



Change

begins with

SELF-AWARENESS



Evidence based activities to discover our
subconscious minds for growth

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Author's Note ❤

If life was ideal for you, how would you describe it?
Happy.

As she said it, tears roled down her cheeks. The last time she was happy was 8 years ago when everyone was there. She had forgotten what made her happy. A coaching session with her helped her realize she had forgotten herself and given up control of her time.

Years ago, this encounter with the 16-year old girl changed my life and fueled my purpose to make coaching accessible to as many people as possible so that they can have a listening ear and a sounding board to self-discover and be empowered to grow and unlock their happiness.

And that was (one of the many stories of) how Growthbeans came into being. We hope that this gift to you will help you self-discover as well as create positive change in your life. Contents of this book have been converted into a coaching infused workshop for a larger group of people too. Connect with me via LinkedIn and I will be happy to share more. Have fun!

Warmest Regards,
Shane Yan
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About Growthbeans

Growthbeans is a social enterprise that focuses on deepening self-awareness in individuals and leaders within psychologically safe communities for enhanced wellbeing, employability and inclusivity. We design and run coaching-infused programs for individuals and organizations.

www.growthbeans.com



www.mascotbooks.com

Wide Asleep Sound Awake

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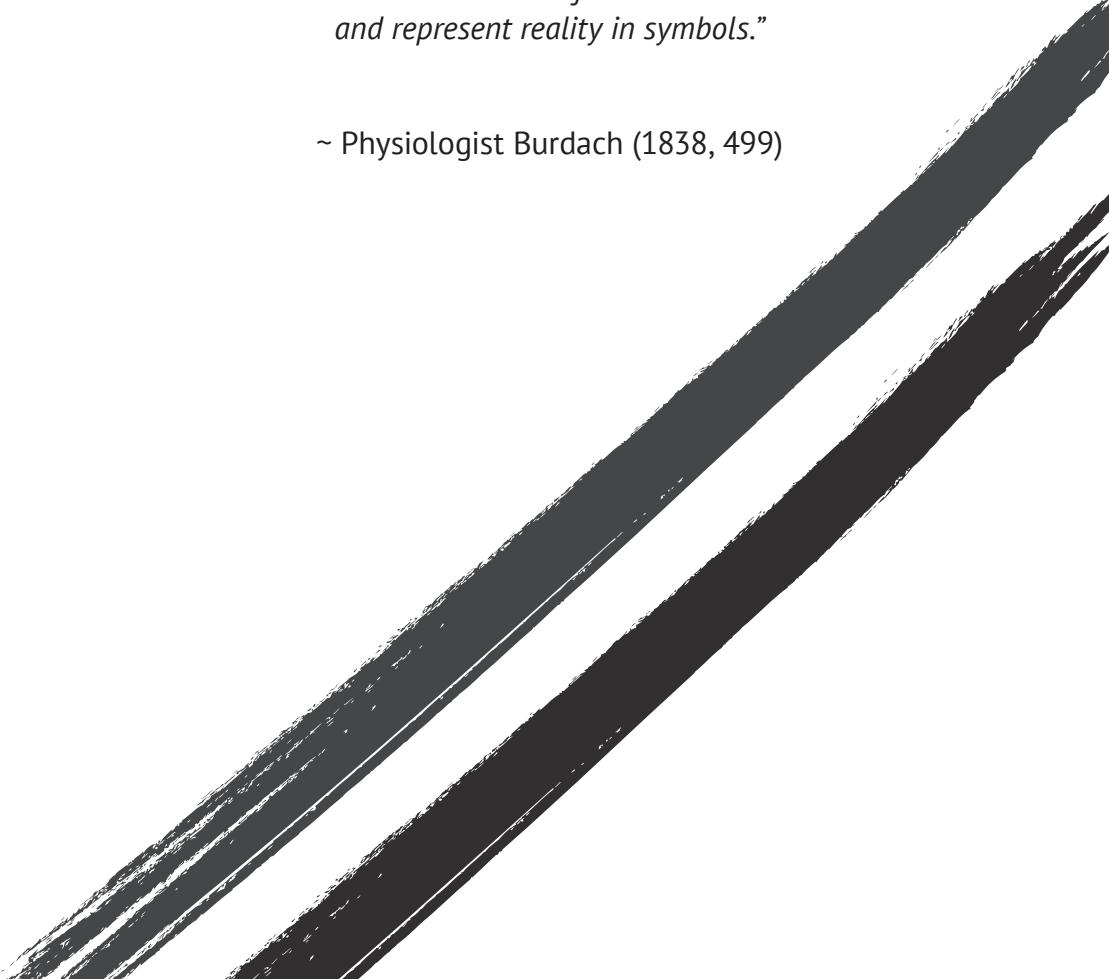
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*"In dreams, daily life, with its labours and pleasures,
its joys and pains, is never repeated.
On the contrary, dreams have as their very aim
to free us from it.
Even when our whole mind has been filled
with some deep sorrow
or when all our intellectual power
is absorbed in some problem,
a dream will no more than enter
into the tone of our mood
and represent reality in symbols."*

