My Little Book of *Verve*

Fun, thoughtful exercises to reflect,
rebel and raise a ripple.

WELLNESS WORKBOOK

verve

2ND EDITION

HOW TO USE THIS BOOK

Make a date with your most *unapologetic future self.*

This book should be a chillout zone, not a war room. Switch off 'hustle mode'. It's about showing up for yourself and your future, in whatever way feels right for you.

You'll find **prompts, exercises, scribble space, mess-friendly mind maps** and a few **unexpected nudges.** We'll talk **values, boundaries, burnout, joy,** and occasionally, **money.**

Do one exercise or do them all. Scribble in the margins. Wear PJs, glitter boots or anything in-between. But **light a fire, not a scented candle.** Make a date with your most unapologetic future self. Just start. Because when women and gender-diverse people rise, we rise together. And the ripple we create becomes a storm of change.

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SUPER

A QUICK NOTE FROM THE CREATORS AT VERVE SUPER

We feel it – the system was built around the patriarchy. That's why there's still a gender pay gap, why women do more unpaid work and why they retire with less than men.

As Australia's only ethical super fund tailored for women and gender-diverse people, Verve Super is here to help you build wealth and set financial goals, which starts with supporting the self-awareness, headspace and intention behind them.

That's where this Little Book comes in. It's packed with exercises and prompts to help you optimise your mindset, tune in to your values and start building a future that works for you. We're here to combine vision with action, and ancient wisdom with modern attitude. Not to sit, set and forget.

Life can feel like a shit-tonne of box-ticking and burnout, where our inner critics can get way too much airtime. But when we pause with intention, we get clarity. We get insight. We get to honour how far we've come, and shape where we're going.

Ready? Let's bring your unique Verve to this Little Book.

Welcome. This is your space.

Team Verve x

01

REFLECTION ACTIVITIES

WTF Just Happened?

The *Rear-View Mirror*

Draw or write...

