



WORKBOOK

YOUR JOURNEY

HOW TO FACE CHANGES IN YOUR
TWINN RELATIONSHIP

Nice to have you here!

It's so wonderful that this workbook has reached you. As you know, there are no coincidences. Everything that happens is the result of a calculated move that leads us to where we are! Believe it or not, your inner voice, a feeling, your heart or your intuition, whatever you want to call it, has told you that something can change in your life as a Twin. Welcome to Twins Essence!

My name is Jennyfer! As an identical twin and as part of Twins Essence, I am happy to share my experiences with you in form of this workbook that my I would have wished for at the beginning of my change in my twins world.

I believe that life as twins can be lived in the greatest connectedness when we are emotionally liberated from each other. When each twin is aware of it's uniqueness & individual strengths.

I am honored to accompany you in this workbook

PS: On the path of change, joy may be taken along :)

Jennyfer

Passionate
Twin



Why this Workbook?

This workbook paves the way for you to remember who you can be as an individual. It helps you to take your eyes off your twin and concentrate fully on your own being.



On this journey

- ◆ you learn, to focus on yourself
- ◆ you learn, how important your own intuition is
- ◆ you remember how unique you already are
- ◆ you realize that changes in being a twin help you grow even more

Change is the only
constant in life ♡



TWINS ESSENCE



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Motivation

Why are you here?

I am so happy that your path leads you here. Sometimes it's just a feeling that pushes you in a certain direction or stops you at some point. And sometimes you get the feeling of not knowing where your own journey should actually go. And yet there is this inside voice that says that there is more in one's own twin soul than is really lived in a double pack.

At least that's how it was with me. At some point, being a twin didn't feel easy for me and my twin sister Jessyca anymore, because life was characterized by compromises. Questions like "Who am I without my twin & what do I actually want from this life?" became so loud that a change became inevitable.

No matter where you are in your life, NOW is the best time to get to the bottom of your feelings. And it starts with allowing you to focus solely on yourself.

Take a few minutes and write down what comes to your mind about the following questions. At the beginning, these can also be bullet points, feelings or thoughts, if you can't formulate it in full sentences yet.