~ Physiologist Burdach (1838, 499)



Note to reader

This is a journey of dreams
Tenderly pieced together in themes
Inspired by people and fantasy
Written with love and idiosyncrasy
Activate your imagination
And give it an added dimension
Take the effort to work on the activities
While ridding yourself of all negativities
Just like the cat and the fiddle
May you unravel your riddle
Be the cow that jumps over the moon
And may success be yours soon

How NOT to read the book

Apply logic and structure when reading the book.

Flip through pages without doing the exercises.

Try to find the linkages.

Warning: if you require a lot of structure, this book will challenge that need.

How BEST to read the book

This book contains dreams and sometimes dreams defy logic and convention.

Provide yourself the permission to discover the self.

Use your imagination.

Do all the activities willingly because you will discover something new.

Challenge yourself.

Everything will fall into place eventually.

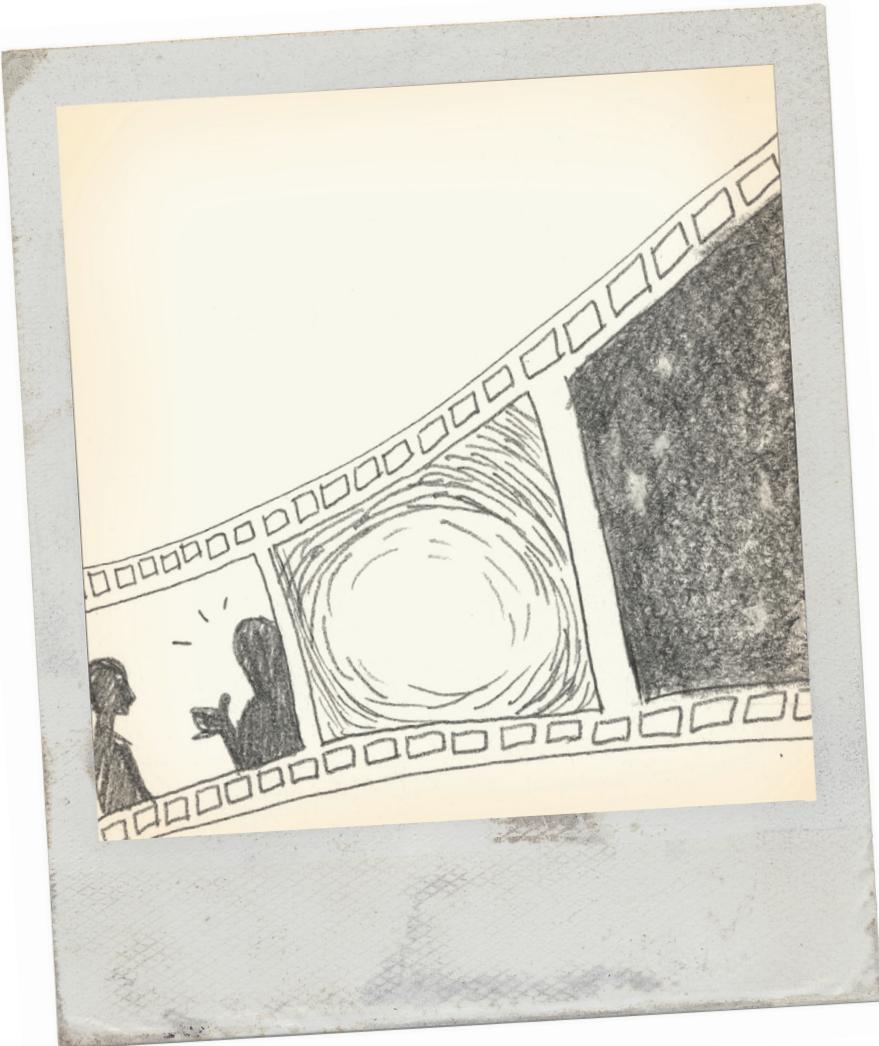
Structure will find you, not the other way around.

