

SABIA WADE WORKBOOK

LEARNING YOUR
ALGORITHM
workbook

WWW.SABIAWADE.COM

CONTENTS

MODULE 1

1. Introduction
2. Grounding
3. Birth Neoterist
4. Wheel of Detachment

MODULE 2

Deconstruction

MODULE 3

Life Audit



Hey!

I'm Sabia. I'm a full spectrum doula, CEO and many more titles but more importantly, I am a person aiming to assist the collective through reproductive justice advocacy but not at the expense of myself. As I've navigated this work, I have realized that the only way to contribute to collective liberation is through my own personal wellness and ongoing healing. Learning my algorithm has been essential to my sustainability. Your sustainability is important to me as well. When we start to attune to our needs, to our personal algorithm, to our bodies unique needs, strengths, when we begin to do the personal work to heal our own trauma, generational trauma, to relearn what it is to exist in this world, to be in community, then we ultimately bring more to the table (whether that be within ourself, or our personal and professional relationships). This workbook is designed to get you started on that journey. This workbook is NOT a one and done thing but it is a space to intentionally make space for yourself, your needs and your healing.

Sabia C. Wade

M O D U L E

Introduction

SABIA WADE



Caring For Your Vessel

I welcome you to start this workbook by caring for your body and creating an environment of comfort.

1

Stretch

3

Body Scan

2

Create a
Comfortable
Physical
Environment

Birth Neoterist

Expanded from the word Neoterist, meaning: "a person who is keen on innovation and novelty."

A Birth Neoterist is a person who is forward-focused and dedicated to innovation and sustainability to create a pathway to a new reality for birth.



MISSION

To provide the framework necessary to accelerate the world's transition to a new standard - equitable, safer and liberated care for birthing people and their communities through reproductive justice, trauma healing and innovation.

