



# Workbook

## How did I get here?:

A guide to letting go of your past and living  
in alignment with your true self





Hi there,

Thank you so much for downloading this companion to "*How did I get here?*" - I hope that it inspires you to let go of your past and start living in alignment with your true self.

Please make sure to check out the additional support available on my website [annazannides.com](http://annazannides.com)

And join my [Facebook group](#) to connect with me and other likeminded people.

Wishing you health, happiness and the courage to be true to yourself.

*Anna*

# How to use the workbook

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This workbook is designed to be used alongside the book "***How did I get here?***": *A guide to letting go of your past & living in alignment with your true self.*

If you haven't got your copy of the book, you can download a digital copy or order your paperback [here](#).

To get the most out of the book it suggested that you go through it as it is written, taking the time to complete the reflections and actions as they are presented.

This workbook is designed to help you work through the book and to give you space to record what comes up for you.

In each action you'll find the corresponding page number in the book "How did I get here?" to help you easily reference the full task.

Keep your workbook and the book together so you can use it as you progress - and come back to it whenever you want to be reminded of your personal journey.

To make this a truly immersive and transformational experience join the "**How did I get here?**" 4 week live group coaching programme to be personally guided by Anna.

# Who do you want to be?

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A useful way to do this type of reflection is through a contemplative meditation.

This can be done by sitting, lying down or walking mindfully and allowing the question “Who do I want to be?” to flow. The trick is not to begin searching for an answer, because that will shut down possibilities. It is better to be curious but not fixed in your view. Give yourself a time limit – ten or twenty minutes, or longer if you are a seasoned meditator.

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*"How did I get here?" - page 40*

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## Space for you....

# Authenticity

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Find a quiet space, one that feels safe to you, and make yourself comfortable. I'd recommend switching off all distractions and noise – yes, even your phone.

Start by taking a nice, slow breath and then write out the first question from the following list. Take as much time as you need to reflect on the question and then write whatever comes to mind. Don't judge it or try to edit it – just write (or draw or even record yourself speaking).

## 1. Answer the following questions:

- a. What are the main points that have resonated with you so far from reading this book?
- b. Has anything come up for you in response to what you have read and if yes, what?
- c. Have any memories come to mind and if so, are you surprised by them?
- d. Did any significant childhood event spring to mind from what you have read so far?

## 2. Spend some time reflecting on this question:

### What do I want?

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"How did I get here?" - page 65

Join the "*How did I get here?*" 4 week live group coaching programme to be personally guided by Anna.

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## Space for you.....

**More space for you.....**

# Love

I'd like to invite you to take a bit of time to reflect on the following questions :

Is my view of love derived from my cultural upbringing?

What would I have been like if I had been born somewhere else and at a different time?

When I love, what do I expect in return?

The purpose of this reflection is to start challenging your views on love and relationships – to dig deep into those ingrained beliefs about how to love, who to love and to identify repeating patterns in your relationships.

*"How did I get here?" - page 85*

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**Space for you.....**

**More space for you.....**



# Relationships

## **Part One**

After the meditation in the book, answer the following questions:

What story dominates my family character?

How does that continue in my own life?

Take as long as you need to answer these questions and to reflect.

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*"How did I get here?" - page 90*

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**Space for you.....**

**More space for you.....**



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# Gender Roles

As suggested in the book - do the meditation or join the "**How did I get here?**" group coaching programme to get personally guidance from Anna.

And record whatever comes up for you below.

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*"How did I get here?"* - page 105

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**Space for you.....**

# Relationships

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## Part Two

Thinking back to the self-reflection exercise on page 65, look at the answers you wrote to the following questions:

**What story dominates my family character?  
How does that continue in my own life?**

Now thinking about what we have covered on fairy tales, has anything changed for you?

Can you honestly say the choices you made were yours? If not, what will you do going forward?

Spend a little time reflecting on yourself in your relationships and write down whatever comes up.

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*"How did I get here?" - page 122*

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## Space for you.....

**More space for you.....**

# Sex

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It's important to find a quiet place to do this reflection and to have the courage to be open with yourself when you answer the following questions.

**What are your views on sex?**

**Do you think it's important?** Not important? Or maybe you don't have a view at all.

**What were the conversations about sex** like in your family and in your community when you were growing up, and how did this transpire in your life?

**Have you fully explored your sexuality**, or do you feel inhibited?

**Is this an area in your life that you would like to change**, and, if so, how?

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*"How did I get here?" - page 128*

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**Space for you.....**

**Space for you.....**



# Education

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Find a quiet place, with soft lighting and sit comfortably. Close your eyes and take a few slow breaths in and out. Let your thoughts pass through without giving them too much attention and allow your body to relax, without falling asleep or becoming drowsy. The point is to stay alert and clear.

Take yourself back to your days at school. Imagine yourself as a young child in your classroom and see if you can feel what it was like back then.

Then drop the following questions into your mind:

**What sort of student were you?**

**Did you enjoy school?**

**If not, why?**

**If yes, why?**

When you are ready, take your notebook but stay in the same state of mind.