MY MOMENT OF THE YEAR

WIN I STILL NEED TO CELEBRATE

LESSON I'M STILL TRYING TO LEARN

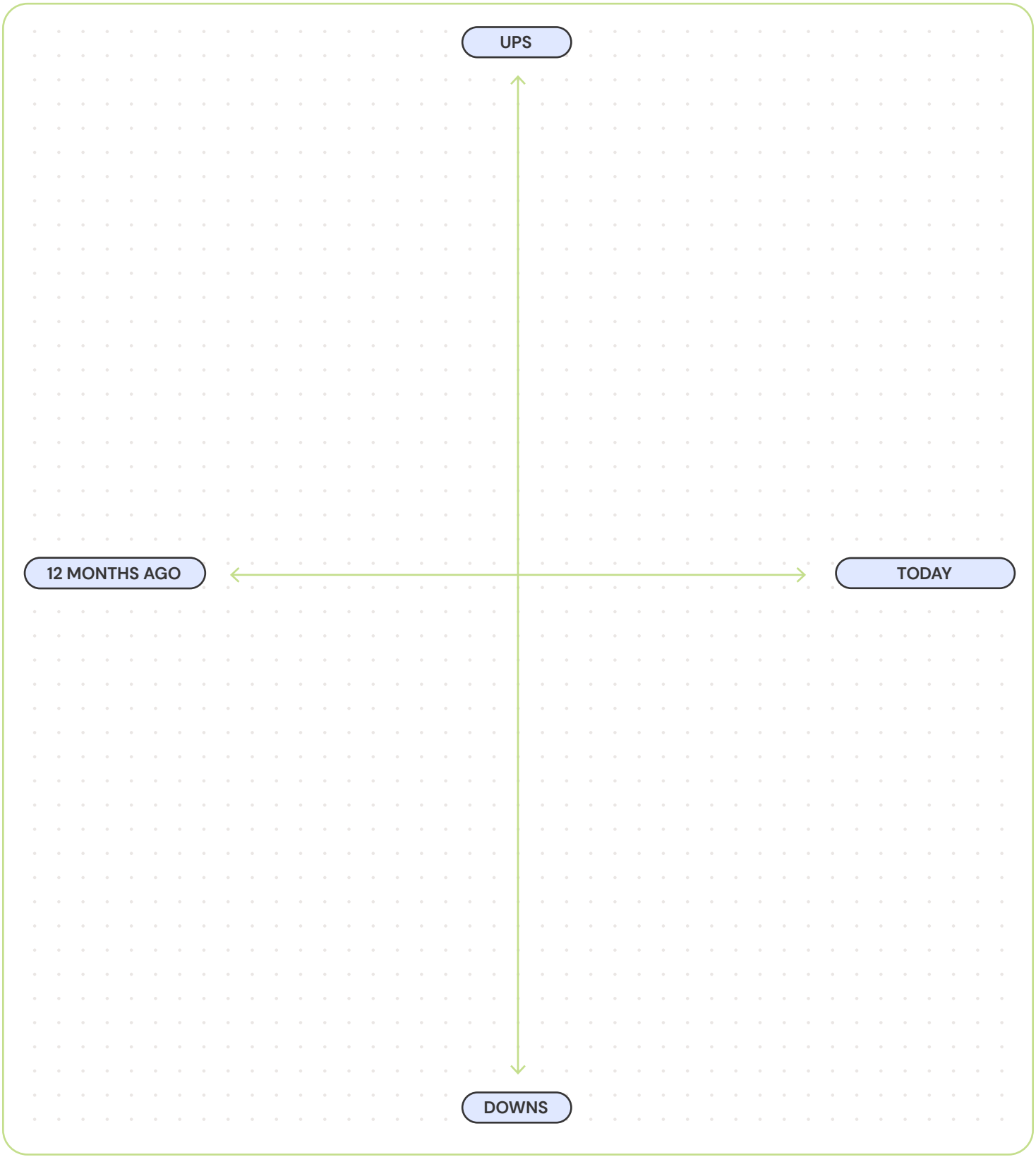
SURPRISE I'M STILL PROCESSING

SOMETHING I LET GO OF (OR WANT TO)

SOMETHING I'M GRIEVING / I MISS

The Ups & Downs

Drag your pen-tool along your highs and lows of the past 12 months.
Label them. (Maybe add emojis, drawings, glitter...)



Voicemail from *Future You*

It's a year from now and you're feeling calm, confident and clear.
Record a message (or write a DM) from future you to right-now you.
What do you want to hear?

/ /

verve MINI MONEY MOMENT

WHAT'S ONE FINANCIAL DECISION THAT EMPOWERED YOU THIS YEAR?

02

CHECK-IN ACTIVITIES

Rebel Life Audit

Rebel Life *Audit*

THIS IS YOUR SPACE TO CHECK IN WITH HONESTY ACROSS DIFFERENT AREAS OF YOUR LIFE – EXPLORING YOUR ENERGY, VALUES, NEEDS AND JOY.

1. BODY & ENERGY

How's it going with rest, movement, nourishment, pleasure?

Mehh... **Balanced** **Sky high!**



Draw a fuel gauge, then mark where you're running low.

2. WORK & MONEY

Do you feel valued, paid and purposeful? Or just busy and broke?

Busy + broke **Balanced** **Paid + purposeful**



Draw a mind map, connect the dots. Which beliefs are running the show here?

3. RELATIONSHIPS & COMMUNITY

Are your people filling your cup, or tipping it over?

Empty **Half full** **Overflowing!**



Who's your personal support crew? Doodle, add pics or write their names. Anyone missing?

4. CREATIVITY & PLAY

Playfulness audit - how much fun are you having?

No time for fun **Space to play** **Life's a laugh!**



When and why do you feel light or curious? Collage or sketch your playthings, or how they make you feel.

5. GROWTH & LEARNING

How's your personal development vibe?

On ice — Plodding along — Wisdoming nicely



Write a love letter to something you learned lately.

6. HOME & ENVIRONMENT

Does your space support your wellbeing?

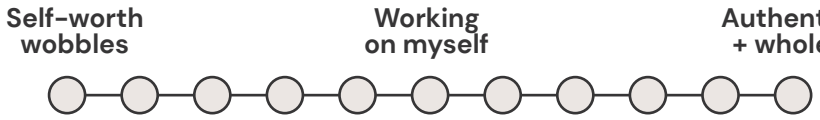
Mehh... — Could be better — Perfect!



Sketch your sanctuary or add some pics of your ideal space.

7. IDENTITY & SELF-WORTH

Are you showing up as your whole self? How do you see you?



Write a note or life lesson for your inner child or future elder self.

03

DEFINING YOUR VALUES

What Really Matters?

What ***Really*** Matters?