These font types will help you find your way through the book:

 Do the Activity

 PART OF A DREAM

 Life Lesson

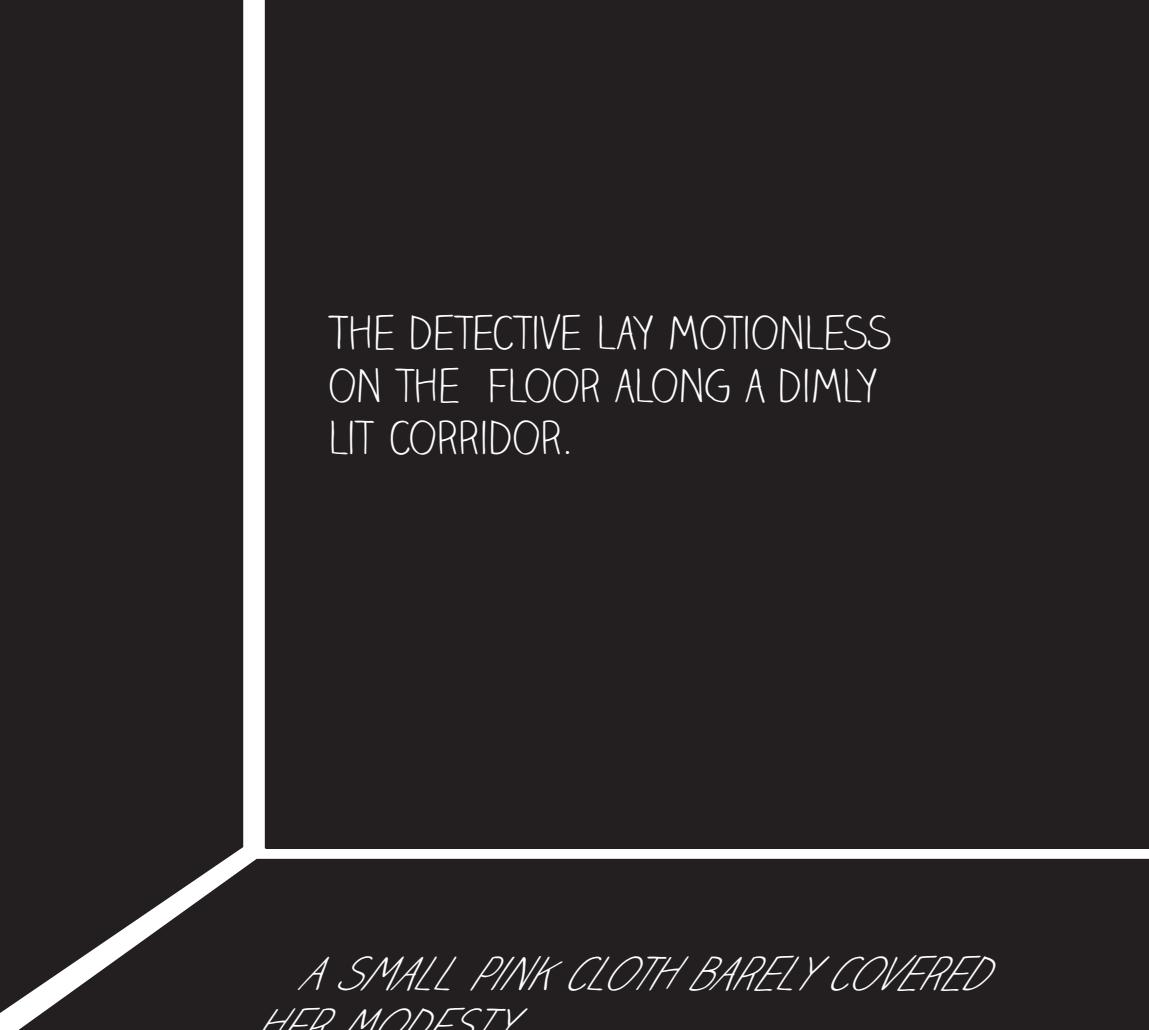


The whole of life is just like watching a film. Only it's as though you always get in ten minutes after the big picture has started, and no-one will tell you the plot, so you have to work it out all by yourself from the clues.

Terry Pratchett, *Moving Pictures*

Lying in bed.
Thinking.

