



## CONNECTED: THE 8 WEEK BOOTCAMP

Working with your 4 Internal Empires;  
Soulset, Heartset, Mindset & Healthset

# WORKBOOK MODULE 2: HEARTSET

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# HEARTSET

WITH CARLO CIRILLO

Heartset is your emotionality; so caring for your emotional health. In this module we look at our relationship with ourselves as well as with others.

You will spend the module processing and releasing toxic emotions, healing emotional wounds and connecting to your emotional intelligence. We introduce ritualistic practices that can increase your emotional health such as gratitude, journaling, values and identity.

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# VIDEO 1

# IDENTITY

**1. How do you show up now?**

**2. What are your habits holding you back?**

**3. What does your presence say about you?**



**4. Who are you here to be?**

**5. Who does your purpose/ conscious self need you to be?**

**6. What do you want your presence to say about you?**

**7. How do you want to feel as your higher conscious self?**

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# VIDEO 2

# VALUES

Get inspired from the wide sampling of possible core values on the following pages. Circle all of the words that describe what matters most to you.

Abundance	Belonging	Consciousness	Directness	Extravagance
Acceptance	Benevolence	Consistency	Discipline	Extroversion
Accomplished	Bliss	Contentment	Discovery	Exuberance
Accuracy	Boldness	Continuity	Discretion	Fairness
Achievement	Bravery	Contribution	Diversity	Faith
Acknowledgement	Brilliance	Control	Dominance	Fame
Activeness	Calmness	Conviction	Dreaming	Family
Adaptability	Camaraderie	Conviviality	Drive	Fascination
Adoration	Candour	Coolness	Duty	Fashion
Adroitness	Capability	Cooperation	Dynamism	Fearlessness
Adventure	Care	Cordiality	Eagerness	Ferocity
Affection	Carefulness	Correctness	Economy	Fidelity
Affluence	Celebrity	Courage	Ecstasy	Fierceness
Aggressiveness	Certainty	Courtesy	Education	Financial
Agility	Challenge	Craftiness	Effectiveness	Firmness
Alertness	Charity	Creativity	Efficiency	Fitness
Altruism	Charm	Credibility	Elation	Flexibility
Ambition	Chastity	Cunning	Elegance	Flow
Amusement	Cheerful	Curiosity	Empathy	Fluency
Anticipation	Clarity	Daring	Encouragement	Focus
Appreciation	Cleanliness	Decisiveness	Endurance	Fortitude
Approachability	Clear minded	Decorum	Energy	Frankness
Articulacy	Cleverness	Deference	Enjoyment	Freedom
Assertiveness	Closeness	Delight	Entertainment	Friendliness
Assurance	Comfort Commitment	Dependability	Enthusiasm	Frugality
Attentiveness	Compassion	Depth	Excellence	Fun
Attractiveness	Completion	Desire	Excitement	Gallantry
Audacity	Composure	Determination	Exhilaration	Gentility
Availability	Concentration	Devotion	Expectancy	Giving
Awareness	Confidence	Devoutness	Expediency	Grace
Awe	Conformity	Dexterity	Experience	Gratitude
Balance	Congruency	Dignity	Expertise	Gregarious
Beauty	Connection	Diligence	Exploration	Growth
Being the best	Leadership	Direction	Expressiveness	Teamwork
Guidance	Learning	Piety	Sacredness	Temperance
Happiness Harmony	Liberation	Playfulness	Sacrifice	Thankful
Health	Liberty	Pleasantness	Sagacity	Thorough
Heart	Liveliness	Pleasure	Saintliness	Thoughtful
Helpfulness	Logic	Poise	Sanguinity	Thrift
Heroism	Longevity	Polish	Satisfaction	Tidiness
Holiness	Love	Popularity	Security	Timeliness
Honesty	Majesty	Potency	Self-control	Traditional
Honour	Making	Power	Selfless	Tranquillity

