

BARE MAN

Masterclass

**the workbook*

Created by Simona Spark

Co-host Michael Ferree

INTRODUCTION

Meet you hosts:

Simona Spark

Simona is a master coach, bestselling author, teacher, international speaker and many other things. She is multi-passionate and allows herself to do all that she is inspired.

Contact Simona: <https://simonaspark.com/>

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Michal Ferree

Michael is a life coach and a personal trainer with decades of experience in health and fitness. Having a master degree in psychology doesn't hurt in this type of work :)

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Be Yourself to Free Yourself

WELCOME *note*

We are so thankful that you've chosen to be here and I am so grateful that you've chosen to prioritize YOU! Congratulations!

- Be proud of yourself! Why?
- Because choosing self love is a courageous act.

Takes courage to say Yes to self.

Takes courage to put yourself first.

Takes courage to model self love as caring not selfish.

To assist you in navigating your own BARE experience, I've created this workbook with space to take notes, explore, self discover, and journal.

I recommend printing out this workbook and follow along with the training.

Bonus note

Save this workbook and comeback to it at later time (3 months from now, one year from now)

When you go through this process again you'll have a new experience! Every time!

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Internal preparation

- Open your mind for new perspectives.
- Open your heart to receive your own transformation
- Give yourself space to integrate (walk, meditate, etc.) after the training.
- Breathe, relax and refocus your mind.
- Let go of mental clutter to make space for clarity.
- Open yourself up for your own BARE EXPERIENCE!

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Set your intention:

Why are you here?

What is one thing you'd like to shift in this time together?

What would make a big difference for you today?

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Old code vs New code:

What does being a man means to you?

Who you are today?

Who do you want to be?

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Judgments and self judgments

What do you judge about yourself?

What do you judge about others?

What do you judge about the world?

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B stands for Brave

What does a brave man means for you?

It's brave to express both masculine and feminine energy:

masculine energy is an energy of doing, giving, protecting, providing

feminine energy is a energy of feeling, receiving, nurturing, healing

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How do you express your feminine energy?

How do you express your masculine energy?

You can't be brave if you are not authentic.

A stands for Authenticity

Who do you are?

What doesn't let you be who you are?

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Did you ever experienced a lack of confidence?

Remember when you were a child. What did you do then and you'd love to be able to do it now?

You don't need anyone's permission to be/do/have anything you want.

Don't overcome your impostor syndrom,
become it instead.

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What are the voids in your life?

What do you do to fill those voids?

R stands for Realness

What are the beliefs you want to shift?

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What are the habits you want to shift?

Wherever, whenever you go, here you are.
You always take yourself with you, with all
your beliefs and all your habits.

How do you self-abuse?

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E stands for Expression

Where in your life you apply double standard?

How do you express yourself?

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E stands for Expression

How many emotions you have?

How many feeling you can identify?

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E stands for Expression

How many feeling you identity as yours?

Add to this list.

Loving Amused Lonely Joyful Comfortable
Jealous Tired Excited Depleted Safe
Calm Depressed Quiet Happy Worried
Surprised Annoyed Insecure Helpless
Glad Aroused Sad Relieved Suspicious
Radiant Angry Wistful Grieving Hurt
Guarded Alert Resentful Enthusiastic Alert

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E stands for Expression

What happen in your past and you are still carrying it with you in your present?

Awaken your senses to activate your feeling.

- see- what's the feeling?
- smell- what's the feeling?
- taste- what's the feeling?
- touch- what's the feeling?

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In closing....

Who do you pretend to be?

Give the world the 100% of you instead of 70% of someone else.

Freedom stars with inner freedom.

*Much love,
Simona & Michael*

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Resources

BARE Experiences:

simonaspark.com/bare

Trainings and courses:

simonaspark.com/academy

Free training:

youtube.com/c/SimonaSpark

Provocative conversations

BARE Lifestyle Podcast

<https://anchor.fm/barelifestyle>

Be Yourself to Free Yourself

Live Your BARE

Brave

Authentic

Real

Expressed