YOUR VALUES ARE THE COMPASS THAT STEERS YOU THROUGH LIFE.

They guide how you spend your energy, time, love and money. When these stars align, life feels in flow.

1. PINPOINT YOUR TOP 3 VALUES

Circle them, or add what's missing.

JUSTICE	JOY	FREEDOM
SAFETY	GROWTH	COMMUNITY
DISRUPTION	PEACEFULNESS	LOVE
COURAGE	CREATIVITY	WISDOM

2. DEFINE THEM

Pick your top value. What does living it look like in your real life?

Example: *"To me, Freedom means leaving work on time and saying no when I need to."*

3. SPOT THE BLOCKERS

What gets in the way of you living these values? Is it external (systems, workplace, relationships) or internal (fear, perfectionism, beliefs)? Write them down.

4. BACK YOURSELF

Write down one bold action you'll take to back this value.

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HOW DOES YOUR MONEY LINE UP TO YOUR VALUES? OR DOESN'T IT?

Example: If 'justice' is your lead value, is your money supporting this?

04

BLOCKER BUSTERS

Energy Leaks, Boundaries & Burnout

IN THIS CHAPTER

This is where we stop pretending *everything's fine.*

Burnout isn't a fail – it's when systems conspire to squeeze women dry (unfairly distributing burdens like mental load, housework, parenthood and more).

So, let's laser those leaks.

Recharge *Menu*

WHAT GENUINELY RESTORES YOU?
SLEEP, DANCE, SILENCE, SUNSHINE, LAUGHTER?

Write a 'recharge menu' of quick fixes and deep resets,
save it in your Notes app – or your calendar.