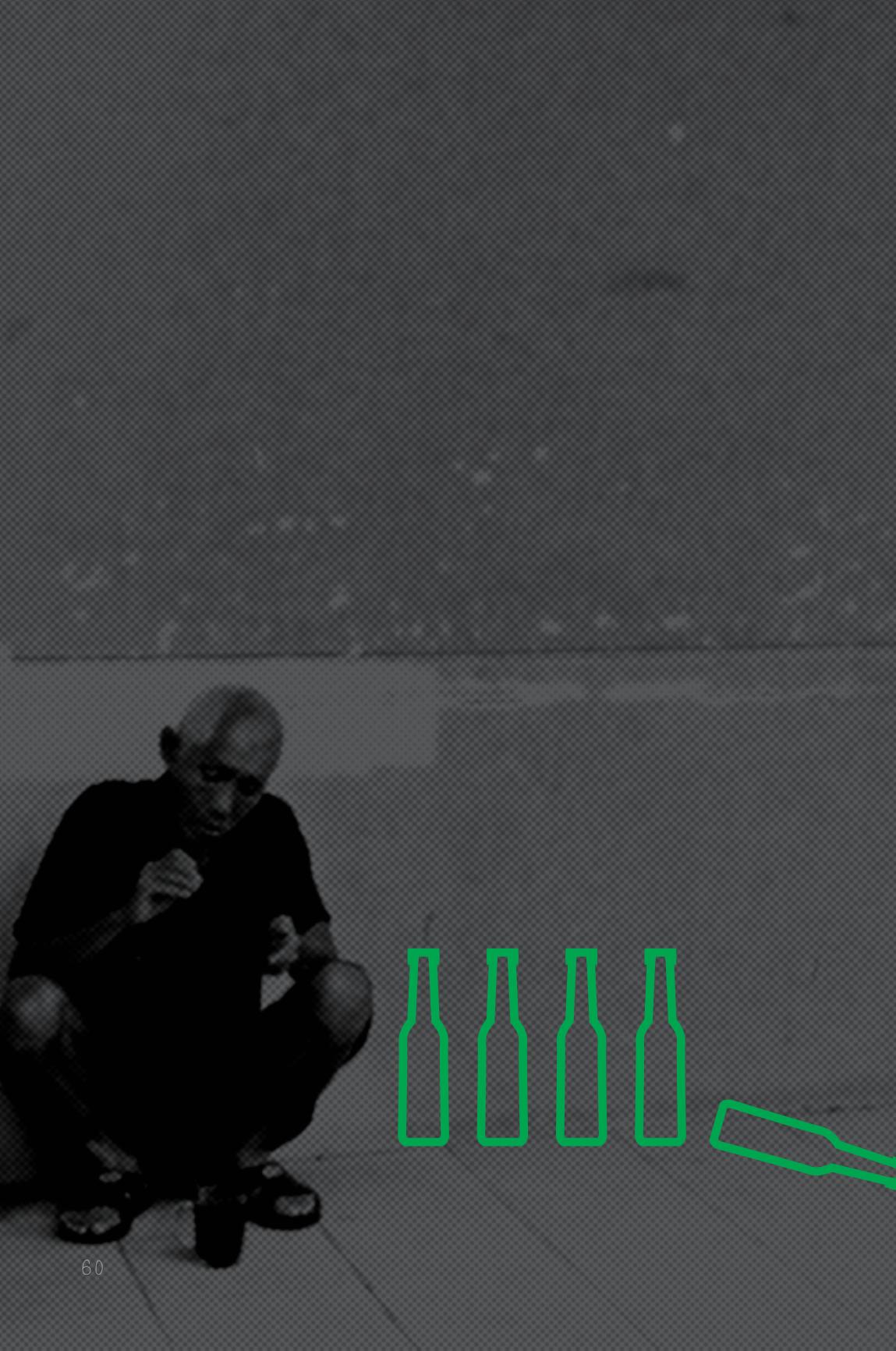
LIFE'S DRAMA



THE DETECTIVE LAY MOTIONLESS
ON THE FLOOR ALONG A DIMLY
LIT CORRIDOR.

*A SMALL PINK CLOTH BARELY COVERED
HER MODESTY.*

*AROUND HER, POLICE OFFICERS HAD CORDONED
OFF THE AREA AND WERE LOOKING FOR CLUES.*





A MAN SAT IN A QUIET CORNER OF THE STAIRWELL AMIDST DOZENS OF NEATLY STACKED UP GREEN BEER BOTTLES. IN THE DIMNESS OF THE ROOM, SCANT LIGHT REFLECTED OFF THE BOTTLES, CASTING AN EERIE GREEN TINT ON HIS FACE.

HE STARED BLANKLY INTO SPACE. A CORNER OF HIS MOUTH TWITCHED SLIGHTLY AND SPREAD INTO A THIN SMILE. HE PICKED UP A BOTTLE.

AFTER TAKING A SWIG FROM IT, HE SMASHED IT AGAINST THE GROUND. PICKING UP A SHARD OF GLASS, THE EXPRESSION IN HIS EYES GREW WILD AS A STRANGLED LAUGH ESCAPED HIS THROAT.

You are a movie director.



Step 1:

Write down the name of a movie that has left a deep impression on you.

Step 2:

Change the ending of the movie you have just chosen to make it closer to how you would have liked it to end.

You are the director of the movie of your life. How often have you looked back on a scene of your life and wished you could have done things differently?

TWO ROOKIE, WOMEN POLICE OFFICERS, OFFICERS A AND B, KNEW EXACTLY WHO THE CULPRIT WAS. THEY HAD LET HIM OFF ONE TOO MANY TIMES, AND NOW, JUSTICE HAD TO BE SERVED.

THEY FOUND HIM IN THE STAIRWELL.

"THIS IS YOUR FINAL WARNING!" THEY YELLED, LEVELLING THEIR GUNS AT HIM.

