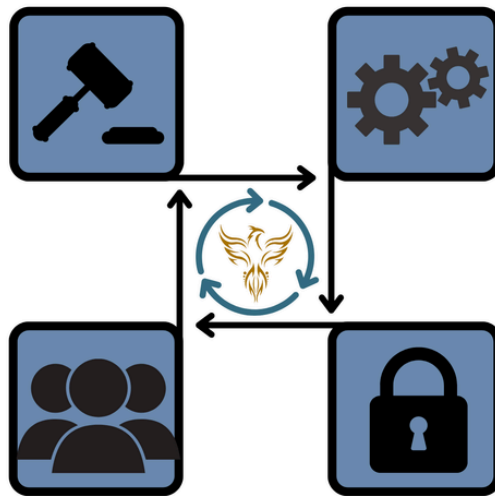


# Understanding Domains

## *Workbook*



**Level One  
Personal Development**

Welcome to **L1 Understanding Domains** — the foundation of your journey toward greater relational intelligence and confidence.

Every relationship you have — whether at home, at work, with friends, or in any group — is shaped by four invisible but very real Domains: **Authority Structure, Work, Social Structure, and Strength**. Most of us only see the people and personalities in front of us. When we learn to see these four Domains clearly and separately, everything changes.

This workbook is not just about gaining knowledge. It is about **building security inside yourself** so you can show up differently in every relationship. When you feel insecure in how you relate to authority, work, social connection, or strength, you tend to react from fear, neediness, or old patterns. You may people-please, withdraw, become controlling, or avoid hard conversations. Over time, these patterns quietly damage trust and limit your ability to love others well.

The goal of this personal development work is simple yet profound: **To move from insecurity to security** so you can become a calm, present, and trustworthy presence in the lives of others.

As you practice seeing life through the four Domains, you will develop **relational intelligence** — the ability to understand what is really happening in any group or interaction, separate the person from the role or dynamic, and respond with wisdom instead of reaction. You will grow in **relational confidence** — the quiet inner strength that allows you to treat people rightly, set healthy boundaries, make clear decisions, and show up as someone others can lean on.

This is why we develop ourselves. Not just for our own comfort, but so we can reach out and help the person who is slipping — offering real support instead of needing support ourselves. The more secure you become in these Domains, the more free you are to love people well, make healthy choices in difficult situations, and create stronger, more life-giving relationships.

Development does not happen through reading alone. It happens through **consistent, daily practice**. That is why this workbook is designed with daily mindset prompts, journaling, and a simple tracker. The more you use these tools with real people and real situations, the more natural and instinctive your new way of relating will become.

You are taking an important step. By the time you complete this Level 1 workbook (and especially after repeating it with different groups), you will begin to see people and circumstances with new clarity. You will feel more confident in your ability to navigate relationships wisely and kindly.

Let's begin.

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# *Using This Workbook*

## **How to Use This Walkthrough**

Welcome! This guide helps you see people and situations more clearly through the four Domains so you can build confidence in treating others rightly and making healthier relational decisions.

### **Recommended Practice Flow:**

- Choose a **focus group** (example: my work team, my family, my friend group, my volunteer organization, etc.) and write it on the tracker
- Use **one Domain per week** (approximately 7 days of daily practice).
- Stay focused on the same group you wrote above for the whole walkthrough.
- For each Domain: –
  1. Read the description, Watch the video, and do the Guided Practice once at the beginning of the week.
  2. Use the Daily Mindset Prompts every day that week in real interactions with your Focus Group.
  3. Complete the Journaling Prompts at the end of each day (or whenever it fits best).
  4. After finishing all four Domains (about 4 weeks total), complete the Final Integration section.
  5. Repeat the entire walkthrough as many times as needed or with a different Focus Group to deepen your skills.

### **Important Mindset:**

Development happens through consistent, repeated practice. The more you apply these lenses daily, the more naturally you will show up secure and present with people.

Why this matters for your relationships Growing secure in these Domains helps you move from reactive or insecure patterns to calm, confident presence — so you can truly support and love the people around you.

**How to use the tracker:** Check off what you completed each day and jot one short note about what you noticed in your interactions. Review it at the end of the week and bring any patterns to your coaching session.