ENTREES

Take less than 5 mins

SIDES

To combine with another task

MAINS

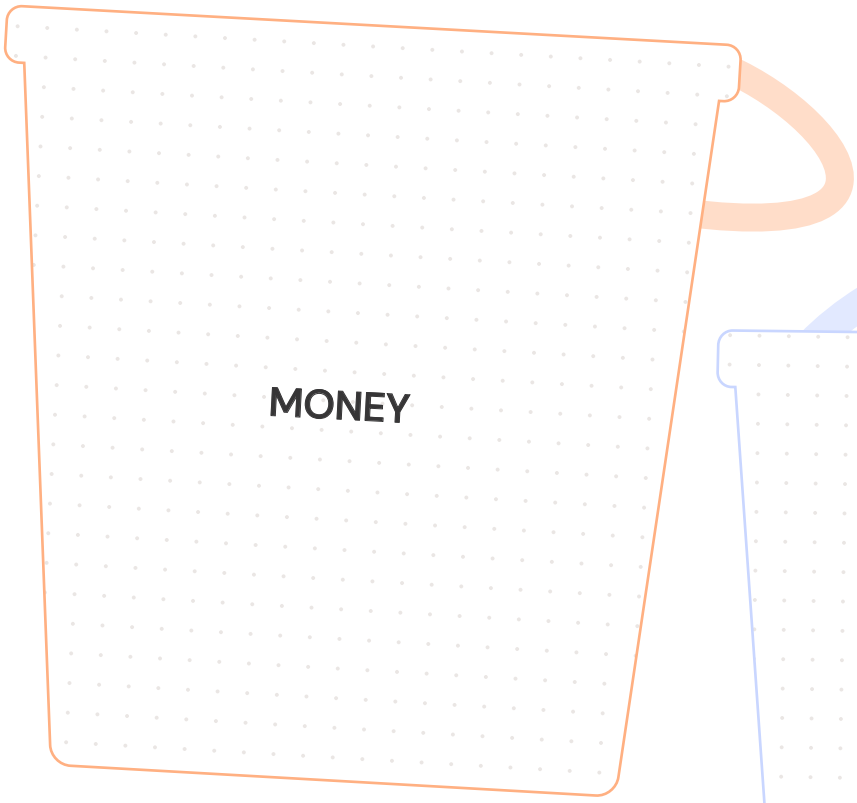
Take an hour, or a day

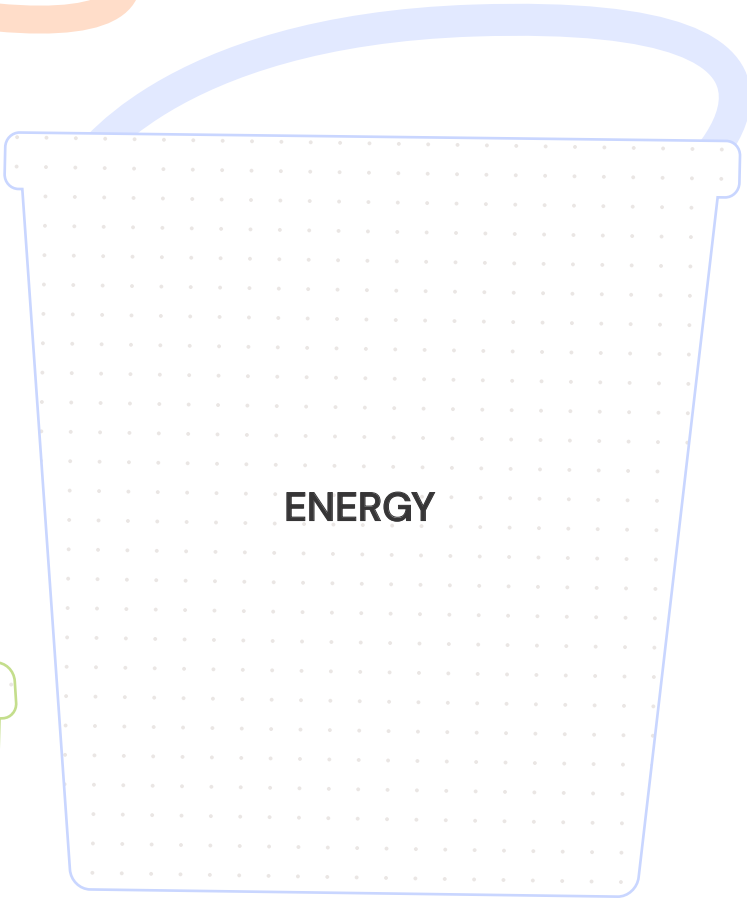
DESSERT

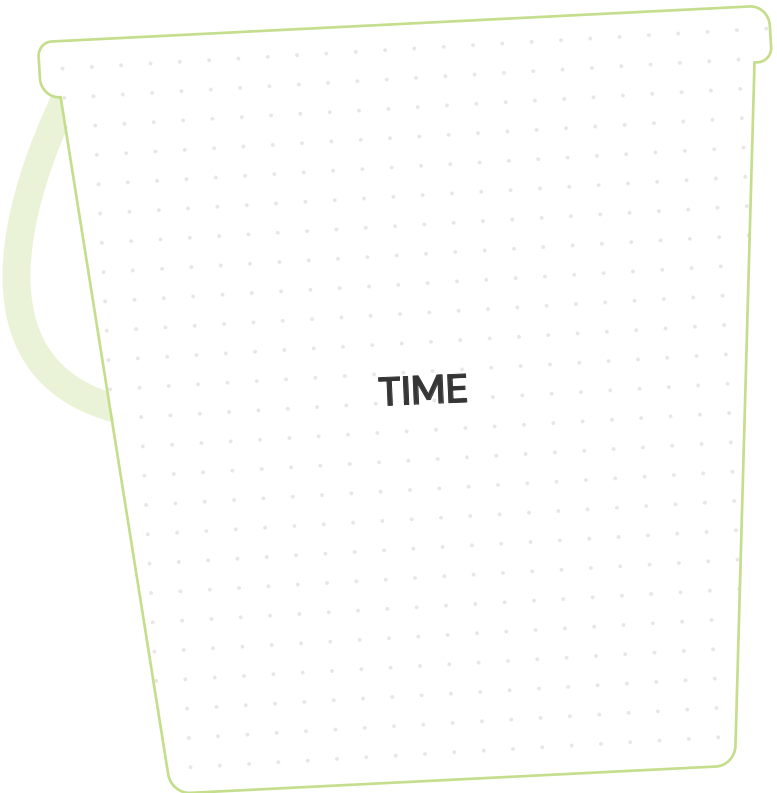
Little treats

Holes in my *Buckets*

You have three buckets: **Time, Energy and Money.**
Write what's causing the leaks.