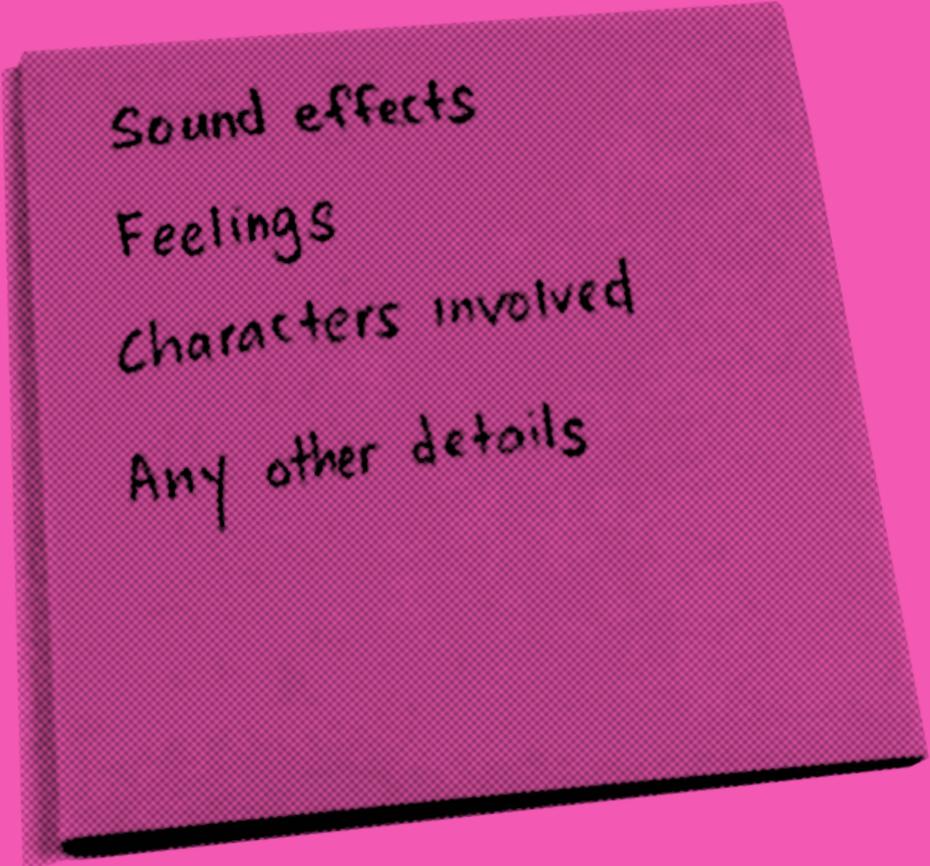
"YOU WOULDN'T DARE TO SHOOT," HE REPLIED COOLLY.

OFFICER A'S HANDS TREMBLED. SHE KNEW HE WAS RIGHT, BUT IF SHE DID NOT TAKE ANY ACTION NOW, IT WOULD SPELL DISASTER.



Recall a DRAMATIC day in your life.

Describe it to a friend using
the following tips:



Sound effects
Feelings
Characters involved
Any other details

Just like the effect of salt on a wound, certain aspects of an incident may affect us more than others. It is important to understand what makes us tick.

OFFICER A HESITATED AND THE MAN QUICKLY MADE A RUN FOR IT DOWN THE STAIRS.

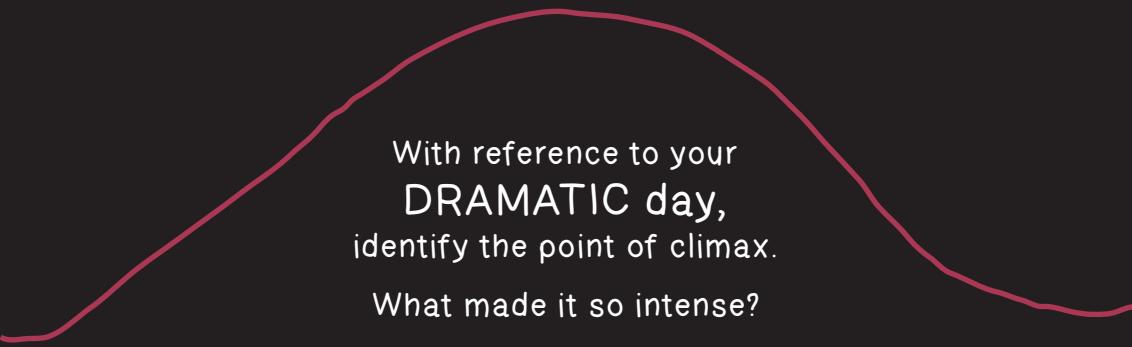
"DAMN!" SHE SWORE.

