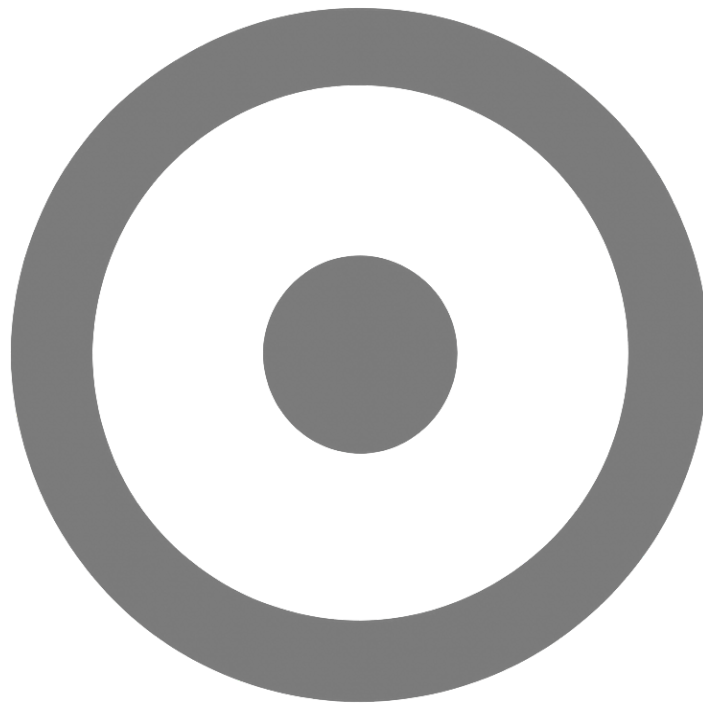


NOMADE

WORKBOOK



Ground Zero Edition

A companion workbook for the Introduction
20-30 Minutes

Which Fish Are You?



BEFORE YOU BEGIN.

inside that story. Watch The Introduction First

QR + Youtube Link

This workbook was designed to be completed after watching the Introduction video.

The video introduces the three fish, the bowl, the voice, and the spiral.

This workbook helps you locate yourself

INTRODUCTION :

This Is Not A Test.

There are no correct answers here. Only honest ones.

This workbook is not designed to tell you who you should become, but to help you discover where you are starting.

Before any journey, there is a location.

Before any change, there is awareness.

Take your time. This workbook is a mirror.





FISH ONE

The Bowl Is The World

FISH ONE.

For each statement, circle a number from 1 to 5.

1 = Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Almost Always

- My life follows a path I have rarely questioned. _____
- I often assume that things are the way they are for a reason. _____
- I feel more comfortable with certainty than with possibility. _____
- I usually choose what feels familiar over what feels unknown. _____
- I rarely stop to ask whether my current direction is the right one. _____
- When life feels stable, I see little reason to change it. _____
- I tend to trust accepted beliefs more than untested ideas. _____
- I have caught myself saying, "This is simply how life works." _____
- I spend more time managing my reality than questioning it. _____
- If a different life were possible, I am not sure I would recognize it. _____

Score: _____

Reflection Question 1

What is one belief about life that you have accepted for so long that you rarely question it anymore?

Reflection Question 2

If your current life continued exactly as it is for the next ten years, how would you honestly feel about that future?



Reflection Question 3

What possibility have you ignored, postponed, or dismissed simply because it felt comfortable or unfamiliar?



FISH TWO

Something Is Wrong Here.

FISH TWO.

For each statement, circle a number from 1 to 5.