1. WHY DID I DOWNLOAD THIS WORKBOOK?



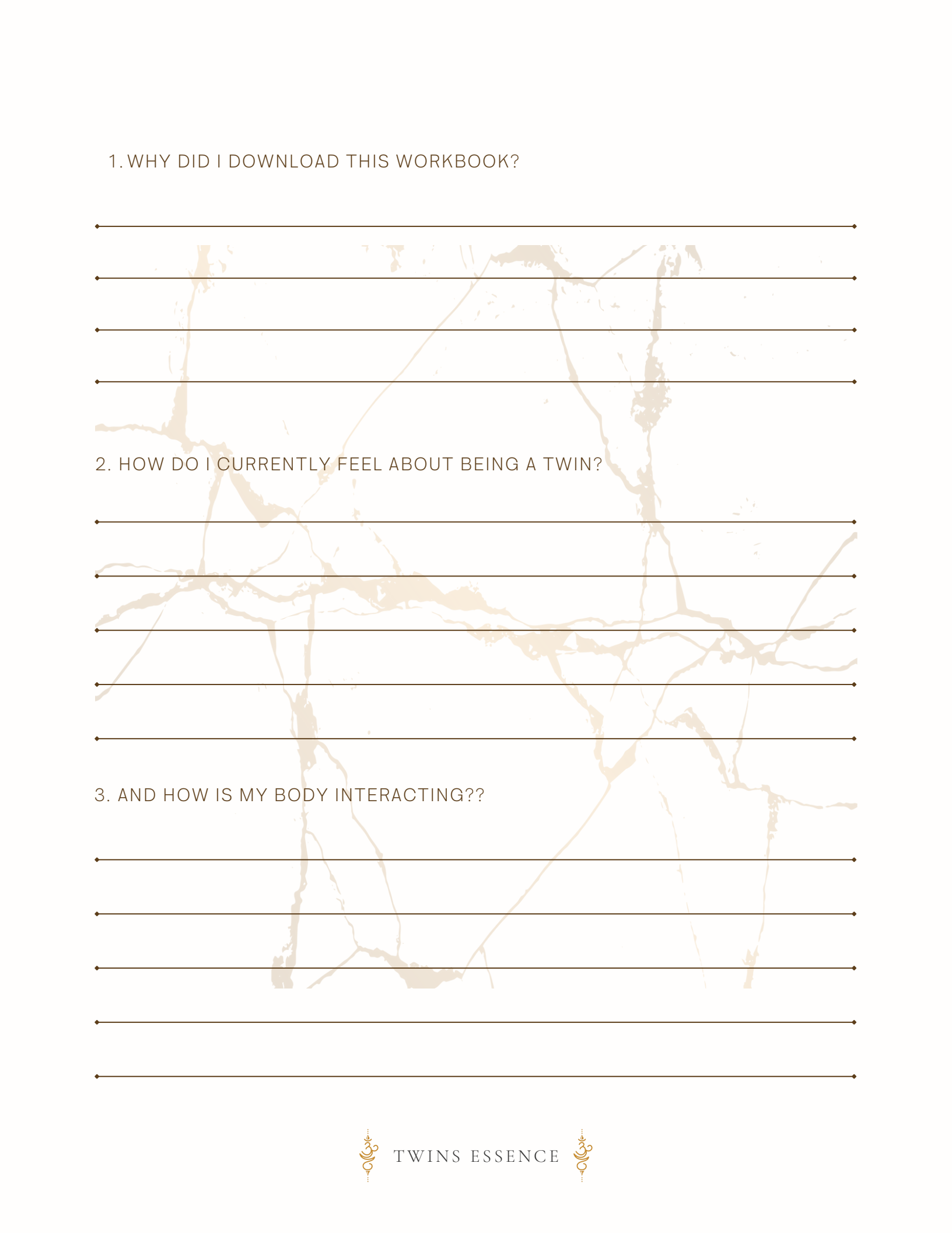
Four horizontal lines for writing.

2. HOW DO I CURRENTLY FEEL ABOUT BEING A TWIN?



Five horizontal lines for writing.

3. AND HOW IS MY BODY INTERACTING??



Five horizontal lines for writing.

Intuition

Turst your own Twin Soul

Intuition is the compass in life that points the way to a fulfilled and happy life. It comes from the unconscious and is always one step ahead of the mind. It is this special voice or gut feeling that is also individually anchored in twins. Eventually, the parental and social environment determines how individual and according to one's own gut feeling, twins can make their own decisions within early childhood and therefore develop themselves.

The expression of one's own intuition leads to the quality of one's own being from childhood on and therefore as an adult.

The more twins grow up as a twin unit, the more they are compared with each other as well as emotionally and physically adjusted, the more suppressed is each intuition.

The mind takes command and decides what is right and wrong, because the focus is always on the twin. "We're twins, therefore we have to act identical!" And yet, there is no law dedicating how identical twins "have to" be in order to be twins.

Because of this unspoken law, I was connected to my twin sister, but as far away from my own self as never before. Any emotion was triggered by the other person.

Decisions based on intuition are the way to inner freedom. It is the task of every twin to trust their own twin soul and to become aware of their own intuition and thus their own strengths, values & needs.

Standard of Values

The Value Standard gives a little orientation to get a feeling for one's own behavior pattern and how much one's own actions depend on the twin.

First of all, I was able to recognize how many decisions I unconsciously made dependent on my twin sister, such as the choice of study and profession, as well as living area and friendships.

How aware are you of your decisions? What in everyday life do you first agree with your twin and what do you decide according to your own values & needs?