THE OFFICERS GAVE CHASE AND GOT OUT OF THE BUILDING JUST IN TIME TO SEE HIM HOP INTO A CAB. THEY TOOK A FEW SHOTS AT THE WHEELS OF THE CAB, BUT THEY WERE NOT ABLE TO GET IT TO STOP.

"AFTER HIM!" OFFICER B YELLED TO OFFICER A WHILE RUNNING TOWARD THEIR POLICE CAR.

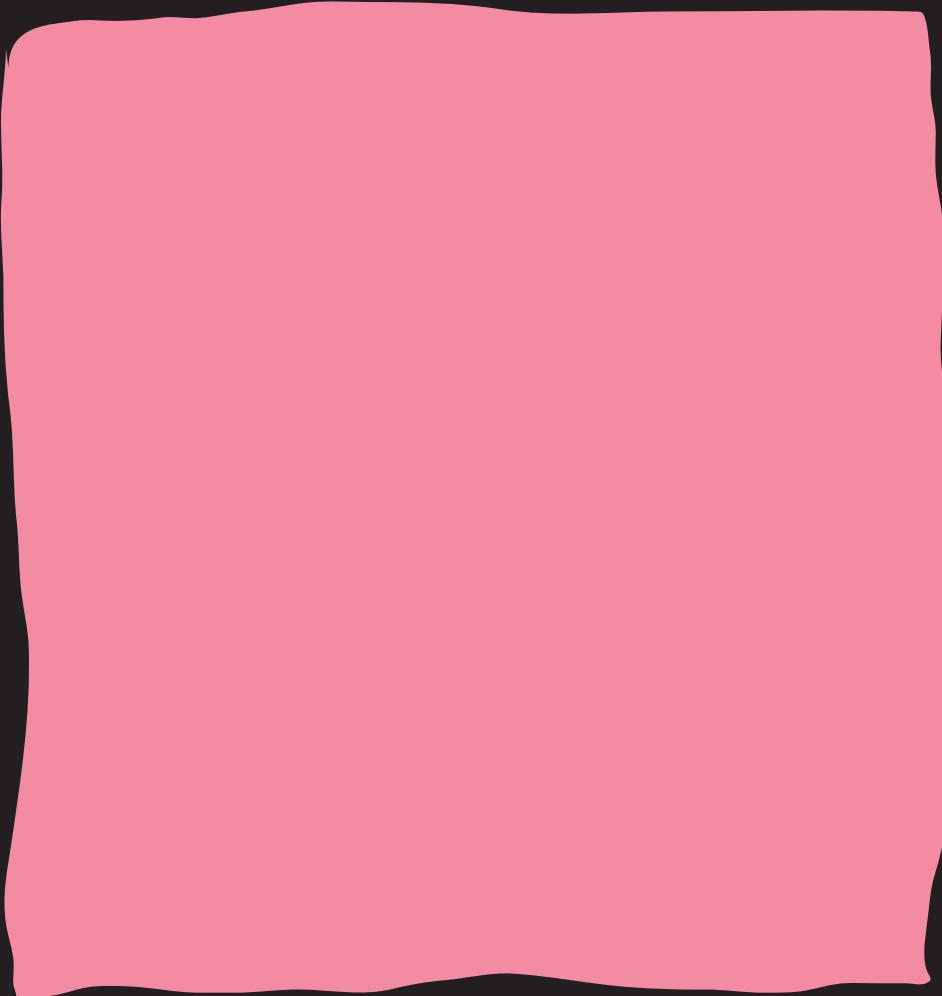
WHEN THEY WERE INSIDE, ONE GASPED.

"WE FORGOT TO TAKE NOTE OF THE LICENSE PLATE NUMBER."



With reference to your
DRAMATIC day,
identify the point of climax.

What made it so intense?



To understand yourself better, it is important to know what, how and why something triggered your reaction.

Plot Analysis – One day in my life

Who was the antagonist (opposition)?

Who was the victim?

What happened?

What could have been done better?



The trouble with being in the rat race is that even if you win, you're still a rat.

Lily Tomlin

Got up with a sigh.
Disappointed.

IS THE RACE WORTH IT?



