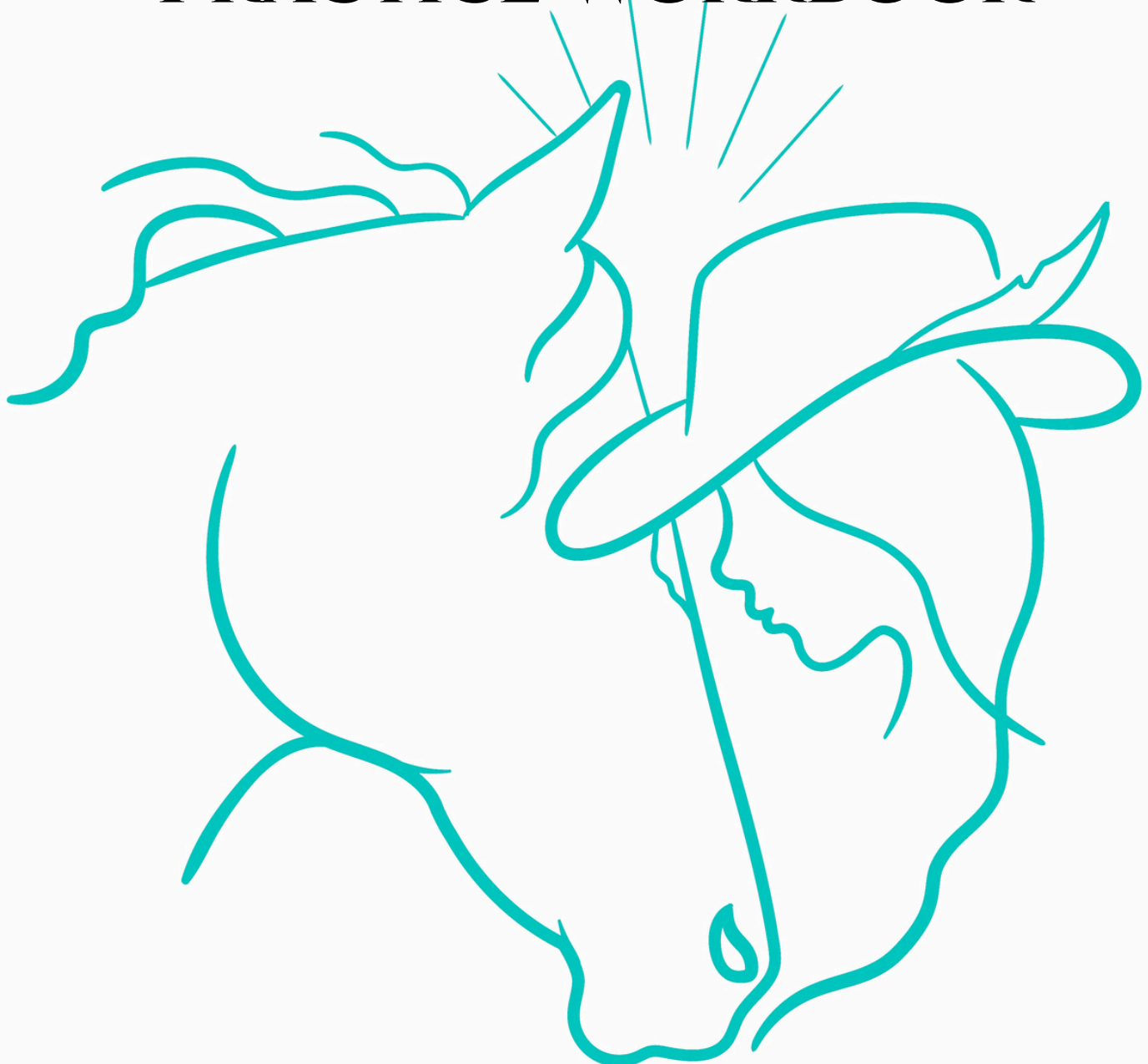




CHELSEA DOOLITTLE

# THE EMBODIED WHOLENESS PRACTICE WORKBOOK



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Learn more about Chelsea and her work at: [www.chelseadoolittle.com](http://www.chelseadoolittle.com)



CHELSEA DOOLITTLE

## About

Chelsea Doolittle is a licensed massage therapist, Mindpower Coach™, and certified Equine Gestaltist™, who assists women in transforming survival patterns into embodied leadership. With over two decades of experience, she integrates somatic awareness, subconscious re-patterning, and experiential equine partnership to guide women back to their voice, boundaries, and inner authority.