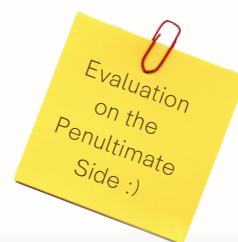
Intuitively and honestly answer the following 20 questions. And intuitively means the answer that comes up at first before the mind, your thinking, begins!



Your gut feeling
is a damn smarter mind!

Standard of Values

My Standard of Values
These behavioral patterns currently apply



5 absolutely | 4 very | 3 ervery now and then | 2 rarely | 1 not at all

- | | | | | | | |
|----|---|---|---|---|---|--|
| 1 | 5 | 4 | 3 | 2 | 1 | I ORDER THE SAME FOOD AS MY TWIN |
| 2 | 5 | 4 | 3 | 2 | 1 | I CULTIVATE MY OWN STYLE OF CLOTHING |
| 3 | 5 | 4 | 3 | 2 | 1 | IT IS IMPORTANT TO ME TO BE SEEN AS AN INDIVIDIUUM |
| 4 | 5 | 4 | 3 | 2 | 1 | I TAKE ENOUGH TIME FOR MYSELF |
| 5 | 5 | 4 | 3 | 2 | 1 | FOR PROFESSION I GO MY OWN WAY |
| 6 | 5 | 4 | 3 | 2 | 1 | I LIVE IN A DIFFERENT AREA AS MY TWIN |
| 7 | 5 | 4 | 3 | 2 | 1 | I CAN LIVE IN ROMANTIC RELATIONSHIPS |
| 8 | 5 | 4 | 3 | 2 | 1 | I MAINTAIN MY OWN FRIENDSHIPS |
| 9 | 5 | 4 | 3 | 2 | 1 | I MEASURE MYSELF BY MY OWN ACHIEVEMENTS |
| 10 | 5 | 4 | 3 | 2 | 1 | I HAVE MY OWN OPINIONS AND STAND BY THEM |
| 11 | 5 | 4 | 3 | 2 | 1 | I DECIDE AT MY OWN DISCRETION |
| 12 | 5 | 4 | 3 | 2 | 1 | I DON'T ALWAYS NEED TO SHARE THOUGHTS |
| 13 | 5 | 4 | 3 | 2 | 1 | I TRY THINGS ON MY OWN |
| 14 | 5 | 4 | 3 | 2 | 1 | I VALUE MY OWN GIFTS |
| 15 | 5 | 4 | 3 | 2 | 1 | I KNOW WHAT I'M CAPABLE OF AND WHAT I WANT |
| 16 | 5 | 4 | 3 | 2 | 1 | I CAN STAND SEVERAL DAYS WITHOUT CONTACT |
| 17 | 5 | 4 | 3 | 2 | 1 | I DON'T HAVE JEALOUSY OF MY TWIN |
| 18 | 5 | 4 | 3 | 2 | 1 | I ALSO ENJOY HOLIDAYS ALONE |
| 19 | 5 | 4 | 3 | 2 | 1 | I VALUE MY TWIN'S OWN STRENGTHS |
| 20 | 5 | 4 | 3 | 2 | 1 | I DON'T NEED TO KNOW EVERYTHING ABOUT MY TWIN |

Uniqueness

Recognize your uniqueness

What makes yourself unique?

The word Uniqueness is also described as "the quality of being the only one of its kind".

And it is like a piece of art.

Each work of art is characterized by the interplay of individual contents and forms. Whether a painting or a sculpture, no piece of art is identical to each other in a double production. They are the same at first glance, hardly distinguishable and yet they shine in detail through their unique nuances.

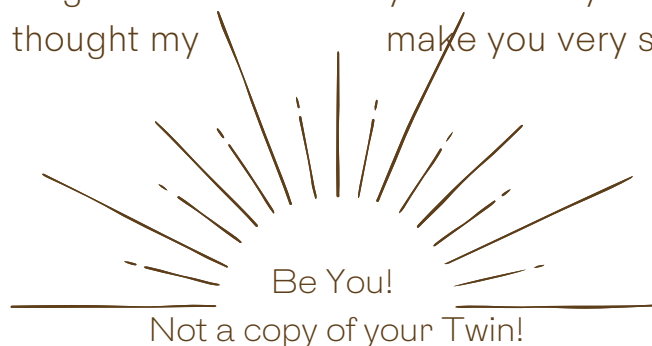
Because the focus was always on my twin, it was one of the biggest challenges for me to recognize my own abilities and strengths at all. And for a long time I thought my

characteristics should be equally pronounced as my twin sister's, which is de facto not like that by nature.