Write a short description of yourself as a school pupil. Give yourself the labels you think represent you while you were young.

For example: I am clever, hardworking, sporty, not sporty, artistic, not artistic, can't run, unlikeable, pleaser and any other labels you can think of.

Once you have written them down, reflect on what you have written. Is anything surprising to you? How does it play out in your life today?

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*"How did I get here?"* - page 140

**Space for you.....**



# Part Three

# Actions

# and

# Reflections

This section is for you to use for the actions in part three of the book "*How did I get here?*"

To make this a truly immersive and transformational experience join the "*How did I get here?*" 4 week live group coaching programme designed to run alongside the book.

**Find out more**

**[annazannides.com](http://annazannides.com)**

# Freedom

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The question you need to answer is:

**How much do you believe that freedom is possible?**

Draw, write or paint what freedom looks like for you.

Spend some time thinking about what stories you tell yourself about your life.

**Now go back to what you've written, drawn or recorded and ask yourself:**

Is this me talking or my parents, partner, teacher or other significant person?

Look deeply. Try to identify patterns. Is this how it has always been?

When you feel you've done enough, put everything down and move on to the next task.

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*"How did I get here?"* - page 160

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## Space for you.....

# Intuition

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This is a simple contemplation. Sit in your quiet, safe place. Close your eyes and think about these questions:

**How often do you listen to those voices that speak to you from the inside?**

**Do you trust your intuition?**

Use the space below to write whatever comes up for you.

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*"How did I get here?" - page 164*

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**Space for you.....**

# Awareness

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I always recommend learning to incorporate some form of self-compassion practice. A simple one you can do wherever you are and at any time is as follows:

Stand with your feet firmly planted on the ground, preferably barefooted. It's even better if you can do this outside on the grass or even the beach! The idea is to be rooted in the earth or as close to it as you can, so indoors is fine too.

Close your eyes and breathe in through your nose, all the way from your belly, up through your chest, lungs and throat, and slowly release through your nose.

Let your body sink into the ground and feel your connection to the earth.

Imagine yourself being supported by the ground beneath you, holding you up, like a tree or mountain – solid and strong.

Keep the breath moving through your body. Let yourself be held by the earth, with your feet firmly rooted in the ground.

And if it helps, you might want to place a hand over your heart, repeat a few words that feel comfortable. Maybe something like *"I am safe, I am well, I am happy..."*

Do this for five or ten minutes, or more depending on how it works best for you. Then let go of the meditation and continue with your day. You can repeat this anytime you feel overwhelmed or just in need of a breathing space.

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*"How did I get here?" - page 171*

**For guided meditations and additional support join the "How did I get here?" live group coaching programme.**

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**Space for you.....**

# Flow

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Now it's over to you – time for you to reflect on your relationship with control and flow.

Start by writing down how you relate to what we covered in the section about Flow.

On a scale of 1 to 10 (1 being not at all and 10 being completely comfortable), how do you feel about living in flow and not needing to know what's around the corner?

**And how does this affect your day-to-day life?**

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*"How did I get here?" - page 178*

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**Space for you.....**



**More space...for you**

# **Acceptance**

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Follow the instructions in the book to work through the following actions and use the space provided below to record whatever comes up for you.

**Change the narrative by paying attention to it.**

**Make time for self-care.**

**Kill the self-critic!**

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*"How did I get here?" - page 185*

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**Space for you.....**

**More space for you.....**

# **Ageing**

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Use the space below to write down your answer to  
this question:

**“How would you like to be remembered?”**

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*"How did I get here?" - page 194*

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**Space for you.....**

# Spirituality

Your last task is to reflect on your spiritual beliefs and practices.

Do you have a deep spiritual life, or do you believe it is unnecessary?

**Take some time to really contemplate your spirituality and what that might mean to you.**

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*"How did I get here?" - page 197*

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**Space for you.....**



# About the Author

Anna Zannides is living proof that every single one of us has the capability to overcome our adversity and create the most extraordinary life we can imagine, if only we have the courage to listen to what's authentically calling us.

Even though Anna grew up around addiction and dysfunction, she didn't let her past experiences and lack of formal qualifications hold her back. Later in life, Anna achieved a first-class honours degree and built a successful career in education. However, after going through a divorce and redundancy, Anna knew it was time for change. She made a conscious decision to break free from the lifestyle that been a constant source of conflict in her life.

That's when Anna found solace in Buddhism and decided to train as a mindfulness teacher with the Mindfulness Association and renowned teachers such as Rob Nairns and Trish Bartley. She later studied coaching and NLP, successfully gaining accreditation as a personal coach.

Now she has the privilege of working with people who are going through life challenges such as cancer, loss and relationship endings. It's Anna's way of giving back and helping others navigate through difficult times, drawing from her own experiences.

Anna has been featured in several publications, including Saga Magazine and Let's Mend. She has also appeared on many podcasts, sharing her insights on how we lose sight of our inner most potential, leaving us unaware of our authentic self.

Anna lives a contemplative life. She devotes her time to writing, travelling, running her business, nurturing her relationships with family and friends and embracing her Buddhist practice.

## Connect with Anna

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