Working alongside her horse, Avalon, Chelsea facilitates powerful experiential spaces where authenticity replaces performance and wholeness becomes power. She believes that when a woman chooses herself, she doesn't just change her life – she shifts the emotional legacy of generations to come.

### Services

Equine Gestalt Coaching™  
Equine Facilitation™  
Gestalt Women's Group  
Workshops & Events  
Virtual Gestalt Coaching  
Mindpower Coaching™

### Connect

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### *Journey Deeper*

*with a complementary Alignment Call*

Let's have a conversation. No pressure, no expectations.  
Just a chance to see if this work feels right for you.

Schedule A Call



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# Welcome!

This workbook is designed to guide you through the 3 parts of the *Embodied Wholeness Practice*.

1. **Connect with your body before speaking**
2. **Take responsibility**
3. **Move forward in aligned action**

This practice is an invitation to slow down, listen inward, and begin creating a deeper relationship with your inner truth. It is not about forcing answers, fixing yourself, or rushing into action before your body feels ready.

Give yourself a quiet space. Move slowly. Let your body answer before your mind tries to explain, excuse, or override what is true.

When you are ready, begin with the first meditation. Let it help you arrive in your body, soften your mind, and create a safe inner space for the work ahead.

Then, at your own pace, move through the journal prompts and action steps in this workbook.

Let the questions guide you gently into what your body is ready to reveal, what your heart is ready to acknowledge, and what your truth is ready to show you.

As you move through this practice, please honor your own pace. You do not need to answer every question in one sitting. You may pause, skip a prompt, return later, or reach out for support if something feels too big to hold alone. This practice is not about reliving pain. It is about listening gently to what your body is ready to reveal.

Finally, when you have completed the workbook, listen to the closing meditation. Allow it to help you integrate what has been seen, heard, felt, and acknowledged. Let it support you in releasing what is no longer yours to carry and anchoring into the truth of who you are becoming:

***A whole, healthy, present woman who is learning to listen within, honor her truth, and move forward from embodied wholeness.***

*Let's begin... Take a breath, settle in, and allow your inner truth to come forward...*





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## Meditation 1

### **Reconnecting With the Body and Voice Within**

Listen or download: [Meditation 1 Embodied Wholeness Practice.mp3](#)

This meditation is an invitation to reconnect with your body and gently listen within. As you soften, breathe, and feel safe enough to be present, allow what is ready to be seen, heard, or honored to arise with compassion.

***This meditation is intended for personal reflection, relaxation, and self-awareness. It is not a substitute for medical, or professional mental health care. If strong emotions arise, honor your body, pause the meditation, open your eyes, return to the room, and reach out for appropriate support, if needed.***

This first meditation begins the *Embodied Wholeness Practice* by helping you connect with your body before speaking. Your body may reveal a sensation, an emotion, a belief, a memory, an image, a word, or simply an inner knowing. Whatever comes forward, allow it to be enough for today.

You are creating a relationship with your inner truth and learning to listen to what your body has been carrying. Your body holds memories, sensations, emotions, truths and protective patterns that formed along the way.

Some of those patterns may have taught you to stay quiet in order to stay safe. In this space, you are here to meet those parts with gentleness.

***To listen.***

***To reconnect.***

***To allow what is ready to be met with care.***

***This is where the practice begins:  
becoming present with your body before asking your voice to speak.***

**After the meditation, return to this workbook and begin Step 1.**





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## Step 1:

### **Connect With Your Body Before Speaking**

Your body often speaks the truth before words can form. As you begin this process, I invite you to *pause, listen, and notice* what your body is communicating.

Your body remembers.

It may remember moments your mind has hidden or tucked away. It may remember the times you stayed quiet to stay safe, the times you swallowed your truth, or the times you learned your voice did not matter.

This practice is an invitation to listen gently and become aware.

Your body may reveal a sensation, an emotion, a memory, a word, a color, an image, or simply a knowing. Whatever comes forward, let it be enough.