# Tracker

To be reprinted and used for each domain

Focus Group \_\_\_\_\_

Domain \_\_\_\_\_

Day	Thought About Daily Mindset ✓	Completed Journaling ✓	Key Observation for the Day
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# Authority Domain

Every group has hierarchy, roles, responsibilities, and decision-making power. This Domain gives structure so things can actually get done. In relationships, your pattern with authority shapes how you respond to leaders and how you influence others.

**Guided Practice:** to be done at the beginning of day 1

In your Focus Group, observe the authority structure: What roles exist? Who has decision-making rights? How does guidance get provided (or not provided)?

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Practice describing the structure in a neutral, observational way, without judging the people filling the roles.

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**Daily Mindset Prompts:** read at the beginning of each day

- Today, when I encounter authority or decision-making, I will pause and ask: “What guidance is this structure trying to provide right now?”
- I will separate the role from the person and remind myself: “This is about guidance, not about the personality in the position.”
- Before reacting to a decision or instruction, I will ask: “Am I responding to the guidance itself, or to my past experiences with authority?”
- I will look for one way this authority structure is attempting to bring unity or direction, even if it feels imperfect.
- Or use your coaching session to come up with a more personalized mindset.

# Authority Domain

Use these prompts as helpful guides to reflect on your experiences in the authority domain at the end of each day. If you require additional space for your thoughts, feel free to utilize the notes section found after the daily journal.

## Journaling Prompts:

- What did the authority structure look like in my Focus Group today, and how was it trying to provide guidance?
- How did I show up in response to that guidance – calmly and securely, or from an old insecure pattern?
- In what ways did I treat the people in authority roles rightly today, even if I disagreed with a decision?
- Where do I notice a repeating pattern in how I relate to authority across different groups in my life?
- What would “healthy guidance” look like in this situation, and how could I contribute to it more confidently?

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# Work Domain

The domain of Work has three layers; Physical work, Mental work, and Soul work. Recognizing Work as a distinct domain shifts the focus from blaming individuals to asking how to prioritize attention effectively.

## **Guided Practice:** to be done at the beginning of day 1

In your Focus Group, observe the different layers of work happening: What physical tasks are being done? What planning or thinking is required? What deeper desires or values seem to be driving the work?

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Notice how you personally show up to each layer – where you feel strong, distracted, or disconnected.

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## **Daily Mindset Prompts:** read at the beginning of each day

- Today, I will pause and ask: “Which layer of work am I dealing with right now – physical, mental, or soul?”
- Before getting distracted or frustrated, I will remind myself: “Am I putting proper attention on the proper thing?”
- I will separate the work itself from the people doing it and ask: “How can I show up to this work in a way that treats others with kindness and respect?”
- I will give one small moment of full, undistracted attention to the work in front of me, even if it feels ordinary.
- Or use your coaching session to come up with a more personalized mindset.

# Work Domain

Use these prompts as helpful guides to reflect on your experiences in the authority domain at the end of each day. If you require additional space for your thoughts, feel free to utilize the notes section found after the daily journal.

## Journaling Prompts:

- What layers of work did I observe in my Focus Group today, and where was attention most needed?
- How did I show up to the work – with presence and proper attention, or with distraction, frustration, or disconnection?
- In what ways did my attitude toward the work affect how I treated the people involved?
- Where do I notice a repeating pattern in how I relate to work across different areas of my life?
- What would it look like for me to bring more soul-level desire and value into this work while still treating others well?

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# Work Domain

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# Social Domain

This is about people and connection – relational interactions, friendships, and group dynamics. Seeing the social structure separately helps you navigate relationships without getting lost in personalities.

**Guided Practice:** to be done at the beginning of day 1

In your Focus Group, observe how the group creates and maintains connections. What are the cultural rhythms or habits?

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Notice how different individuals connect and practice describing their style without judgment – simply as a preference.

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**Daily Mindset Prompts:** read at the beginning of each day

- Today, I will observe how connections are being made in my group and ask: “What is this group’s way of creating connection?”
- When someone connects differently than I do, I will pause and remind myself: “This is a personality preference, not right or wrong.”
- I will withhold judgment about how others build relationships and look for one small way I can adapt and engage positively.
- In one interaction today, I will focus on making a genuine connection while staying secure in who I am.
- Or use your coaching session to come up with a more personalized mindset.