EXAMPLES

Time leaks: *endless scrolling, unpaid workload, accidentally saying yes.*

Energy leaks: *toxic workplace, perfectionism, over-committing.*

Money leaks: *guilt spending, late fees, keeping up appearances.*

SET BOUNDARIES, BABY

Choose one leak to patch up by setting a big ol' boundary around it.
Then finish this sentence:

I am no longer available for

MAKE THE ASK

Who's gonna help you hold this boundary?

verve MINI MONEY MOMENT

WHAT'S ONE FINANCIAL BOUNDARY YOU NEED RIGHT NOW?

Examples: *No lending money I can't afford / automating savings / unsubbing from impulse-bait emails*

05

GOAL-SETTING EXERCISES

Rebel Goals, Reimagined

Setting *'BOLD'* Goals

YOU'RE A REBEL WITH HEART. SO BUILD GOALS THAT ARE BRAVE, OWNED, LIBERATED AND DOABLE – AKA *BOLD*.

B

BRAVE
Does it stretch you just enough to feel alive?

O

OWNED
Not your boss's, not your parent's, not Instagram's?

L

LIBERATED
Does it align with your values and free you from old narratives?

D

DOABLE
Can you take one step towards it this week?

01

Set your goal

Using the ***BOLD*** goal framework - **pick one thing you actually want, not 'should' do.**

02

Set your conditions

What are you not willing to sacrifice for this goal? Sleep? Joy? Boundaries? Time with loved ones? This matters.

03

Map the first step

What's the tiniest, most doable next move? Fire off an email? Make a call? ChatGPT some ideas? That's your launchpad.

04

Compassion clause

Write a sentence of kindness to yourself that you can return to if things don't go to plan.

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DOES THIS GOAL HAVE A FINANCIAL SIDE?
Examples: *Saving for freedom, investing in learning*

Write one step that connects money with your BOLD goal.

06

PERSPECTIVE EXERCISES

Ripple Effect

Zoom out and notice the impact of your actions. Because *life's not lived in a vacuum.*