You are not here to fix yourself because ***you are not broken.***

You are here to reconnect with the part of you that has been waiting to be seen, heard, and held.

*Take three slow breaths.*

*Begin connecting to your body.*

*Let your awareness turn inward.*

*Let your body speak.*

**Allow the journal prompts on the next page to guide your journey.**





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## **Body Connection Journal Prompts**

Move through these questions in the way that feels most supportive. You can write, type, speak your answers out loud, or simply pause and listen inward.

### ***Bring your awareness to your body:***

1. What do I notice in my body right now?
2. What part of my body wants my attention?
3. Where do I feel the strongest sensation?
4. How would I describe this sensation?  
- Does it feel tight, heavy, numb, warm, cold, restless, open, closed, guarded, soft, or something else?
5. If this sensation had a shape, color, texture, sound, or movement, what would it be?
6. What emotion or message may be underneath this sensation?

### ***Let's take this a step deeper...***

1. Where in my life have I silenced or held back my voice?
2. What have I wanted to say but have not fully spoken?
3. When I imagine speaking my truth, what do I notice in my body?
4. What would help my body and voice feel safe before I speak?
5. If my voice felt safe to speak, what would I say?
6. What becomes possible when I am seen, heard, and held for who I am?

**Use the *Embodied Action Step* on the next page  
to integrate this into your body.**





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## **Embodied Action Step: Body Check-In**

*Now that you have begun connecting with your body,  
I invite you to bring that awareness into your everyday life.*

This practice is not only for quiet moments, journal pages, or meditation, it is a tool you can return to throughout your day, especially when you feel disconnected, tense, unsure, or pulled out of alignment.

Before a meeting, a difficult conversation, a decision, or a moment when you feel yourself leaving your truth, pause and ask your body:

***What do I need right now?***

***What am I feeling?***

***What is true for me in this moment?***

Notice the subtle ways your body communicates. *Does your jaw tighten, your throat close, your chest feel heavy, or your breath shorten? Do you begin to shrink, brace, please, explain, or go quiet?*

Instead of pushing the sensations away, take a breath and listen. Your body may be trying to get your attention and asking for safety, space, truth, rest, or a boundary.

Over time, you may begin to notice patterns. You may notice that certain situations create the same sensation, or that your body begins to soften as it realizes it is finally being heard.

**This is how you begin giving your body a voice.**

Now, take a breath and let your body answer before your mind overrides your truth.

**Right now, my body feels:**

**The strongest sensation in my body is located in my:**

**What my body needs from me right now is:**

**If this sensation had a message, it might say:**





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## **Step 2: Take Responsibility**

Taking responsibility is not self-blame, and it is not about blaming others. It is the moment you begin to reclaim your power: **the power to meet yourself with honesty, compassion, forgiveness, and to choose differently from here.**

You may not have chosen everything that shaped you, protected you, or taught you how to survive. And now, with loving awareness, you can begin to notice your patterns, your reactions, your boundaries, and your choices, allowing each one to become a doorway back to your truth and what supports who you are becoming today.

**This is where ownership becomes freedom.**

Responsibility begins the moment you pause long enough to notice what is true.

You are not here to punish yourself. You are here to meet yourself honestly, choose differently, and return to who you truly are:

**Whole  
Worthy  
Loved**

*And from that love, free to choose again  
one breath  
one boundary  
and  
one truth at a time*

Take a slow breath, and let whatever comes forward be enough.

**Let this be the beginning of YOUR transformation.**





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## **Responsibility Journal Prompts**

You may move through the questions in order, or take them slowly in small segments. You can write, type, speak your answers out loud, or simply pause and listen inward. Let this practice meet you in the way that feels most supportive.

1. What boundary, request, or truth have I been avoiding or minimizing?
2. What have I been hoping someone else would change, say, or give me?
3. Where, or with whom, have I given my power away?
4. What part of this situation is mine to own with compassion?
5. What is complete and ready to be set down?
6. What choice is available to me now that honors my body and truth?

### ***Let's take this a step deeper...***

1. When have I felt like my voice did not matter?
2. Was there a moment, person, relationship, or experience where I felt silenced, dismissed, ignored, or unwanted?
3. What did I need to say, hear, or receive then?
4. What did I decide about myself in that moment?
5. How has that belief lived in my body?
6. How has that belief affected the way I speak, make choices, love, work, or show up in life?

