

SYNCHRONIZED SOULS

The Coherence Pathway™

Participant Workbook

*Eight sessions on becoming whole —
and staying that way.*

This workbook belongs to:

Cohort / site:

*The Coherence Method™ · Identity · Thinking · Emotion · Behavior · Strategy
Where Growth & Greatness Align*

READ THIS FIRST

Before You Start

This book is yours. Nobody grades it. Nobody else reads it unless you decide to share something out loud — so there's no reason to write what sounds good. The only thing that works in here is the truth.

How this works

Eight sessions, four phases, in order — the order matters. Every session has the same four parts: the truth, reflect (your turn to write), practice (a tool you'll use), and carry it out (one thing to do before the next session). Type right on the lines — the writing space is yours.

One thing before we go

Some of what comes up in here is heavy. If something feels like too much, you don't have to push through it alone — tell your facilitator or a safe person you trust. And if you're ever carrying thoughts of hurting yourself or someone else, put that in front of a person you trust today, not later. Reaching for help is not weakness. It's one of the most coherent moves there is.

START HERE

› **What do you want to be different by the end of this?**

THE WHOLE MAP

Your Path

Eight sessions, four phases. You'll move through all five parts of yourself — and put them back together.

PHASE 1 · STABILIZE

1 · This Is Yours

2 · Who Am I, Really

3 · What I Carry

PHASE 2 · REORGANIZE

4 · The Story in My Head

5 · What I Do With It

PHASE 3 · REDIRECT

6 · Where I'm Headed

7 · The Plan

PHASE 4 · REINFORCE

8 · Staying Coherent

BASELINE SELF-CHECK

Where You Are Right Now

Before anything changes, mark where you stand today. Be straight with yourself — this is the line we'll measure from at the end. Click the number that's most true for you right now.

Not true

Very true

Identity

I know who I am — separate from any crew, rep, or situation.

1 2 3 4 5

Thinking

I think past the moment. I can see how today's choices land later.

1 2 3 4 5

Emotion

I can feel something hard without having to act on it.

1 2 3 4 5

Behavior

What I do lines up with who I say I am.

1 2 3 4 5

Strategy

I have a real, legal path toward what I actually want.

1 2 3 4 5

Date: _____

Session 1 — This Is Yours

There are two selves in you. One the fear built. One that was here first. The whole path is learning to tell them apart — and to live from the right one.

Coherence is when who you are, how you think, what you feel, what you do, and where you're headed all line up. Fragmented is being pulled five ways at once. This program closes that gap. Nobody can do it for you — which means nobody can take it from you either.

Reflect

› Name one thing pulling you one way, and one thing pulling you the opposite way.

› What's one thing about you that's true no matter what room you walk into?

› Which self has been running things lately — and how can you tell?

Practice · The Pause

A half-second of space between what happens and what you do. Note one moment this week you

Session 1 — This Is Yours

caught the pause.

Carry It Out

- › Catch one moment you paused before you reacted — even a second. What happened, and what did the pause give you?

Session 2 — Who Am I, Really

Borrowed identity has to be defended every day. Real identity just is. One costs you everything. The other can't be taken.

The street hands you an identity for free and charges you later. A real identity doesn't need defending — it's who you are when nobody's watching and nothing's on the line.

Reflect

› Who told you who you are? Whose voice is loudest when you think about yourself?

› List three things you are that have nothing to do with a rep, a crew, or the street.

› If your name stood for something, what would you want it to mean?

Practice · The “I Am” List

Write five statements that start with “I am” — things you'd stand on even if nobody agreed.

Session 2 — Who Am I, Really

Carry It Out

- › Read your list once a day this week. Note when a moment tried to make you forget it.

Session 3 — What I Carry

Feeling it isn't the weakness. Discharging it on somebody else is what takes your life apart.

Buried grief doesn't disappear — it comes back out as the thing that gets people hurt. Feeling what you carry isn't soft. You don't have to share anything here you're not ready to.

Reflect

› What's something you carry that you've never really put down? (Private — just for you.)

› When that feeling rises, where does it go in your body? How do you know it's coming?

› Name one safe person you could take it to.

Practice · Name It to Tame It

Session 3 — What I Carry

Box breathing (in 4, hold 4, out 4, hold 4) and 5-4-3-2-1 grounding. Note one time you used a tool.

Carry It Out

- › Use one tool once this week when something rises. What was the feeling, and what happened after?