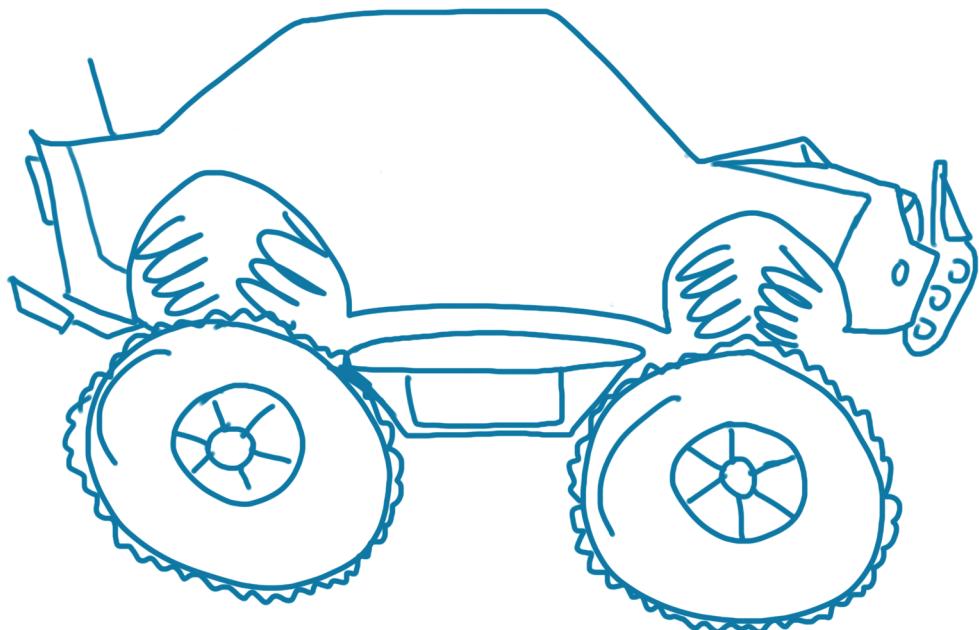
THE WEATHER WAS GOOD. I COULD FEEL THE COOLNESS OF MY PERSPIRATION AS IT TRICKLED DOWN MY SKIN.

I LOOKED BEHIND ME. I SHOULD BE WITHIN THE TOP 20 FEMALE RUNNERS IN MY CATEGORY.

THE JOURNEY THUS FAR HAS BEEN GOOD. THERE WERE JUST SEVERAL KILOMETERS LEFT OF THE MARATHON BEFORE THE RACE WOULD END. I WAS CONFIDENT THAT I WOULD BE ABLE TO COMPLETE IT WITH EASE.

Do you know your strengths?

Write them on the car below.



If you do not know your strengths,
get feedback from family, friends, colleagues, etc.

AHEAD OF ME, I COULD SEE THE GATE THAT I HAD TO GO THROUGH TO MARK THE FINAL LEG OF THE MARATHON.

I PICKED UP PACE BUT I WAS NOT MOVING MUCH. LIKE A RUNNER TRYING TO RUN IN THE DEEP END OF A POOL, I WAS EXPENDING A LOT OF ENERGY TO PUSH MYSELF FORTH. NO MATTER HOW FAST I WILLED MYSELF TO RUN, I WAS NOT ABLE TO COVER DISTANCE.

HEARING FOOTSTEPS, I LOOKED TO MY RIGHT AND THE LADY THAT HAD BEEN TRAILING BEHIND ME RAN PAST.

I FELT A RUSH OF HEAT SPEED UP MY NECK TO FLUSH MY CHEEKS. MY HEART CLENCHED UP INTO A TIGHT BALL. FRUSTRATION SLAPPED ME HARD IN THE FACE AS MORE PEOPLE STARTED TO RUN PAST ME.



FINISH

I MADE IT PAST THE GATE BUT I COULD NOT RUN FURTHER. AHEAD, SOME PEOPLE WERE TAKING GROUP PHOTOGRAPHS, AND I DECIDED TO STOP TO HELP.

IN THAT MOMENT, RUNNING DID NOT SEEM TO BE THAT IMPORTANT ANYMORE. HOWEVER, I HAD TO COMPLETE WHAT I HAD STARTED.

AFTER THE PHOTOGRAPHY WAS DONE, I CONTINUED THE RUN TO THE FINISHING LINE, THIS TIME WITH MORE EASE THAN BEFORE.

SOME TIME LATER, I MADE IT!



Let's play Hangman.
You only have one life.

