



NUMINOUS

The Sovereign Leader

A COMPANION WORKBOOK

For the free eighty-minute masterclass

Pauline Nguyen

THE SPIRITUAL ENTREPRENEUR

A WELCOME LETTER

I am glad you are here.

This workbook exists because the masterclass works deeper when you write alongside it. The mind can listen for eighty minutes and still keep itself at a distance. The hand on a page is harder to fool.

There are eight pages of exercises in this workbook. One for each chapter of the masterclass. They are short. None of them ask you to write more than a paragraph. The work is not in the volume of what you write. It is in being honest about what comes up when you let yourself slow down enough to write something true.

Watch the masterclass once whole if you can. Then come back to this workbook and take it chapter by chapter. Pause where it asks you to. Write by hand if you can. The body learns differently when the hand is moving.

There is no rush. There is no right way to do this. The only thing that matters is that you let yourself be honest with yourself for as long as you are sitting with each page.

***With Love,
Pauline***

HOW TO USE THIS WORKBOOK

The chapters of the masterclass and the chapters of this workbook line up.
Watch a chapter. Pause. Open the matching page here. Write.

There is no time pressure. Some pages will take you two minutes. Some pages will take you twenty.

Write by hand if you can. Print the workbook or open it on a tablet and use a stylus. The reason matters. The body remembers what the hand writes. Typed work moves more lightly through you and does not stick.

It is best to not show this workbook to anyone. It is not a journal you would share. Let the honesty stay private. The version of you that does the work is the version no one needs to see.

CHAPTER ONE: WHO THIS MASTERCLASS IS FOR...

FROM THE MASTERCLASS AT 00:00

The pattern

Pretending you are not exhausted is exhausting in itself. The first move is dropping the version of you that always says, “I’m fine.”

Write to this

Write three honest sentences about how it feels to be you right now. The version no one sees.

CHAPTER TWO: WHY MINDSET ALONE NEVER HOLDS

FROM THE MASTERCLASS AT 01:10

The pattern

You have tried things. Real things. Some worked for a while. And then they didn't.
The pattern is not what failed. It is the part of you that the methods could not reach.
Here's where it all changes.

Write to this

List five things you have tried to fix this. Books, programs, therapy, coaching, retreats. Anything.
Next to each one, write what worked partially. Then write what faded.

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CHAPTER THREE: THE CHEMISTRY OF STRESS ADDICTION

FROM THE MASTERCLASS AT 01:50

The pattern

Your body has learned to crave the chemistry of pressure. The restlessness you feel in quiet moments is the withdrawal. You are not failing at peace. You are detoxing from urgency.

Write to this

When did you last feel restless in a genuinely quiet moment? Where were you?

What did you reach for? A phone, a drink, a snack, an email. Be specific. Be unflattering.

CHAPTER FOUR: HOW THE SUBCONSCIOUS MEMORISES SURVIVAL

FROM THE MASTERCLASS AT 02:19

The pattern

An identity was installed in you before you had a choice. You did not choose it. You have just been running it. The work begins when you can name it.

Write to this

Who first taught you that being okay required performing?

Name a single moment from before you were sixteen. Where were you? Who was in the room?

What did you understand in that moment, that you have been carrying ever since?

CHAPTER FIVE: THE SCIENCE OF NERVOUS SYSTEM REGULATION

FROM THE MASTERCLASS AT 05:07

The pattern

Regulation is not relaxation. It is the body knowing it is safe enough to be present.
Most successful people have not felt this since childhood and have forgotten it is possible.

Write to this

When was the last time your body felt safe? When there was no need for numbing, or the distraction of a holiday or vacuous entertainment? Safe. Write where you were and what you were doing. If you cannot remember, write that. That is also information.

CHAPTER SIX: THE S.S.S. METHOD

FROM THE MASTERCLASS AT 1:06:00

The pattern

Insight is not enough. The work happens at the level of word, body, heart and spirit together. Anyone telling you that mindset alone will hold has not lived inside a dysregulated nervous system.

Write to this

If your nervous system was already regulated this morning, what is the one decision you would make this week that you have been avoiding? Write it down. Then write the next smallest action that decision would require. Not the whole plan, just the first step.

CHAPTER SEVEN: WHAT CHANGES

FROM THE MASTERCLASS AT 1:06:00

The pattern

The version of you twelve months from now is not a fantasy. It is a frequency you already know. The work is not inventing this new identity frequency. The work is letting this new identity frequency become you.

Write to this

Describe how this new identity feels in your body. Don't write about achievements or bank balances. Write about the way the new you holds a cup of coffee on a Tuesday morning. The way you answer a hard email. The way you sleep.

CHAPTER EIGHT: INSIDE NUMINOUS

FROM THE MASTERCLASS AT 1:10:00

The pattern

There is always a part of you that hesitates. That part is not your enemy. It is just old. It has been protecting you for a long time, and the new version of you is unfamiliar territory.

Write to this

Write a short letter to the part of you that is hesitant. Tell them what you understand about them. Tell them what is true now that was not true a year ago. You do not need to convince. You need to let them know they are seen.

WHAT TO DO NOW

You can take this work and walk it slowly. You can sit with what came up for a week before you do anything with it. There is no rush.

If you want to know more about Numinous, where this work goes deeper across twelve weeks with me, the page is at www.pauline-nguyen.com/numinous - the “Book a Call” button is at the bottom of that page. Twenty minutes. Honest. No pitch. You will leave with clarity whether or not you decide to come into Numinous.

I read every application myself.

*With Love,
Pauline*

ABOUT PAULINE NGUYEN

International keynote speaker. Development coach. Author of *The Way of the Spiritual Entrepreneur* and *Secrets of the Red Lantern*. Co-founder of Red Lantern, the world's most awarded Vietnamese restaurant. Named among Australia's Top 50 Influential Female Entrepreneurs, and globally among the 200 Women Who Will Change The Way You See The World. Winner Global Transformational Leader of the Year. Winner of the Telstra Business Award for Medium Business.

Pauline fled war-torn Vietnam as a toddler. She spent a year in a Thai refugee camp before her family reached Australia, where she endured years of abuse throughout her childhood at the hands of her father. She has spent the rest of her life turning what she learned into the work she does today.

The work of helping high-performing leaders reclaim themselves at the level of the body, the mind, and the spirit.

The work that became Numinous.





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*Free. For everyone who watched the masterclass
and wants to go deeper into themselves.*

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