO I WANT TO BECOME?



09

WHAT AM I DOING THAT WORKS **AGAINST** THIS GOAL?



WHAT AM I **NOT** DOING THAT WORKS AGAINST THIS GOAL?



10

WHAT ARE MY FEARS?



HOW AM I COMMITTED TO PROTECTING MYSELF?

11

WHAT IS THE UNDERLYING LIMITING BELIEF I HOLD?

BLOCKING BEHAVIORS

Now that we have zeroed in on our most important goal, we need to look closer at our current behaviors that work against us.



09 Returning to the Mindset Map above we will complete the next two flowcharts. Focus on behaviors rather than emotions that block your progress.

—————→ First write down what you are currently doing that works **against** you attaining your goal.

Example Goal: "I want to untame my creative expression."

- *I tell myself I will never succeed and it's pointless to even begin.*

—————→ What are you currently **NOT** doing that works against you?

- *I don't protect the most creative hours of my day.*

SHADOW PACTS

All of our behaviors benefited us in some way at some point - that is the reason we repeat them, even if they no longer serve us.

We need to uncover how your fears are actually part of an intelligent protective mechanism. These are pacts we have made with our shadow selves.

They have been with you your entire life and are generally designed to protect your desired self-image.



10 Returning to the Mindset Map above we will complete the fourth and fifth flowcharts.

Allow yourself to imagine a past scenario where your words or actions weren't aligned with your highest self. Feel the discomfort in your body as you see yourself in that scene.

—————> Then complete the statement "I'm afraid that..."

Example Goal: "I want to untame my creative expression."

- *I'm afraid that my authentic expression will be rejected. I'm scared that people won't like what I create.*

—————> Now rewrite these fears as pacts to your shadow self

- *I am committed to not feeling rejected*
- *I am committed to not discovering others dislike my work*

COMPETING GOALS

Phew! Step 10 is a doozy.

Take a look at your shadow pacts from Step 10 and see how they compare to your intended goal from Step 8. Can you see how you have had one foot on the gas and one foot on the brake?

Failing to improve has nothing to do with desire - your wants are sincere! It's a matter of understanding your competing goals.



11 Let's finish out the Mindset Map to identify the underlying belief.

Looking at the entire flowchart what is the belief that you take as absolute truth? What do you believe about your societal role or about the way that world operates?

—————→ Write down the underlying belief in the last flowchart.

Example Goal: "I want to untame my creative expression."

Hidden Commitments:

- *I am committed to not feeling rejected*
- *I am committed to not discovering others dislike my work*

Limiting belief about myself or the Universe:

- *I assume that if I truly create from a place of authenticity, my community won't like my work. If others don't like what I create it's because I'm not good enough.*

AMAZING WORK!

You've completed your mindset map! Armed with this information you can now devise real-life experiments for yourself where you disprove this underlying belief.

Confirmation bias leads our egos to always look for the ways our beliefs are right. But you can also intentionally look to disprove a belief that is no longer serving you.



12 Let's devise some experiments that disprove your big assumption about the way the world works.

Example Big Assumption:

I assume that if I truly create from a place of authenticity, my community won't like my work. If others don't like what I create it's because I'm not good enough.

Example Experiment:

- I will find others whose creative work inspires me and reach out to them. Do they feel that they create from a place of authenticity? How do they handle the fear of rejection?*

—————> Devise your own experiment on the next page!

EXPERIMENT

DEVISE A **SMART** EXPERIMENT BELOW TO DISPROVE THE ACCURACY OF YOUR BIG ASSUMPTION. USE THE BOXES BELOW TO BRAINSTORM DIFFERENT EXPERIMENTS.

S	<p><u>SAFE</u></p> <p>WHAT CAN I SAFELY RISK DOING?</p>	
M	<p><u>MODEST</u></p> <p>WHAT SMALL THING CAN I RESIST DOING?</p>	
A	<p><u>ACTIONABLE</u></p> <p>WHAT CAN I TEST IN THE NEAR TERM? WHERE?</p>	
R	<p><u>RESEARCH-BASED</u></p> <p>WHAT TYPE OF DATA CAN I COLLECT?</p>	
T	<p><u>TEST</u></p> <p>HOW CAN I TEST THAT MY BELIEF IS ULTIMATELY COUNTERPRODUCTIVE?</p>	

BYE FOR NOW

In conclusion,

Thank you for allowing me to guide you through this process of self-transformation. This journey has truly been about prioritizing yourself and your future. When we carve out space in our lives to bring hidden beliefs to the surface, we can then chose to change our behavioral patterns. You can't change what you can't see.

This shift in your core identity will allow you to unleash your highest potential. The benefits provided to you will ripple out to your family, your work, and your community.

Keep doing the work.

Victoria Lauren

GET STARTED

Thank you for joining me on this journey!

Want personalized support?
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your specific situation and opportunities.

Visit www.victoriacoaches.com/contact