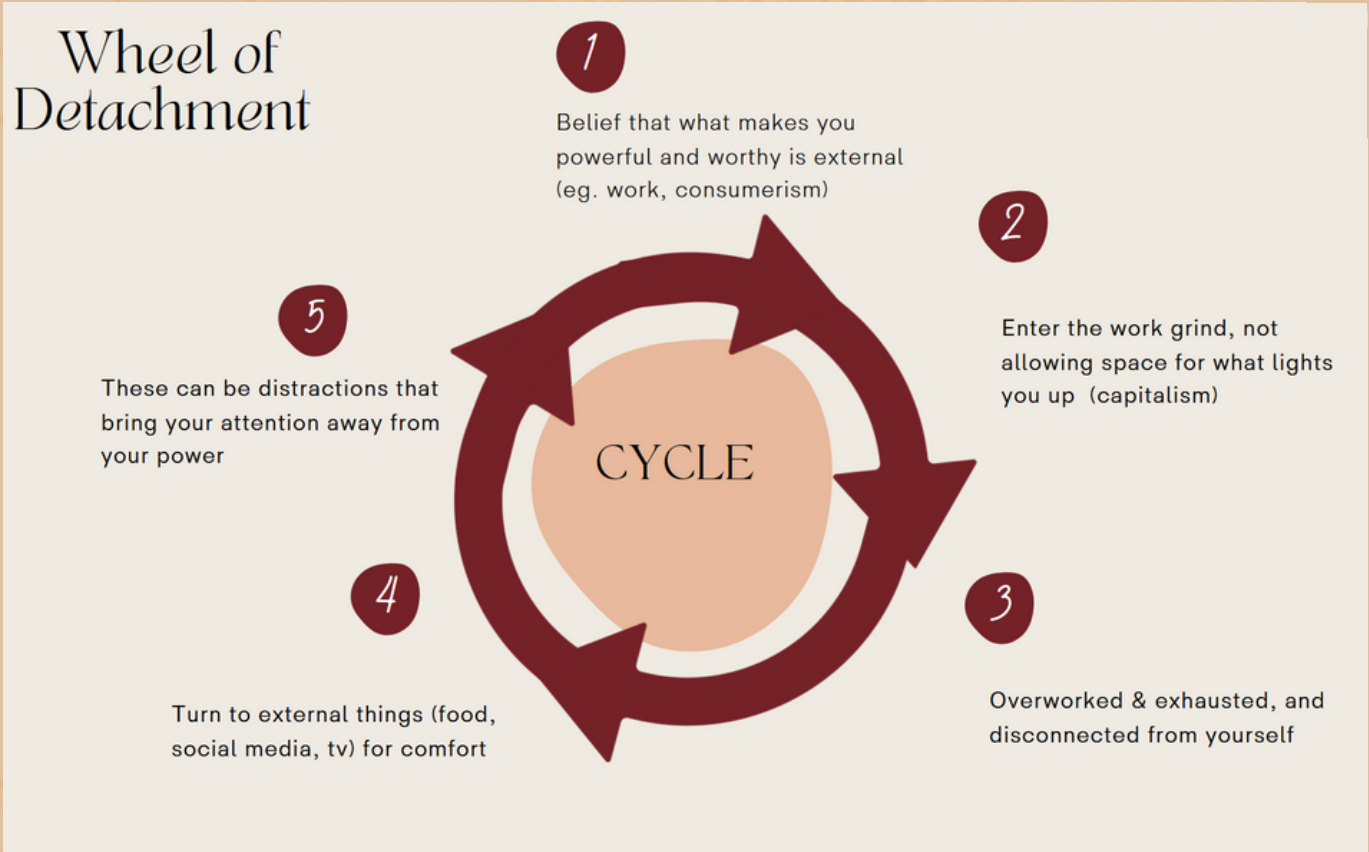
WHY

Reproductive justice framework is the foundation and the path to collective liberation. Collective liberation includes the intersectionality of all systems: transit, education, nutrition, housing, healthcare, justice, and more in connection to the values of de-colonialization and anti-capitalism to increase bodily autonomy, & community care .



For more neoterism musings (articles, interviews, & more), join my substack at birthneoterist.substack.com!

Wheel of Detachment



The wheel of detachment is fed by capitalism & by consumerism. It is the numbing of distractions to intentionally bring us away from our power and shift our focus to external sources. Many of us are consumed with getting tasks completed (productivity) and making ends meet with little time to check in with our mind and body. We often miss the messages that our body is sending us until it's too late and we are seeing visible declines in our mental, physical, emotional and/or spiritual health. This system is by design, but it is not something we have to accept for ourselves or for our lives.

M O D U L E

Deconstruction

S V B I A W A D E



Deconstruct

WHAT DOES IT
MEANS TO BE
HEALTHY AND
CONNECTED FOR
YOU? YOUR
DEFINITION IS
PERSONAL AND
SACRED.

QUESTIONS FOR SELF

Do I need rest right now?
Is this aligned with my brain type?
Where am I finding pleasure & joy
in what is accessible to me?
Does this feel good to me?
(If not, release it!)



Trust yourself.

Connection Methods

There are many methods of connection. None are right, none are wrong, it is all about what feels correct for you. Try a few, see what sticks.

- Ancestral Knowledge
- Movement (Dance, Exercise)
- Rest
- Food & Hydration
- Reiki, Meditation, Breath Work
- Astrology, Human Design



What methods of connection connect you to your algorithm?

