

# GET TO KNOW YOUR PARTS

## WORKBOOK

This workbook is to assist you while accessing your parts during the guided meditation. Included are self-reflection questions to be used following guided meditation and a list to keep track of the parts you've talked to, with additional pages at the end

[TRUESELFMANIFESTATION.COM](https://TRUESELFMANIFESTATION.COM)





# GETTING TO KNOW YOUR PARTS WORKSHEET

USE THIS WORKSHEET TO FOLLOW ALONG WITH THE GUIDED  
MEDITATION TO LEARN MORE ABOUT YOUR PARTS!

Who needs your attention today?

How do you notice this part? (body sensation, thought, feeling, image)

How do you feel towards this part?

What does this part do? (Job, role in system)

What is this part afraid would happen if it couldn't do this job or role?





## GETTING TO KNOW YOUR PARTS CONTINUED

How does this part feel about doing this job or role?

How long has this part been doing this job or has been in this role?

How old does this part think you are? If different, tell part your age.

What else would this part like you to know?

What does this part need from you?

Be sure to give this part some thanks  
for talking to you today!

# SELF-REFLECTION QUESTIONS

---

USE THE SPACE ON THE FOLLOWING PAGE TO ANSWER THESE  
QUESTIONS, ADDING ANYTHING ELSE YOU MIGHT  
HAVE NOTICED AS WELL.

---

How was it talking to this part?

How did it feel being in True Self?

If this part needed something from you, do you think you  
could provide this? If you could, how?

Thinking about the job or role this part has:

How does this part become activated in situations?

How do you behave in these situations?

If you were in True Self, how would you like to behave  
instead?

Do you feel you have the ability or tools to make this happen?

If not, what do you think you would need?

# SELF-REFLECTION



A series of 25 horizontal lines for writing, overlaid on a background of palm leaves. The lines are evenly spaced and extend across the width of the page.



# PARTS LIST

## KEEP TRACK OF YOUR PARTS

Don't forget who you talked to!  
Write down your interactions with your  
parts here.

Date:

---

Who is this?

---

Job/role?

---

Need from you?

---

Date:

---

Who is this?

---

Job/role?

---

Need from you?

---

Date:

---

Who is this?

---

Job/role?

---

Need from you?

---



THIS WAS JUST THE BEGINNING!

Join me in my new program:

# TRUE SELF MANIFESTATION!

Take a deep dive with me using Internal Family Systems/Parts Work to  
manifest everything you want  
in this 12 week course!

Unblock the self-sabotaging behaviors, build your worth from within,  
tune into your True Self and the Universe, and manifest an abundant life!  
The life you've always wanted but for some reason wasn't getting. Let  
me help you! This is the best method to manifesting.

**IT'S NOT A COINCIDENCE YOU'RE HERE.**

[CLICK HERE NOW!](#)







# GETTING TO KNOW YOUR PARTS WORKSHEET

USE THIS WORKSHEET TO FOLLOW ALONG WITH THE GUIDED  
MEDITATION TO LEARN MORE ABOUT YOUR PARTS!

Who needs your attention today?

How do you notice this part? (body sensation, thought, feeling, image)

How do you feel towards this part?

What does this part do? (Job, role in system)

What is this part afraid would happen if it couldn't do this job or role?





## GETTING TO KNOW YOUR PARTS CONTINUED

How does this part feel about doing this job or role?

How long has this part been doing this job or has been in this role?

How old does this part think you are? If different, tell part your age.

What else would this part like you to know?

What does this part need from you?

Be sure to give this part some thanks  
for talking to you today!



# PARTS LIST

## KEEP TRACK OF YOUR PARTS

Don't forget who you talked to!  
Write down your interactions with your  
parts here.

Date:

---

Who is this?

---

Job/role?

---

Need from you?

---

Date:

---

Who is this?

---

Job/role?

---

Need from you?

---

Date:

---

Who is this?

---

Job/role?

---

Need from you?

---