**Use the *Embodied Action Step* on the next page  
to integrate this into your body.**





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## **Embodied Action Step: Responsibility Reframe**

As you continue listening to your body, you may begin to notice how often the mind wants to make sense of discomfort by looking for someone or something to blame.

Sometimes that blame turns inward: *"Why did I let this happen?" "What is wrong with me?" "Why didn't I speak up?"*

Other times, it turns outward: *"They made me feel this way." "They should have known better." "They are the reason I feel stuck."*

This practice is not about excusing someone else's behavior. It is not about minimizing what happened. And it is not about turning pain into self-blame. It is about reclaiming your power.

Other people, circumstances, and past experiences can activate emotions within you. And your emotions are yours to listen to, understand, and work with.

***Responsibility begins when you pause long enough to notice what is happening inside of you AND choose differently.***

*What is my body feeling? What pattern is being activated?  
What truth is asking to be acknowledged? What choice is available now?*

Blame is often the mind's way of trying to protect you, explain your pain, or regain a sense of control. And while blame may feel familiar, it rarely leads you back to wholeness. It keeps your energy caught in what happened, instead of helping you choose what is true and supportive now.

When you notice blame rising, pause for a moment. Take a breath. Place a hand on the part of your body that feels tense, tight, heavy, or activated. Then ask yourself a new question. One that moves you out of judgment and into awareness, responsibility, and aligned action.





## **Embodied Action Step: Responsibility Reframe, continued**

Use the reframes below as a starting place. Then create your own as you begin to recognize the thoughts that pull you away from your truth. Over time, this practice can help you shift negative self-talk into self-leadership, compassion, and embodied choice.

### **Instead of asking:**

"What is wrong with me?"

#### **Ask:**

"What can I learn from this situation?"

"What part of me is asking to be seen, heard, or supported?"

"What old pattern might be showing up, and what new choice is available?"

### **Instead of asking:**

"Why did I let this happen?"

#### **Ask:**

"What support do I need in order to feel safe?"

"What can I choose now that honors who I am becoming?"

"What boundary would help me stay connected to myself?"

### **Instead of asking:**

"Why do I keep abandoning myself?"

#### **Ask:**

"What am I afraid will happen if I choose myself?"

"What part of me learned to abandon myself in order to feel loved or safe?"

"What is one choice I can make today that says, 'I matter too'?"

### **Instead of asking:**

"Why didn't I speak up?"

#### **Ask:**

"What was my silence trying to protect me from?"

"What would help my body and voice to feel safe to speak next time?"

"What truth is ready to be spoken now, even if my voice shakes?"





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## Step 3:

### **Move Forward in Aligned Action**

Aligned Action is the next honest step that honors your body, your truth, and the woman you are becoming.

Before you decide what to do next, pause, take a breath, and let your body show you which step feels steady, honest, and within reach.

Now that you have begun connecting with your body and taking responsibility with compassion, you are ready to move forward in a new way. From **alignment**. From **self-loyalty**. From the **wisdom of your body**.

*Aligned with your truth. Aligned with your voice.*

*Aligned with the woman you are becoming.*

Aligned Action can be small. It can be quiet. It can be simple. It only needs to be *honest for you*.

This is where awareness becomes *movement*. This is where **your inner truth** begins to shape your outer life — one choice, one conversation, one boundary, one step at a time.

As you look deeper into your personal truth, your motivations, your desires, and your patterns, begin noticing what wants to change, what is ready to be released, and what is asking to be chosen now.

Choose the next step that feels true in your body. The step that supports your growth. The step that honors your boundaries. The step that moves you closer to the loving, joyful life you are meant to live.

*This is where you begin **becoming** more of  
the woman you came here to be.*





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## ***Aligned Action Journal Prompts***

As you move into aligned action, let these questions support you in listening for the next step that feels honest, grounded, and within reach. You can write, type, speak your answers out loud, or simply pause and notice what your body already knows.

1. What have I been postponing because I am afraid of what may change?
2. What action would help me feel more connected to myself?
3. What would I choose if I did not need anyone else to understand it?
4. What action does my future self need me to take today?
5. What would aligned action feel like in my body?
6. What is one small step that feels honest and supportive right now?