And yet we unconsciously expected from each other that if, for example, for one twin it is easier to approach people, that it is the same for the other twin.

This regularly led to tensions because one did not act according to its nature.

There have certainly been situations in your life in which you have decided and acted all by yourself. You have characteristics, traits and strengths that distinguish you from your twin and which make you very special.



TWINS ESSENCE



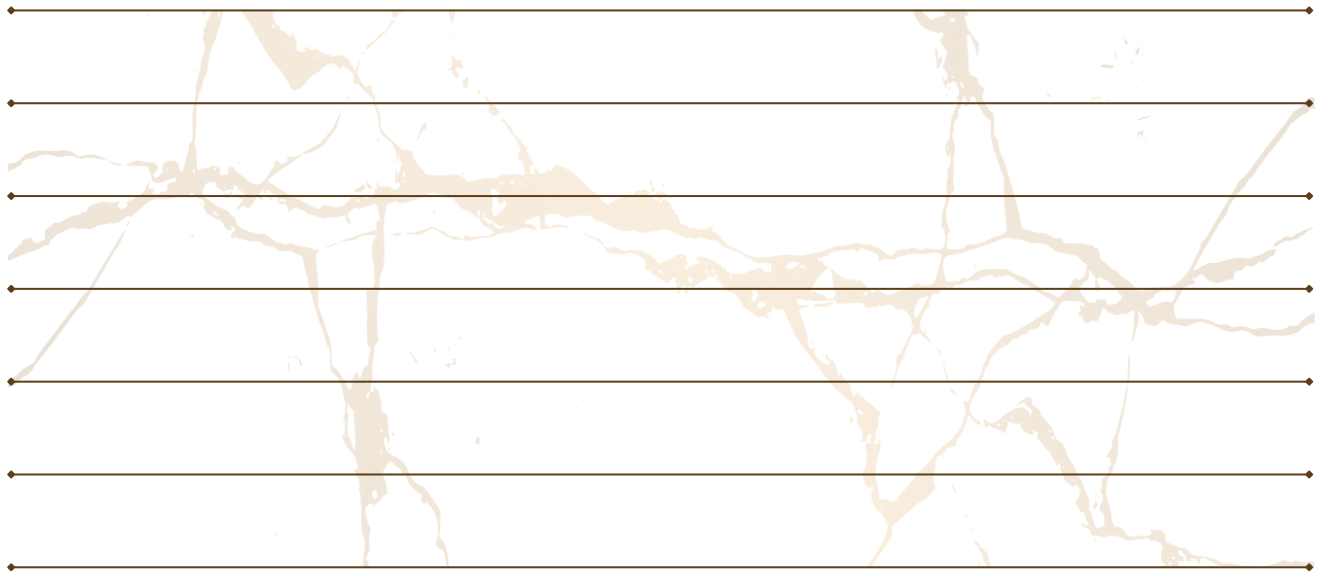
Uniqueness

Recognize your uniqueness

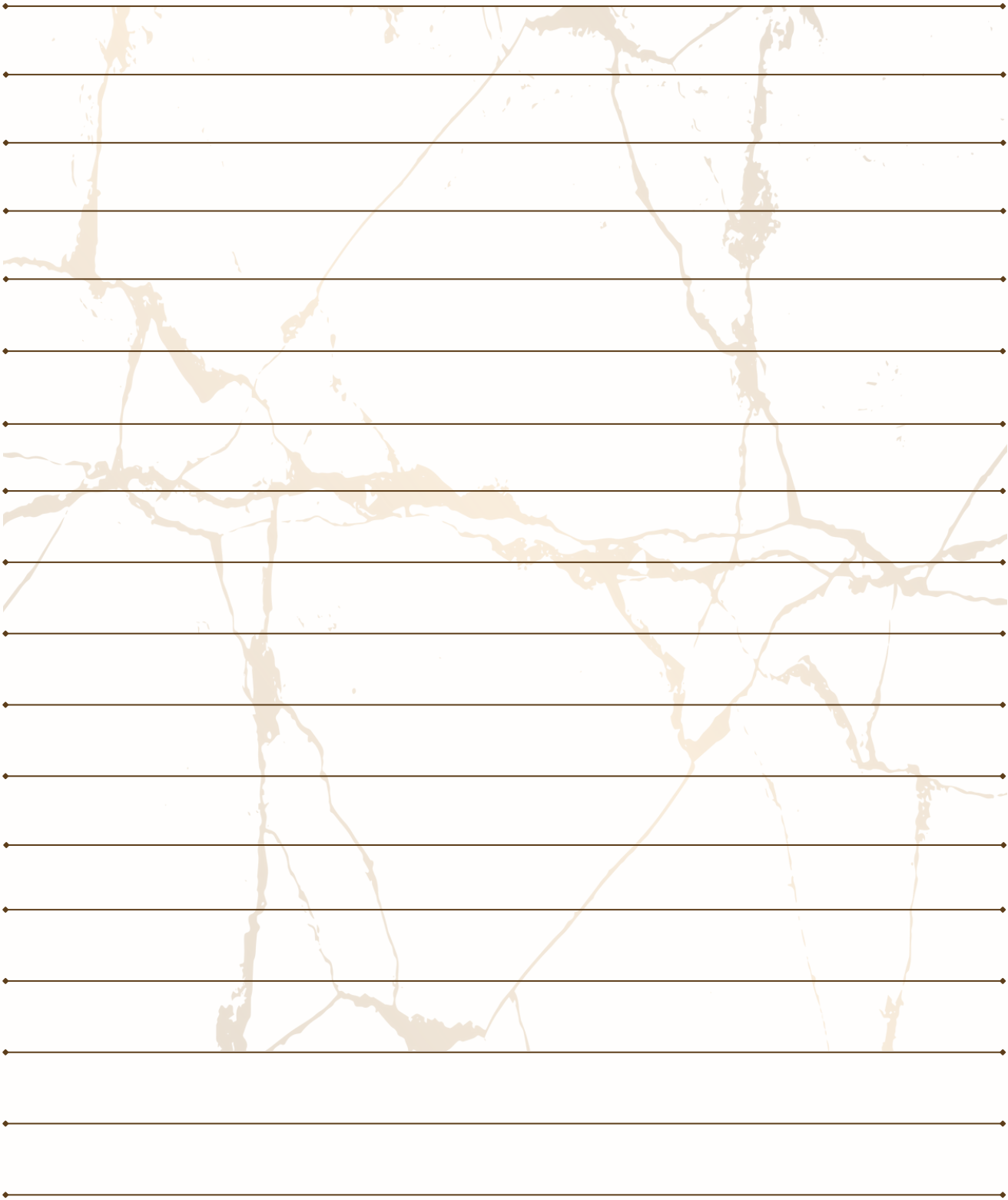
Close your eyes, take a deep breath and then write down everything that comes to your mind. Moments where you've done something all by yourself. This may have been a written or verbal test that you approached differently than your twin. Maybe you have a special strength in sports or an artistic streak that makes you unique. It can be conversations/presentations that you conduct completely different or a journey that you have planned and implemented all by yourself.

What have you achieved all alone in the past and what makes you a unique piece of art?

Encourage yourself!



The writing area consists of eight horizontal lines, each starting and ending with a small black dot. The lines are evenly spaced and provide a guide for writing. In the background, there is a faint, abstract pattern of brown and gold lines, resembling a map or a network of connections.