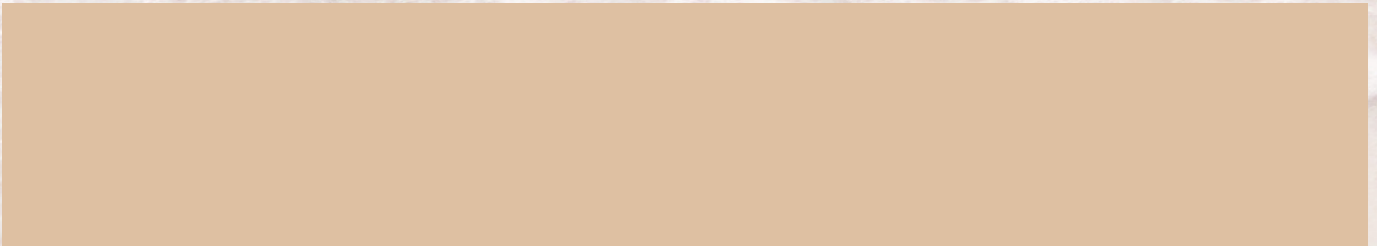


Tasks

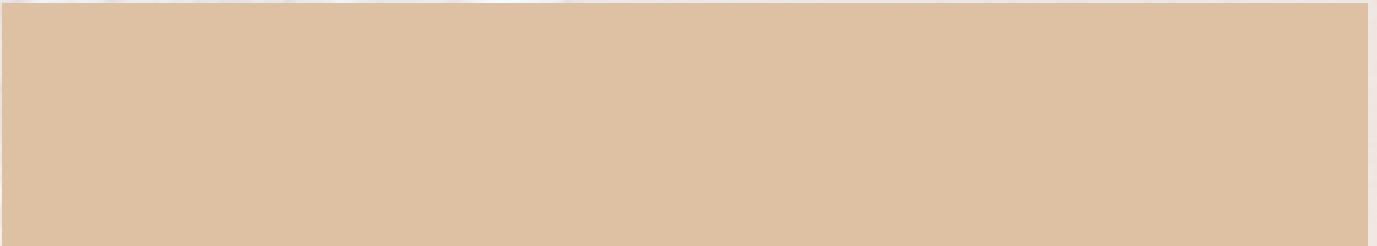
WHAT PARTS OF YOU NEED MORE
FOCUS/INTENTION/LOVE RIGHT NOW?



HOW DOES YOUR BODY FEEL WHEN YOU HAVE
REACHED YOUR LIMIT OR ARE AT CAPACITY?



HOW DO YOU SET BOUNDARIES FOR YOURSELF WHEN
YOU EXPERIENCE THOSE SENSATIONS?



WHAT IMPACT WILL BOUNDARY SETTING HAVE ON
YOUR HEALTH? HOW WILL YOU FEEL WHEN YOU SET
YOUR BOUNDARIES?



MODULE

Algorithmic Connection

EVAN WADE

Reconnecting to your Algorithm

We are birthed into this world with a connection to self. We can lose that connection over time with conditioning. It takes intentional work and deconstructing to return to self. Be patient with yourself in this process. Honor where you are and thank yourself for bring present in this moment.

To know your algorithm means to:



1. understand what works for you, what doesn't, and voice it

2. intuitively know when something is different or "off" and trust yourself

3. separate self-care from consumerism

Spare Thoughts



Top 3 Things

I have implemented in my own personal reconnection process

1

Being specific about my time

Work time blocks, meetings on specific days, creative blocks

2

Recreating my relationship with money

Black Luxury & building generational wealth

3

Learning how to receive

Letting people do things for me, BDSM, not being the sacrificial lamb

Following these practices has provided me with the ability to listen to myself and become more aware of my internal environment. This has resulted in more expansion, tenderness, joy and confidence in myself.

Collective Liberation

To know yourself is to liberate yourself.

To liberate yourself is to take action towards the liberation of the collective.



GOAL

Prioritizing an ongoing personal trauma healing practice for the well being of yourself & your community.

Ask Yourself:

- What are my strengths?
- What is my role, and how can I use my strengths to aid in the mission of innovation for reproductive health?
- How do I keep myself organized so that I am continuing my personal trauma healing process while I do this work?
- How can I best demonstrate my lived experience in trauma healing to serve as an example for others that are also focused on molding the future of reproductive health and innovation?

Write out your thoughts on the next page

A series of 25 horizontal dashed lines spanning the width of the page, intended for handwriting practice.

For each of the categories below, write down things that you need to start doing, things that are not working and you should stop doing, and something that is working that you can continue doing.

Start. Stop. Continue.

