



INSIDE OUT THEORY
WORKBOOK

WELCOME

Welcome you beautiful human!

Thank you for joining the **Inside Out Theory Community!**

To better understand us and why we designed this workbook, please allow us to introduce ourselves.

"How do we become who we really are? We let go of who we think we're supposed to be."

About Us

Christie Lee Manning is the director of two theatre companies, three full length productions, and a four week artist development program in London, UK. After 20+ years in the entertainment industry, Christie's hunger for self discovery and personal evolution has exploded into podcast form. Christie created the **Inside Out Theory** to teach the world how to disconnect from external validation and free us to become the truest, brightest, and most powerful versions of ourselves.

Our Belief

"You will be your best artist if you are your best person, which is why self discovery is so important. As artists, we all understand that we have beliefs about ourselves that aren't true. But you can't just stop there. You have to ask yourself the hard questions. Why. Why are you carrying around that belief. You have to do the work. That's how you heal."

About The Theory

The **Inside Out Theory** ignites a new way of living; unblock self sabotage, reawaken personal connection, and rediscover your inner power. It's a guide towards recovering your true self while providing you with the tools to achieve your own definition of success.

Our Mantra

"When you outside-in live, you are basing your decisions, your experiences, your self-worth, on external validation. When you outside-in live, you always lose. But when you inside-out live, you serve yourself first. When you inside-out live, you always win."

Speak Authentically,
Feel Openly,
Live Inside Out!

Christie Lee Manning



SPEAK AUTHENTICALLY

Exercise #1: The Inside Out Theory

Choosing our thoughts enables us detach from external validation and gift us with the peace, happiness, and sense of purpose we have been looking for outside of ourselves.

An example of an **Outside-In Thought** is when your focus is on an external person, place, or thing, .i.e, *"What will they think of me?"* or *"How do they feel about me?"*

An example of an **Inside-Out Thought** is when your focus is on yourself, i.e, *"What do I think of this?"* or *"How do I feel about this?"*

In what ways did you Outside-In Think today? What are some ways you Outside-In Think in your every day life, and how can you change them to an Inside-Out Thought?

"Nothing found outside of you will ever make you feel whole."

FEEL OPENLY

Exercise #2: Journaling

Let's practice unpacking your limited beliefs, unlearning old stories that you have been carrying around as your own, and uncover some of your unique forms of self sabotage. Let's unblock you from getting in your own way, put down the illusion that you are 'not good enough' and set you free to be your biggest, brightest, bravest, version of yourself. This is key to your own personal definition of success.

In your journal, use the next three pages to write down whatever is on your mind. Understand that this is not a 'dear diary' entry. Think of it more as written 'word vomit'. Write for three consecutive pages and abide by these three rules:

- 1) You must write at least three pages.
- 2) Try your best to not stop writing for the full three pages.
- 3) Never, under any circumstances, reread the pages!

By writing a a minimum of three pages, we beat the resistance challenging us to stop the exercise before we gain any real insight that this exercise has the potential to provide us. By not stopping during the exercise, we have the opportunity to write down whatever is on our minds without our egos jumping in to judge how we feel before we have the chance to acknowledge them. Finally, by not rereading the pages, we save ourselves from our ego taking our vulnerability and passing judgement on our thoughts and feelings.

This is a very powerful exercise to practice daily. It is best to practice this specific exercise in the morning.

Ready, set, go!

“You cannot change what you do not acknowledge.”

LIVE INSIDE OUT

Exercise #3: Celebrate You

If I asked you to write down 10+ things that you would like to improve on, you would likely be able to make that list no problem. If I asked you to write down 10+ things that you are already good at, many of you would sadly struggle to think of any.

THIS IS NOT OK!

You must know, and celebrate, what you are good at! This is important for your own self-esteem and for your future success in our industry. It is not arrogant, self-centered, or selfish to know what you are good at. It is healthy, smart, and necessary for your mental well-being and survival within this career path. So let's do this!

Write down 10+ favourite qualities about yourself. It's about time you started celebrating you!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

“The one thing I am always willing to bet on is myself.”

CONGRATULATIONS

Congratulations!

We hope you enjoyed this workbook. This is a small introduction into some of the work that we do, to get you started on your journey investing in you. We've got three more steps for you to follow!

1) Tune In

The **Inside Out Theory** podcast is available on **iTunes** and **Spotify**! Have a listen to our growing library and let us know what you think. We're always open to feedback and love hearing from our community. Make sure to give us a follow, subscribe to our channel, and share your favourite episode with someone you love. We are stronger together.

2) Follow Us

Join our online community on **Instagram** and **Facebook** at **@insideouttheory**! We deliver daily inspiration, guidance, and support to inspire you to stay motivated as you travel down your own unique path, as well as live conversations and exercises designed to keep you focused and clear. Come join in the family fun!

3) Join Our Tribe!

The **Inside Out Tribe** is launching January 2021! Starting next year, you will be able to join a community where you get invaluable tools, real conversations, members-only Q&A, free masterclasses from the best mental health professionals, and so much more, delivered right to your inbox. With our support, you will never Outside-In Think again!

We are here for you! And remember...

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