1 = Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Almost Always

- I have a feeling that my current life does not fully reflect who I could become. _____
- I often question things that I once accepted without thinking. _____
- I have experienced moments that changed how I see reality. _____
- Part of me wants to explore possibilities that another part of me resists. _____
- I frequently wonder what might happen if I took a different path. _____
- I feel pulled toward something I cannot fully explain yet. _____
- I sometimes imagine a larger life than the one I am currently living. _____
- I have delayed important changes even when I knew they mattered. _____
- The unknown excites me as much as it scares me. _____
- Deep down, I know that staying where I am will eventually become more painful than moving forward. _____

Score: _____

Reflection Question 1

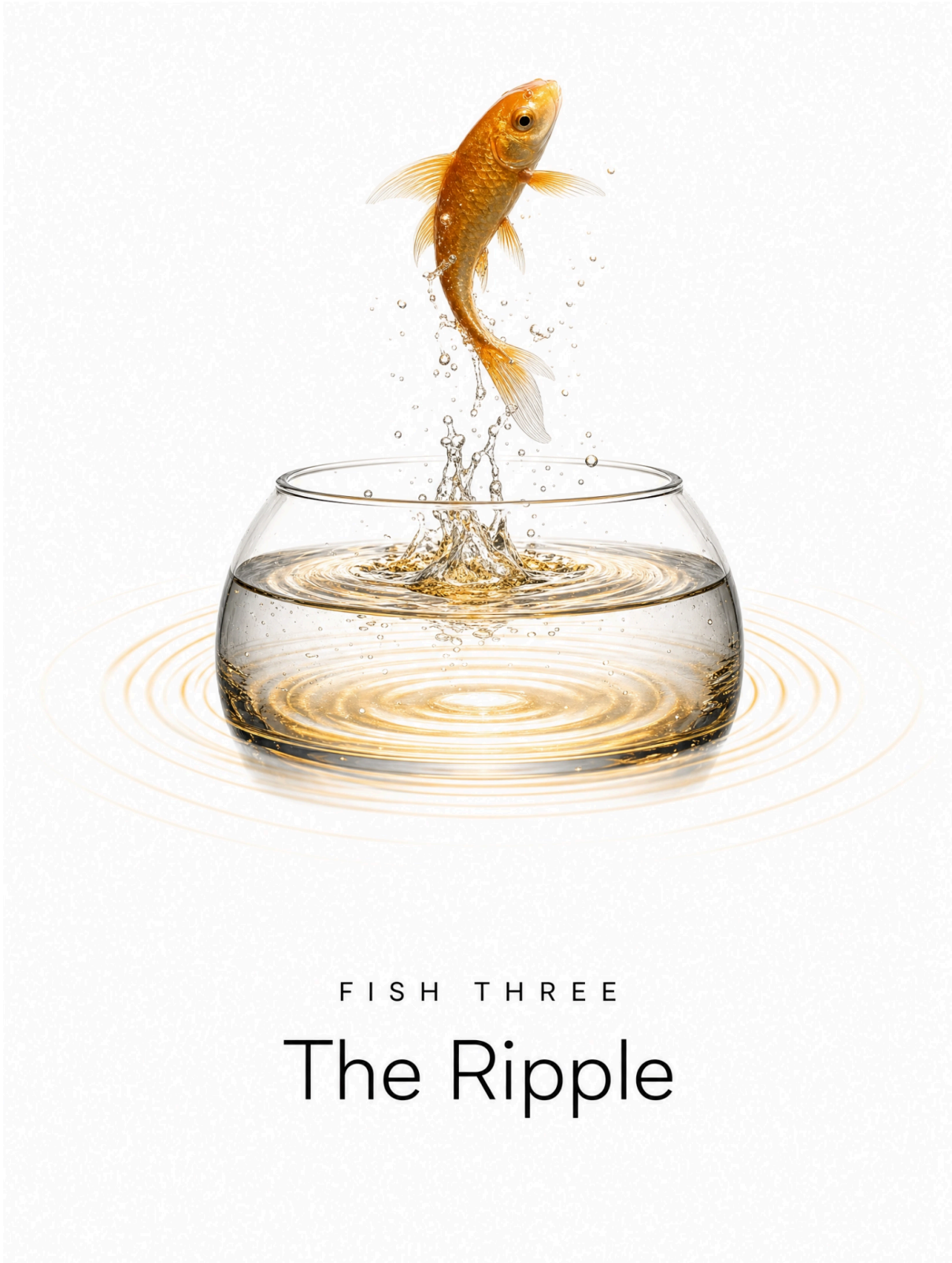
What possibility keeps returning to your attention, even after you have tried to ignore it?