Hopefulness	Meekness	Practicality	Self-reliant	Trust
Hospitality	Mellowness	Pragmatism	Sensitive	Trustworthy
Humility	Meticulousness	Precision	Sensual	Truth
Humour	Mindfulness	Preparedness	Serenity	Joy
Hygiene	Modesty	Presence	Service	Unflappability
Imagination	Motivation	Privacy	Sexy	Uniqueness
Impact	Mysteriousness	Proactive	Seductive	Unity
Impartiality	Neatness	Professional	Sharing	Usefulness
Independence	Nerve	Prosperity	Shrewdness	Utility
Industry	Obedience	Prudence	Significance	Valour
Ingenuity	Open-mindedness	Punctuality	Silence	Variety
Inquisitiveness	Openness	Purity	Silliness	Victory
Insightfulness	Optimism	Realism	Simplicity	Vigour
Inspiration	Order	Reason	Sincerity	Virtue
Integrity	Organization	Recognition	Skilfulness	Vision
Intelligence	Originality	Recreation	Solidarity	Vitality
Intensity	Outlandishness	Refinement	Solitude	Vivacity
Intimacy	Outrageous	Reflection	Soundness	Warmth
Intrepidness	Passion	Relaxation	Speed	Watchfulness
Introversion	Peace	Reliability	Spirit	Wealth
Intuition	Perceptiveness	Religiousness	Spirituality	Wilfulness
Intuitiveness	Perfection	Resilience	Spontaneity	Willingness
Inventiveness	Perkiness	Resolution	Spunk	Winning
Investing	Perseverance	Resolve	Stability	Wisdom
Judiciousness	Persistence	Resourceful	Stealth	Wittiness
Justice	Persuasiveness	Respect	Stillness	Wonder
Keeness	Philanthropy	Rest	Strength	Youthfulness
Kindness		Restraint	Structure	Zeal
Knowledge		Reverence	Success	
Understanding		Richness	Supremacy	
Transcendence		Rigor	Sympathy	
			Synergy	

Look at all of the words that you came up with above and write down the 24 most important words in the space below.

My main 24 values are:

- |     |     |
|-----|-----|
| 1.  | 13. |
| 2.  | 14. |
| 3.  | 15. |
| 4.  | 16. |
| 5.  | 17. |
| 6.  | 18. |
| 7.  | 19. |
| 8.  | 20. |
| 9.  | 21. |
| 10. | 22. |
| 11. | 23. |
| 12. | 24. |

**Now, narrow the list down again to your top 6 values.**

You can do this by:

- Grouping common values into one value
- Taking out the values that are so much a part of you that you don't need to be reminded about them on a daily basis
- Deciding on the top, most important 6 that you shouldn't be without in order to be your full potential/have your vision

Write what each value LOOKS & FEELS like.

**My 6 top values are:**

1.

CONNECTED

2.

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3.

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4.

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5.

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6.

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# VIDEO 3

# GRATITUDE

Appreciation in it's highest form. When expressed and practised on a deep level can bring a greater understanding of perspective to ones life and situation.  
Mental alchemy of finding the good and appreciation for everything.

This method is designed to help you get really specific and deep and connect with your intentions on a personal, community and world level.

## **Example - Vague**

"I am so grateful for life." - Not that this is bad or wrong in anyway, it's just very vague.  
"I am grateful for my family" - Still good but very vague.

If one thing you are grateful for is family, choose someone, then choose a specific action that you are grateful for in that person. When it comes to objects/body parts etc try get specific on an action or function it provides.

## **Example - Specific**

"I am sincerely grateful for the hug I shared with my mother this morning before work"

Now to get deeper into this write down how It effects you: Your feelings, emotions, thoughts etc.

**Example:** "This hug made me feel so warm and loved, her touch made me feel safe and connected to her."

How it effects the people around you: How this action and these feelings effect the people near you.

**Example:** " This beautiful act will impact the people around me because it shows my mother I love her, and by sharing a true and genuine heartfelt hug with the people around me they will also too feel the love and warmth and connection I feel."

How that impacts the community and planet: Take a further step out how this can positively effect the world.

**Example:** " By hugging more, connecting with people we love and sharing this amazing and simple affection for those we love, the more people will feel safe, loved and one with others. I know that some people may not have family to share a hug with so I am so grateful I can do so. The world would spread more love every hug at a time."



# GRATITUDE ACTIVITY

Below is space to write 3 gratitudes.

1 x gratitude for a person in your life.

1 x gratitude for a physical object.

1 x gratitude for a situation that has happened.

Remember: Get super specific on something about that person, the physical object and situation and how it effected you.

(THIS IS AMAZING AND IS SUGGESTED TO DO DAILY WITH JOURNALING VID 4!)

**Gratitude - PERSON**

How that effects you?

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How that effects the people around you/community?

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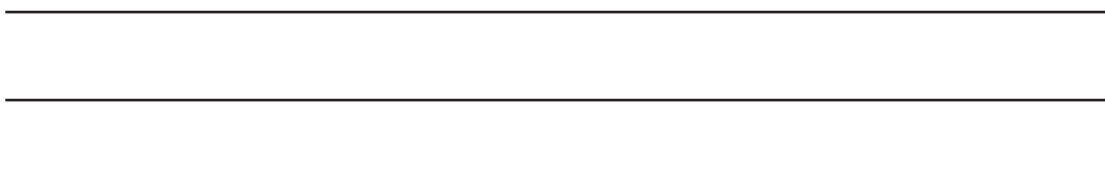


How that effects the world on a global scacle?

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**Gratitude - PHYSICAL OBJECT**

How that effects you?

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How that effects the people around you/community?