Session 4 — The Story in My Head

Street logic kept somebody alive once. That's why it's hard to drop. But logic that fits one room can be deadly in the next.

Thinking work is widening the lens — seeing the move after the move. The future is real, and you're going to be in it.

Reflect

› What does “respect” actually mean to you — and where did you learn it?

› Play the tape forward on one thing you're tempted by: one day, one year, ten years later.

› What's a thought you have on repeat that isn't serving you?

Practice · Play the Tape Forward

Session 4 — The Story in My Head

Before a big move, run the whole tape. Write one you played out this week.

Carry It Out

- › Once this week, play the tape all the way forward before you act. What did you see — did it change your move?

Session 5 — What I Do With It

Your routines are either lowering your risk or raising it. Nothing you do every day is neutral.

Most risky behavior isn't a decision — it's a routine. The work is making it a choice again. You change one routine and watch how much of the week changes with it.

Reflect

› Walk through a normal day. Mark the moments that raise your risk — times, places, people.

› What's one routine that, if you changed it, would change your whole week?

› Name a behavior you do that doesn't match the person you described in Session 2.

Practice · Swap One Routine

Session 5 — What I Do With It

Map one recurring high-risk moment (lead-in → event → after) and design one different move.

Carry It Out

- › **Run your swap at least twice this week. What was different — and what was harder than you expected?**

Session 6 — Where I'm Headed

You don't have an ambition problem. You have a direction problem.

The street is a strategy — for the same things everyone wants. Strategy here means a legal road to those same things, minus the cage and the grave. The wants were never the problem.

Reflect

› **What do you actually want? Not the answer you're supposed to give — the real one.**

› **Name something you're genuinely good at that's legal.**

› **Think of someone who got what you want without the cost. What did they do differently?**

Practice · The Three Wants

Write your three biggest wants — and one legal route toward each.

Session 6 — Where I'm Headed

Carry It Out

- › Ask one person this week how they'd chase your top want legally. What did they say?

Session 7 — The Plan

A want without a plan is a wish. We're building the next real step — with a date and a person.

We're not building your whole life today — just the next real step. One thing you could start this month, concrete enough to move on before you lose the nerve.

Reflect

› One year from now, what's actually different if this works?

› What's the very next step — something small and real you could start this month?

› What's in the way of that step, and who could help you move it?

Practice · One Step, One Date, One Person

Write one concrete first move, a real date, and one person who can help.

Session 7 — The Plan

Carry It Out

- › Take your first step before next session — or set it in motion with your person. What did you do?

Session 8 — Staying Coherent

Coherence isn't arriving. It's catching the slip early, naming the domain, and pulling it back before the rest follows.

The pressure that fragmented you is coming back. What's different now is you see it coming — you can name which part is getting dragged and pull it back. And somebody coming up behind you is watching how you move.

Reflect

› Look back at your baseline self-check. What moved — and what made it move?

› What's your early warning sign — the first thing that shows up when you start to fragment?

› Who are you responsible to now, and who's watching how you move?

Practice · Carry It Forward

Session 8 — Staying Coherent

Your full Coherence Plan is on the next page. For now: name one thing the true-self would do this week.

Carry It Out

› **Do one thing this week the true-self would do — not the fear-self. Write what it was.**

EXIT SELF-CHECK

Where You Are Now

You filled this out at the start. Do it again — honestly — then look back at your first answers. The gap between them is the work you did. You built it.

Not true

Very true

Identity

I know who I am — separate from any crew, rep, or situation.

1 2 3 4 5

Thinking

I think past the moment. I can see how today's choices land later.

1 2 3 4 5

Emotion

I can feel something hard without having to act on it.

1 2 3 4 5

Behavior

What I do lines up with who I say I am.

1 2 3 4 5

Strategy

I have a real, legal path toward what I actually want.

1 2 3 4 5

Date: _____

THE PAGE YOU KEEP

My Coherence Plan

When the pressure comes back — and it will — you come here.

My warning signs (how I know I'm starting to fragment)

My tools (what I do when it rises)

My people (who I take it to)

My next step (where I'm headed, and the move I'm making)

SIGN IT LIKE YOU MEAN IT

My Commitment

I know there are two selves in me. From here on, I'm building around the true one — and when I slip, I'm going to notice it, name it, and pull it back. Nobody can do this for me. That's exactly why it's mine.

Signed: _____

Date: _____

Synchronized Souls

The Coherence Method™ · The Coherence Pathway™ · Where Growth & Greatness Align