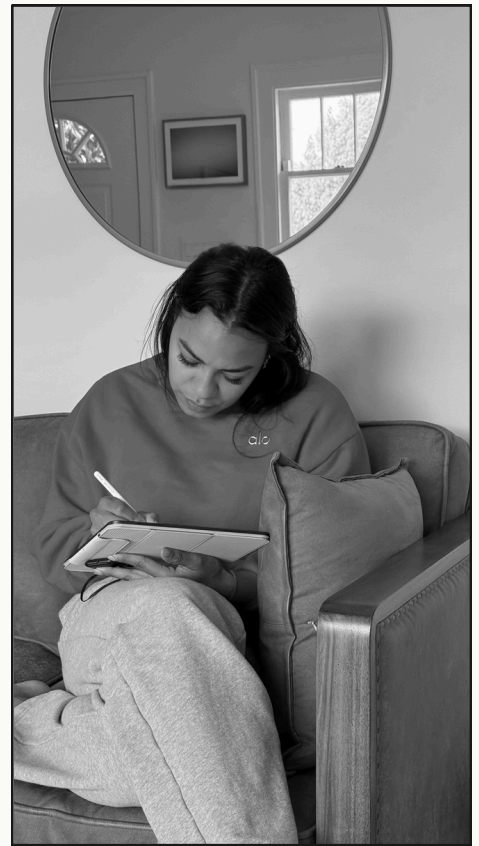


SHIFT

A workbook for small, intentional shifts
that bring you closer to the life you want

By Amanda Saviñón



INTRODUCTION

I didn't grow up with the easiest start. My mom and I were separated for the first 16 years of my life, and my dad was incarcerated when I was 10. On top of that, I grew up undocumented.

For a long time, I lived in survival mode, always pushing, always trying to prove myself. But healing taught me something different: you don't have to wait for your whole life to change to start feeling better. You can start with small, intentional choices in your everyday life, the way you move, the way you create your home, the way you talk to yourself.

After a 15-year career in photography and editorial work, I left the corporate world to slow down, reconnect, and begin building a life that felt true to me. Today, I share my journey as a content creator, storyteller, and a life coach. I help women find clarity, confidence, and alignment so they can build lives they actually love, not the ones they were told to settle for.



As you go through this workbook, remember that alignment isn't about having it all figured out, it's about noticing where your life feels true to you, and where it doesn't.

This workbook will help you reflect on the areas of your life that matter most, so you can see clearly where you're thriving and where you're craving change.

Think of it as a gentle reset, a moment to pause, check in, and begin choosing your next chapter with intention. Real change doesn't happen overnight, it happens when we start paying attention.

What's Ahead

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HOW TO USE THIS WORKBOOK

- Begin with belief. Take a quiet moment to remind yourself that change is possible. Even small, ordinary choices, like moving through this workbook, can bring you closer to the life you want. Trust that you already hold the power to shift.
- Optional but encouraged: Print this workbook or keep a notebook nearby so you can physically write your reflections. Putting pen to paper can make your insights feel more real and easier to return to later.
- Take your time. Move through each section at your own pace.
- Rate how aligned you feel in each area (1–10).
- Answer the reflection questions with honesty, not judgment.
- For each section, write one small change you could try this week.
- At the end, review your answers. Notice patterns, priorities, and the area that feels most important to start shifting.

Tip: Revisit this workbook every few months to track how much shifts.

BODY & HEALTH

On a scale of 1–10, how connected do you feel to your body and well-being? _____

What makes you feel strong, energized, or cared for in your body?

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Where do you feel disconnected, drained, or out of sync?

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If your body could “thank you” for one thing you do, what would it be?

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The Shift : What’s one small act of care you can try this week?

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MIND & GROWTH

On a scale of 1–10, how fulfilled do you feel in your personal growth and mindset? _____

What are you learning or exploring right now that excites you?

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Where do you feel stuck or uninspired?

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If your mind had more space, what would you want to fill it with?

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The Shift : What's one small practice that could stretch your mind this week?

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RELATIONSHIPS

On a scale of 1–10, how connected and supported do you feel in your relationships? _____

Who makes you feel safe, seen, or energized?

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Where do you feel drained, unheard, or disconnected?

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What kind of connection are you craving more of?

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The Shift : What's one way you could nurture, protect, or maybe release a relationship this week?

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CAREER & PURPOSE

On a scale of 1–10, how aligned do you feel with your work, purpose, or daily contributions? _____

What feels most meaningful about the work you do (paid or unpaid)?

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Where do you feel out of sync with your purpose?

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If you could describe the work/life that excites you in one sentence, what would it be?

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The Shift : What's one small step that could bring you closer to that vision?

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FINANCES

On a scale of 1–10, how secure and aligned do you feel in your financial life? _____

What financial choices make you feel empowered?

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Where do you feel stress or avoidance around money?

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What would "peace" look like in your financial life?

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The Shift : What's one small money habit that could support you this week??

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HOME & ENVIRONMENT

On a scale of 1–10, how supported do you feel by your home and surroundings? _____

What feels safe, comforting, or grounding about your space?

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Where does your environment feel cluttered, heavy, or unsettled?

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If your home could reflect the life you want, what's one thing you'd change?

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The Shift : What's one small way you can make your environment feel softer or more supportive this week?

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FUN & CREATIVITY

On a scale of 1–10, how much joy, play, and creativity do you experience in your life? _____

What activities or moments make you feel most alive?

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Where do you hold back from joy, fun, or creative expression?

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If your inner child planned your weekend, what would you be doing?

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The Shift : What's one way you can add more fun or creativity into your week?

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CLOSING REFLECTION

So, what's the big picture?

Look back at your ratings and reflections. Notice where you feel closest to the life you want and where you're ready to get closer. Remember, you don't need to shift everything at once. Even one small change can ripple outward.

Which areas feel most aligned?

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Which areas feel most misaligned?

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Where would one small shift make the biggest difference in your life right now?

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EDITOR'S NOTE

The reflections you just completed are the same kind of practices I use in my own life. For years, I thought change had to be big and dramatic, but it's the small, intentional choices that truly transform us.

I know this because I've lived it and it's why I created this guide for you.

SOCIALS

Let's keep the conversation going! Share your reflections and tag me @amandasavinon so I can cheer you on.

WORK WITH ME

Want to work with me 1:1? Send me a DM or fill out the short questionnaire on my website, and I'll get back to you within 3 business days with all the details. Let's start building the life you want together.

