

# Decode Your Quest Embrace your super-power!



Playbook  
Dhara Purohit John



# Decode Your Quest

Embrace your super-power!

Welcome to this adventurous 21-week journey of conscious seeking to discover your super-power and unleash the Genius in YOU!!!

This journey of conscious seeking brings you:

1. Courage, clarity and confidence to walk your path
2. Aligns you with your higher purpose
3. Embrace your super-power and become the possibility that you are seeking!



# Decode Your Quest

Embrace your super-power!

## Your Biggest Challenge

The only thing that ever stops you from actualising your ideas, dreams and aspirations is You!

### Your Critical Mind

It is the left brain, the logical mind that often whispers to you in numerous ways that you are not good enough. Since it is immersed in logic and conditioning that it unknowingly feels threatened to embrace new possibilities. It feels secure in tried and tested path because it is also responsible for your survival.

You need to know that your this aspect of your brain is just a tool and if you learn to use it efficiently, it will surely serve you well. But if you don't learn to use it, it can be a reason for your hinderance as well.

Most of the times the critical mind is so subtle and merciless that without deep awareness we don't even realise that we are sabotaging ourselves.



# Decode Your Quest

Embrace your super-power!

How to embrace your super-power?

To embrace your super-power, embrace your creativity.

Creativity is defined as a tendency to generate and recognise new ideas, alternatives and possibilities. This means that when you nurture your creativity, you are inviting possibilities in your life. This will compel you to be solution focused.

When you consistently start inviting possibilities, the beauty is that you will eventually start showing up as one.

But this is not going to be an overnight process.



# Decode Your Quest

Embrace your super-power!

Exercise to Practise:  
Simple but Extremely POWERFUL...

“Morning pages” as termed by Julia Cameron.  
Also known as free-writing.

Write 3 pages of long hand writing every single day  
for alt least 21- weeks.

## Non-negotiable Rules to follow:

Rule 1: You must not judge what you write . You just need to keep writing

Rule 2: You will not read what you have written at least for next 8 weeks

Rule 3: You will not share your morning pages with anyone.  
Do not allow anyone to read it.











# Decode Your Quest

Embrace your super-power!

## Benefits of doing Morning Pages

1. You acknowledge all that is running in your mind and creating chaos.
2. When you write on paper, you release it from your nervous system thus, calming your nerves to an extent.
3. You then invite space for solutions as you have started clearing the chaos in your mind.



# Decode Your Quest

Embrace your super-power!

## Reminder:

There is nothing right or wrong. It is just what it is.  
You do not have to be in a right mood or a good mood to write.  
You can be in rotten mood, but the idea is to write it.  
Commit yourself to write it and show up on your desk and slowly in the coming weeks, see the magic for yourself.

## Connect with me:

Please write to me if you have any questions.  
If you wish to dive deeper into this process of discovery, I will be happy to mentor and assist you on your journey to growth and success.

Email me at : [connect@धारापूरोहित.com](mailto:connect@धारापूरोहित.com)

[www.धारापूरोहित.com](http://www.धारापूरोहित.com)





Decode Your Quest

Embrace your super-power!

Thank You

I am cheering for you as you commit to  
your journey of growth and success!

Unleash the GENIUS in you as you  
decode your quest!