J — — —

D —————

I ————— I —————

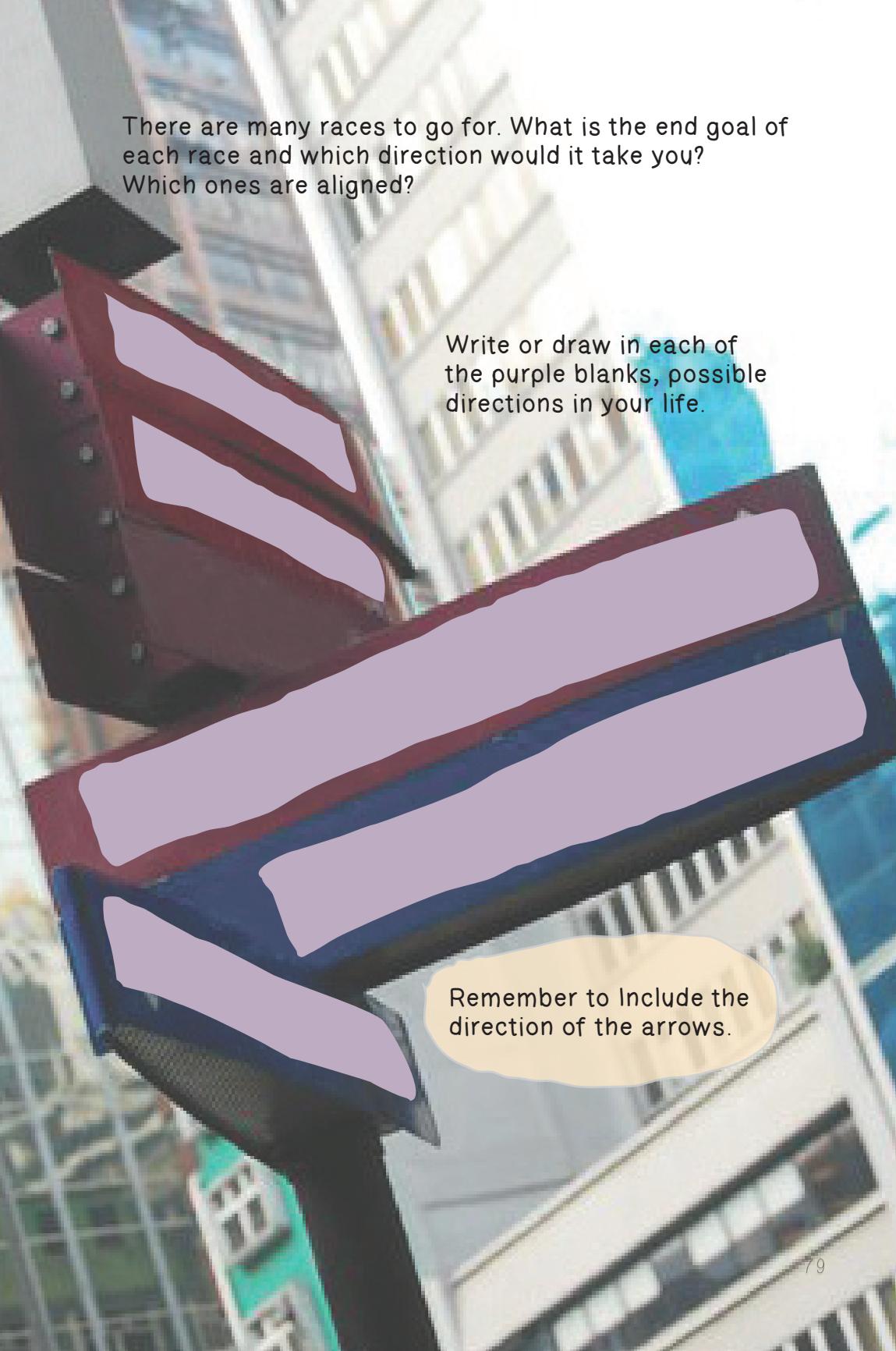
I WALKED INTO THE HALL WHERE THE OTHER RUNNERS WERE COOLING DOWN. GOODIE BAGS WERE HANDED OUT.

AFTER SOME TIME OF WAITING AROUND, I REALIZED THAT THERE WAS NOT GOING TO BE ANY AWARD OR CLOSING CEREMONY TO THE EVENT. PEOPLE COULD GO AND COME AS THEY PLEASE.

WAS THAT ALL? FOR ALL THE EFFORT THAT I HAD PUT IN? I THOUGHT.

DISAPPOINTED THAT THIS WAS HOW IT HAD ENDED, I WALKED AWAY.

How would you like recognition to be given to you?



There are many races to go for. What is the end goal of each race and which direction would it take you? Which ones are aligned?

Write or draw in each of the purple blanks, possible directions in your life.

Remember to include the direction of the arrows.



Whose race do you want to run?

We are all running a long marathon
A path that others have well defined
Our dreams we have long forgotten
As we race against time

When the time comes for us to fall
Will we look back at our lives and be jubilant?
This one track cannot accommodate us all
As our journeys are each unique and different

As long as we dare summon that courage
We can choose to run our very own race
Regardless of the ups and downs
Our destiny is ours to create and face
And lead a life we can truly call our own

What race are you running? How can you make your current race even more worth running?

“

**Whatever makes you
uncomfortable is your biggest
opportunity for growth.**

Bryant McGill



Shane Yan, an ICF Professional Certified Coach, is the co-founder of Growthbeans. Shane is passionate about creating a better product, a better team, a better life and a better world. Through applied research, she has found an innovative way to develop coaching infused programs to impact the wellbeing and employability of groups of people. Highlights of her work include developing the Self-Awareness Leadership program, Find Your Ikigai SG sessions for individuals to uncover their purpose and be re-energized in the organizations they work for, and Career Support Group to support the growth mindset, wellbeing and employability of mid-career switchers.