IN THIS CHAPTER

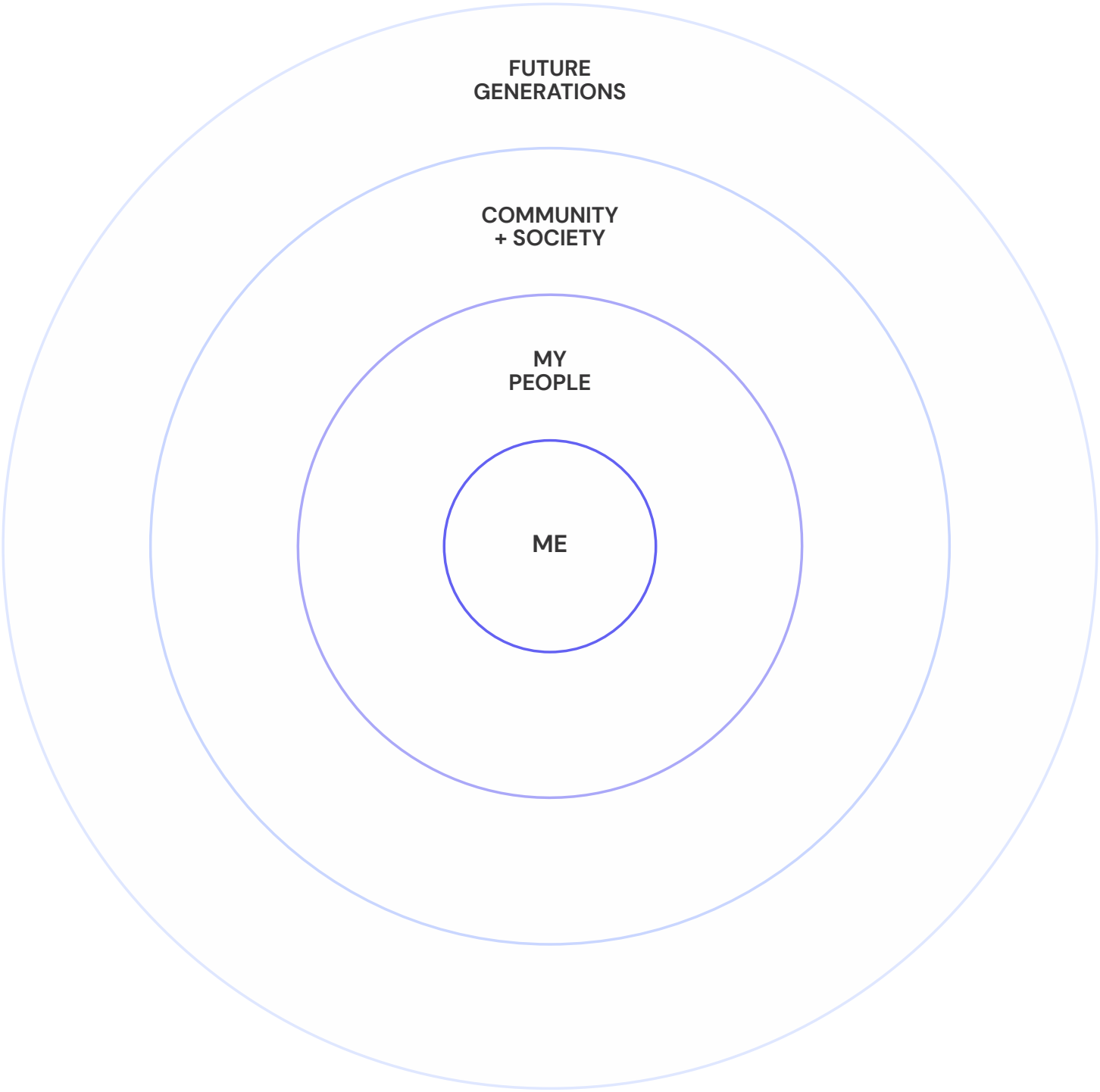
MAKING CHANGES

Write down **one change** you're making this year...

IDENTIFY THE RIPPLES

With yourself in the centre, **write down the impacts this change will make on your people, your community, and even future generations**

Examples: *If I rest more, the kids get a calmer mum. If I negotiate pay, I normalise fairer wages for others.*



Legacy *Love Note*

Write a short note to someone (real or imagined) about the ripple you want to leave behind, or the gift you're passing on.



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HOW COULD ALIGNING YOUR MONEY CHOICES WITH YOUR VALUES CREATE RIPPLES?

Examples: Supporting women-led businesses, choosing ethical super, donating to causes.

07

CONNECTION ACTIVITIES

Your Crew

Your *Crew*

NO-ONE CHANGES THEIR LIFE ALONE. SO LET'S NAME YOUR PEOPLE – THOSE WHO REMIND YOU WHO YOU ARE WHEN YOU FORGET.

Write, draw or add photos of your team.

PEP TEAM

Who cheers you on?

COMPASS

Who calls you out?

COMFORT CREW

Who holds space for your messy middle?

MAKE THE ASK

Do you need more support in a certain area? ***Write who you'd love to call in.***

Choose one person to reach out to this week. Send a message, make a date, or just tell them: *I need you in my corner this year.*

You've got us

By being part of Verve, you're part of a movement. The Verve community exists to back women and gender-diverse people in building financial freedom and rewriting the rules.

Need help to set and achieve your goals? Our expert teams are here to help.

FINANCIAL COACHES



Lucy Claxton & Tengu Mamba

The Verve Super Coach team, on hand to help you build the future you dream of.

FINANCIAL ADVICE

Take the guesswork out of super with personalised advice tailored to your goals, lifestyle, and future.

SUPER COACHING

It's time to own your super. Get clear, no-nonsense advice that empowers you to make confident decisions. While it's not personal financial advice, it will give you the knowledge to take control and trust your choices.

To book a call, visit vervesuper.com.au/coaching

SUPPORT SQUAD



Tanaz Byramji & Jacqueline Wharton

The Support Squad, our external network of mentors to support with career changes or divorce and separation.

CAREER AND SEPARATION COACHES FOR LIFE'S BIG CHANGES

We've partnered with some of Australia's leading financial and career coaches to provide Verve members with support when they need it most. It's support on speed dial.

To book a call, visit vervesuper.com.au/support-squad

360HEALTH

Award-winning[1] virtual health support at no extra cost.

All Verve Super members have access to expert care professionals, from mental health to menopause, giving real support for your real life.

Includes:

- Fitness
- Nutrition
- Menopause
- Mental health
- Medical opinion & more

Covers your family too![2]

To learn more, visit vervesuper.com.au/360health

1. Money magazine Life Insurance Award 2025 – Health & Wellness Cover of The Year. Awards are only one factor to consider when investing.
2. 'Family' includes your children, partner, parents, and parents-in-law.

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