Reflection Question 2

What are you waiting to see before giving yourself permission to move forward?

Reflection Question 3

If the Ripple appeared for a reason, what might it be asking you to explore?



F I S H T H R E E

The Ripple

FISH THREE.

For each statement, circle a number from 1 to 5.

1 = Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Almost Always

- Some questions can no longer be ignored.
- My future depends more on exploration than certainty.
- Certain ideas keep returning no matter how often I dismiss them.
- I have noticed patterns pointing in a direction.
- The answers I seek may already be around me.
- Meaningful change begins when I pay attention differently.
- Some moments feel too important to be coincidence.
- My next step may be hidden inside something I already know.
- I am more interested in discovering my path than following another's.
- What I am looking for may already be looking for me.

Score: _____

Reflection Question 1

When did you first notice the Ripple?

Reflection Question 2

What possibility keeps returning to your attention?

Reflection Question 3

What would you like to discover next?



Add Your Scores

Fish 1: _____

Fish 2: _____

Fish 3: _____

If Fish 1 scored highest :

You may be discovering that some parts of your life have gone unquestioned for a long time . Awareness is often the first Ripple.

If Fish 2 scored highest:

You may already sense that something needs attention, The question is no longer whether the Ripple exists, the question is whether you will follow it.

If Fish 3 scored highest:

You already sense that more is possible. The question is no longer *what*, the question is *how*.

Before Chapter One

Take a picture of your answers.

Return to them in 30 days.

The bowl you see today may not be the bowl you
see tomorrow.



see you soon

Chapter One

The Illusion

THE NOMADE JOURNEY CONTINUES

You have identified your fish. You have started to notice your bowl. You have listened to the voice. That is enough for today.

Most people move through life without stopping to ask these questions. You did. That alone makes this moment worth paying attention to.

This workbook was never meant to provide answers. Its purpose was to create awareness. Before we can change direction, we must first understand where we are standing.

Ground Zero is that starting point. It is the moment we begin to observe our assumptions, our patterns, and the invisible structures that influence our decisions.

In the chapters ahead, we will explore the bowl, the voice, the ripple, and the Spiral. More importantly, we will explore a different way of understanding change—one that is practical, repeatable, and easier to apply in everyday life.

Some of these ideas may already feel familiar. Others may challenge the way you currently see yourself and the world around you.

If someone came to mind while reading these pages, consider sharing the Introduction and this workbook with them. They may be asking some of the same questions.

If you would like to continue the journey, follow the next chapters as they are released.

This is only the beginning.

Welcome to Nomade. You have identified your fish. You have started to notice your bowl. You have listened to the voice. That is enough for today.

Most people move through life without stopping to ask these questions. You did. That alone makes this moment worth paying attention to.

This workbook was never meant to provide answers. Its purpose was to create awareness. Before we can change direction, we must first understand where we are standing.

Ground Zero is that starting point. It is the moment we begin to observe our assumptions, our patterns, and the invisible structures that influence the way we move through life.

In the chapters ahead, we will explore the bowl, the voice, the ripple, and the Spiral. More importantly, we will explore a different way of understanding change—one that is practical, repeatable, and designed to help you navigate uncertainty wherever it appears in your life.

The circumstances may change. The principles do not.

Some of these ideas may already feel familiar. Others may challenge the way you currently see yourself and the world around you.

If someone came to mind while reading these pages, consider sharing the Introduction and this workbook with them. You may discover that they have been asking some of the same questions.

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This is only the beginning.

Welcome to Nomade.