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How that effects the world on a global scacle?

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**Gratitude - SITUATION IN YOUR LIFE**

How that effected you?

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How that effects the people around you/community?

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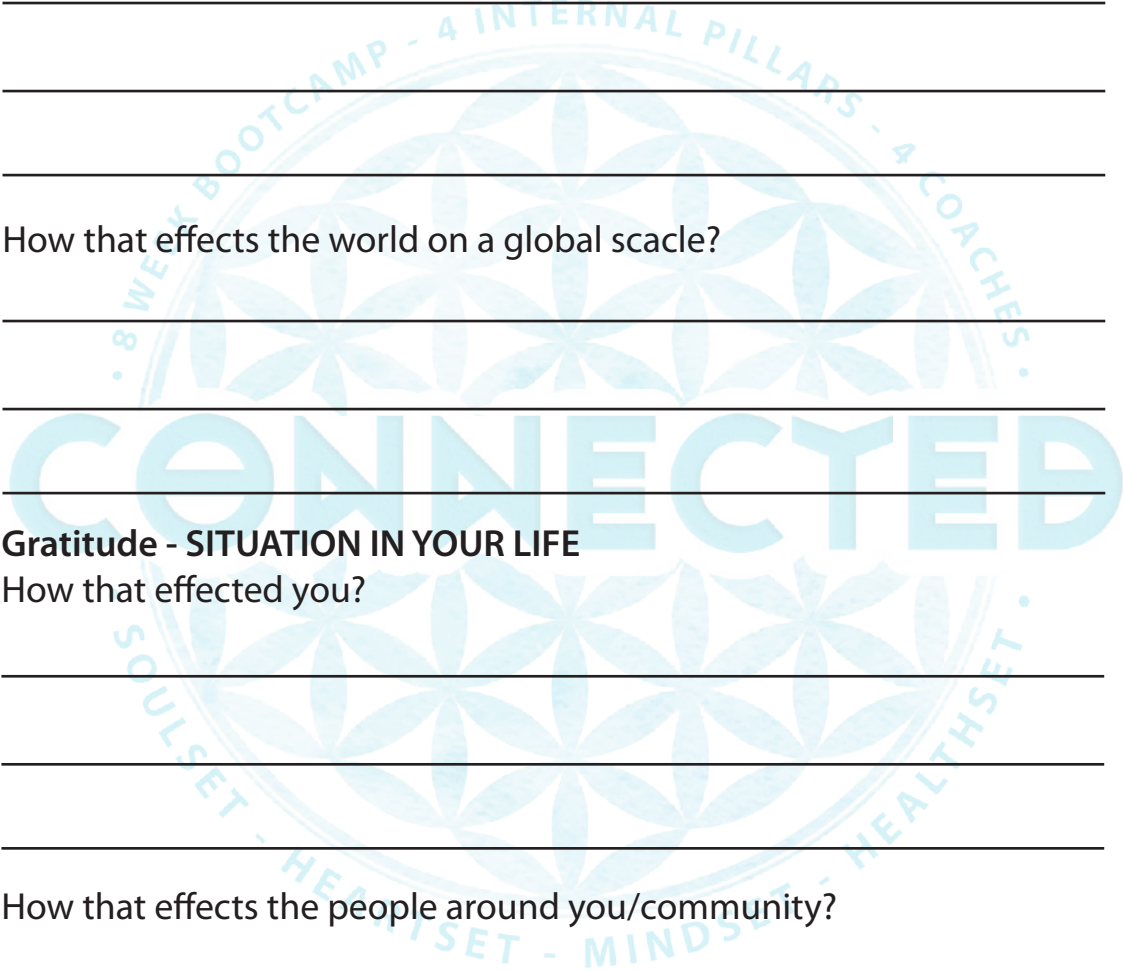
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How that effects the world on a global scacle?

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# VIDEO 4

# JOURNALING

In this process you will journal as your future self .  
(include your vision, values, identity)

You have already started this process in the soulset module.  
Now we are going to affirm your values and also your vision points.  
Extend onto them with either “this” or “because”

Example of values - Authenticity:

**I am expressing my true authentic self - this magnetic energy attracts amazing people and opportunities into my life daily.**

Example of vision - Career goal:

**I have created my dream company & community alongside my tea/soul tribe of conscious leaders. We are impacting 100's of thousands of lives worldwide.**

There is space on the next few pages for you to journal your values and vision as if it were in your life right now.

This is so powerful especially if you do this first thing in the morning to set your mind for the day and affirm your reality!

(Tip: Do your meditation/visualisation after this process to increase the frequency and literally bring your dreams into your reality! )

And remember..

**Your manifestations of your dream life and desires won't come true until you affirm them and match the frequency of the things you are wanting to manifest!**

Enjoy this beautiful creation process!



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