Courage

Take Advantage of the Opportunities in Changes

Life is change! There is a gift in it when something changes in your twins world. Only now you can decide whether you want to face those changes with resistance or an open heart. In fact, if you're facing resistance, there is often the fear of the unknown behind it. Fear of falling into loneliness without your twin. Fear of not being or having enough without your twin. Fear of making "wrong" decisions without your twin. Fear of shame & guilty conscience, even when you feel the need to be without your twin!

But what if there is something big for you in this change? What if it just takes courage to think bigger!

You have 2 options to deal with the change you are in or you are longing for:

1. You remain in fear and remain in your comfort zone. Then nothing will change in your feelings and in your life as twin!
2. You look your fears directly in the eye and enter into dialogue! Believe me, fear only wants love!

You decide how you want to live your life as a twin! You decide whether you want to face the changes with courage & an open heart!



"If I lose my courage, I just go on by myself!"



Courage

Take Advantage of the Opportunities in Change

Write down what you want to allow yourself and just for own! What feelings do you want to live along with? What have you not made possible for yourself so far? Just the fact that you dare to write down your wishes is the first step to face your change in being a twin with an open heart!

A series of horizontal lines for writing, with small decorative dots at the end of each line.

Together No Journey alone

Spending a life together as twins in this world is one of the greatest gifts I received and to come with into this wonderful world! Being a twin is and remains something very special in nature! Life circumstances & imprints can put the twins existence to a hard test! Therefore it is the task to look at limiting beliefs, fears & doubts to subsequently transform them and to remind ourselves again how unique everyone is as an individual!



I understood that the solution is much more than simply being physically separated from my twin sister in order to become happy! I was able to understand what kind of fears were laying behind my emotions! And that only happened when I began to listen to my individual twin soul!



TWINS ESSENCE



Together No Journey Alone

My respective and individual twin journey began in a way that each of us went on their own personal path! Alone and somehow together! For new impulses, different perspectives and experiences, I understood that different people were allowed to accompany me!



It is therefore easier and more colorful with someone at your side who is already where you want to go! On my journey I would have wished for anyone who was familiar with changes and challenges in being twins from their own experience. Someone who had accompanied me!

No journey alone!

You want to get to know yourself better as a unique individual after this workbook? You want to get more clarity about your twins relationship and understand what's behind your emotions? Then now is the right time to take responsibility for yourself!

How to continue...

GET IN TOUCH

If you

- ✦ want to connect with your intuition & your twin soul
- ✦ want to recognize and unfold your own & unique potential
- ✦ want to liberate yourself from limiting beliefs & emotions within your twins life
- ✦ want to lead a self-determined & independent life with & without your twin
- ✦ would like to have professional support in your change process
- ✦ want to be connected with other twin souls



To see how we can work together, we will find a way that is suitable for your unique situation.

Want to know more? Then contact me now for a free initial call!

I look forward to hearing from you!

Yours,
Jennyfer

**FREE
INITIAL CALL**



TWINS ESSENCE



Standard of Values

Evaluation

YOU ARE ENOUGH!

Who would I be to evaluate whether you are right or wrong based on a few questions! Especially since there is no right and wrong in my world.

No matter where you stand, you are good and wonderful just the way you are! You can decide for yourself how you want to feel with your standard of values!

Do you feel good about your behavioral pattern? Are you connected to your intuition? Then just keep going!

If you have hesitated with the point assignment and you feel insecure, this is the time when you can ask yourself how much you are connected to your own being, to your intuition!

With your evaluation you can decide if and what you want to change in your life as a twin!

You decide if you want to move outside your comfort zone and live in ease with yourself and your twin again!

You ask WHAT you want and I'll show you HOW it is done :)

Beyond right and wrong, there is a place.
Here we can meet each other



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JENNYFER
HAAS

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THANK YOU

FOR YOUR
UNIQUENESS