# Social Domain

Use these prompts as helpful guides to reflect on your experiences in the authority domain at the end of each day. If you require additional space for your thoughts, feel free to utilize the notes section found after the daily journal.

## Journaling Prompts:

- How does my Focus Group typically create and maintain connections? What cultural rhythms did I notice today?
- In what ways did I show up in the social domain – withdrawing, forcing my style, or adapting with presence?
- Where did I catch myself judging someone else’s way of connecting, and what happened when I chose to withhold judgment instead?
- How did my approach to connections today affect how I treated the people around me?
- What small shift would help me feel more confident and secure when relating in this social domain?

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# Work Domain

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# Strength Domain

The Strength Domain builds inner resilience for individuals and groups. Individually, strength arises from core values, providing stability during challenges. For groups, it relies on shared values and protective measures like policies to safeguard important aspects.

**Guided Practice:** to be done at the beginning of day 1

In your Focus Group, identify the core values that seem to matter most.

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Observe what structures (rules, policies, boundaries, or habits) exist to protect those values – and how well they are being honored.

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**Daily Mindset Prompts:** read at the beginning of each day

- Today, I will look for the underlying values in my group and ask: “What is this trying to protect or strengthen?”
- When I encounter a rule, boundary, or tension, I will pause and remind myself: “This is the Strength domain – how can I relate to it with security and care?”
- I will practice holding my own values without compromising, while still treating people with kindness and respect.
- I will look for one small way I can quietly provide strength or stability for someone else today.
- Or use your coaching session to come up with a more personalized mindset.

# Social Domain

Use these prompts as helpful guides to reflect on your experiences in the authority domain at the end of each day. If you require additional space for your thoughts, feel free to utilize the notes section found after the daily journal.

### Journaling Prompts:

- What core values did I notice in my Focus Group today? How were they being protected (or not protected)?
- How did I show up in relation to strength – secure and steady, or insecure and reactive?
- In what ways did my response to rules, boundaries, or values affect how I treated the people around me?
- Where do I see a repeating pattern in how I relate to strength across different areas of my life?
- What would it look like for me to become a source of healthy strength for the people in this group?

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# *Integration*

## GRADUATING LEVEL 1

**Purpose:** Create a clear “snapshot” of your Focus Group (or any relationship/situation) using all four Domains at once. Do this exercise once at the end of your four-week practice, then repeat it monthly or with new groups to make the framework instinctive.

### **Step-by-Step Instructions**

1. In a separate journal, write the name of your current Focus Group (or a specific relationship/challenge you want to understand better):
2. Create your Four-Domain Snapshot For each Domain, answer these questions in a few sentences. Be observational and non-judgmental at first.
3. Authority Structure (Guidance)
  - What roles, responsibilities, or decision-making processes provide guidance in this group?
  - How well is this guidance supporting people versus controlling them?
  - How do I typically show up to this guidance?
4. Work (Effort & Attention)
  - What layers of work are happening here (physical tasks, mental planning, soul-level purpose/values)?
  - Where is proper attention most needed right now?
  - How do I show up to the work – with presence or distraction?
5. Social Structure (Making Connections)
  - How does this group create and maintain connections? What are the cultural rhythms?
  - How do different people prefer to connect (light & frequent vs. deep & fewer)?
  - How do I show up in the social domain – adapting, withdrawing, or forcing my style?

# *Integration*

## GRADUATING LEVEL 1

### 6. Strength (Values & Protection)

- What core values seem most important in this group?
- What rules, boundaries, policies, or habits protect those values?
- How secure or insecure do I feel around these values and boundaries?

### 7. Integration Reflection (This is the most important part) Look at your four answers together and respond to these prompts:

- What patterns do I see when I view this group through all four Domains at once?
- Where am I currently showing up from insecurity rather than security?
- How is my way of relating in one Domain affecting the others (or the people involved)?
- What is one healthy, confident response I can choose this week that honors all four Domains? (Example: “I will offer clear guidance in my role while listening well and protecting the group’s core value of respect.”)

### 8. Action Commitment Based on your snapshot, choose one small, specific practice for the next 7-14 days:

**In Level 2 you will learn how to draw on untapped potential to help develop your new practice.**