### ***Let's take this a step deeper...***

1. What action would honor my body, my truth, or the woman I am becoming?
2. What conversation, boundary, or truth is ready to be expressed?
3. What support do I need, and who can I ask?
4. What pattern am I ready to interrupt with a different choice?
5. What would change if I allowed my needs to matter?
6. What is one aligned action I can take in the next 24-48 hours?

**Use the *Embodied Action Step* on the next page  
to integrate this into your body.**





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## **Embodied Action Step: Aligned Action Commitment**

*Aligned Action becomes powerful when it moves from an idea into a clear commitment.*

It's time to take what you have discovered by connecting with your body and taking responsibility, and turn it into the next honest step, then the next, and the next.

You are choosing the next Action that feels Aligned with who you are becoming. *One step at a time, one choice at a time, and one Action at a time.*

Writing it down helps your nervous system understand that this is not just a thought or a wish. *It is a choice.*

***A choice to honor your body.***

***A choice to listen to your truth.***

***A choice to move differently than you have before.***

Through this commitment, you begin practicing self-trust by choosing an Action that honors *your needs, your voice, and your boundaries*. When you follow through, you will have evidence that you are capable of moving forward from Alignment rather than fear.

*Take a breath and choose one next step that feels honest, Aligned, and within reach.*

**My next Aligned Action is:**

**This Action honors my body because:**

**This Action honors my truth because:**

**I will follow through with this Action on or before**

**Date:**

**Time:**

**Location:**

**The support I need is:**

**I'll reach out to:**

**When I follow through, my body will feel:**





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## Closing Reflection

*You do not have to have everything figured out before you move forward.*

**You can pause.**

**You can listen to your body.**

**You can take responsibility for your actions and reactions with compassion.**

**And you can choose Aligned Action steps that move you forward in your truth.**

That is the *Embodied Wholeness Practice*.

The more you embody this Practice, the more your relationship with yourself begins to change. Your body may feel safer being heard. Your voice may become clearer. Your boundaries may feel less like something you have to defend and more like something you are worthy of honoring.

This is how wholeness is rebuilt:

***One breath at a time.***

***One choice at a time.***

***One Aligned Action at a time.***

As you prepare to enter the closing meditation, let yourself arrive exactly as you are. This is an invitation to soften, release, and allow your body to integrate what has been seen, heard, and acknowledged throughout this workbook.

If something deeper has stirred within you, a truth, a memory, a pattern, or a part of you that is asking for more support, you no longer have to walk forward alone. Through Equine Gestalt Coaching™ and Mindpower Coaching™, I hold space for women who are ready to release old survival patterns, reconnect with their voice, and move forward from Embodied Wholeness. Together, we can gently uncover what has been living beneath the surface, so you can choose the Aligned Actions that lead you toward transformation.

*When you are ready, take a breath.*

*Let your body soften.*

*Let what is complete be complete.*

*Let what is ready to release begin to release.*

*Let the second meditation guide you deeper into connection, truth, and wholeness.*

Love and Light,

*Chelsea Doolittle*





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## Meditation 2

### **Embodied Wholeness Integration**

Listen or download: [Meditation 2 Embodied Wholeness Practice.mp3](#)

This meditation is designed to support you after you have completed Meditation One and the Embodied Wholeness Practice Workbook.

*This is an integration meditation.*

A time to honor what has been seen, heard, felt, acknowledged, released, reclaimed, and chosen.

***This meditation is intended for personal reflection, relaxation, and self-awareness. It is not a substitute for medical, or professional mental health care. If strong emotions arise, honor your body, pause the meditation, open your eyes, return to the room, and reach out for appropriate support, if needed.***

This meditation creates space for your body, mind, and heart, to settle and receive. You are not here to search for more or make anything happen. You are here to be with what has already come forward and allow your body to integrate the awareness, truth, and wisdom it has shared.

*This is a space for coming home to yourself more fully.*

A space to let your body know:

**I am listening now.**

**I am choosing differently now.**

**I am safe to move forward in my truth now.**

As you begin, allow yourself to arrive exactly as you are. Let this meditation support you in connecting with your body, honoring your truth, and moving forward from a deeper place of self-trust.

**Congratulations!**

**You have now completed the Embodied Wholeness Practice!**