Start



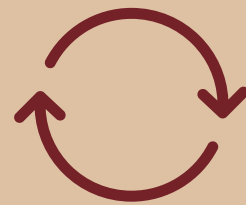
List of ideas to start doing.

Stop



List of ideas to stop doing.

Continue



List of ideas to continue doing.





Access to pleasure is
community care.

M O D U L E

Life Audit

The following pages are templates that you can utilize to organize your goals and keep yourself accountable.

When working with these tools, keep in mind what works for you and allow for flow and change if needed. Rigid structure works really well for some of us and not for others, so build the tools around what works for you, noting that it can fluctuate even for you.

Satisfaction Survey

Take a moment to quickly evaluate your satisfaction over the last 12 months within the following areas. Don't overthink it, just the first number that comes to mind.

Physical Health



Mental Health



Spiritual Health



Career/Business



Financial



Community (Family, Friends & Romantic Connections)



Hobbies & Adventures



Special Moments

In the last 12 months, what significant moments or accomplishments come to mind for each area below?

Physical Health



Mental Health



Spiritual Health



Career/Business



Special Moments

In the last 12 months, what significant moments or accomplishments come to mind for each area below?

Financial




Community



Hobbies/Adventure



Misc. (Use this space for any additional moments!)



Who are you?

Understanding who we are and who we are aiming to be is essential in creating and maintaining the life we dream of.

What is your personal mission statement? A personal mission statement is a clear statement about who you are as a person (or as a team member where you work) and identifies your purpose, whether that's in the office or simply in life. An example is "To help every person I meet become more confident and use their full potential by being an example of transparency, wellness and rest".

What are your personal values? Create a list of up to four values that embody the values of the life you live and how you live it. For example, my values are liberation, innovation, health and leadership.

On a scale from 1-10, how aligned have you been with your personal mission and values in the last 12 months?



Who are you?

On a scale from 1-10, how aligned have you been with your personal mission and values in the last 12 months?



Write out your alignment successes and some places where you have room for growth & adjustment to get back into alignment.

A large, empty white rectangular box intended for writing responses to the scale question.

Now vs Future

In the left column, write out what your life is now. What does it include? What your day to day is and any other additional details you'd like to include. The column on the right is for your live in 5 years - what you'd like it to look like, how you'd like it to flow.

N O W

F U T U R E

V S

Goals

Now that you've visioned your future, take some time to write out goals that will get you there. Use the space below to brainstorm and then organize them on the following page.

A large, empty white rectangular area intended for the user to write their goals. It occupies the central portion of the page, below the introductory text and above the footer.

SETTING YOUR GOALS

ACTION PLAN

30 DAYS

ACTION PLAN

60 DAYS

ACTION PLAN

90 DAYS

INTENTIONS

SLOW DOWN & TAKE SOME TIME TO BE INTENTIONAL
AND ADJUST YOUR FOCUS BASED ON YOUR
REFLECTIONS FROM THE FEW PAGES.

FIVE THINGS I'M GRATEFUL FOR ARE

SOME CURRENT CHALLENGES ARE

WHAT IS MY FOCUS THIS WEEK

DAILY GOALS

	(S)	(M)	(T)	(W)	(T)	(F)	(S)
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE AND THEN WRITE A GOAL FOR EACH CATEGORY. CHECK IN WITH THIS LIST EVERY MONTH TO KEEP YOURSELF ON TRACK.

CATEGORY	STOP	START	CONTINUE
MIND			
BODY			
SPIRIT			
CAREER			
FINANCES			
OTHER (FILL IN YOUR OWN)			

Thank you!

I'm so excited to have been able to share this resource with you. My hope is this workbook has brought you clarity and direction about your own sustainability. I would suggest putting this workbook in a space that is easily accessible and checking in at least once a month on your progress. Remember, this is a journey so aim not to judge your imperfections but to instead, promote your healing by being compassionate with yourself. You deserve gentleness and more!

For those seeking ways to continue this work with me, the next two pages are for you.

*With Gratitude
Sabia*



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www.sabiawade.com

IG: [@sabiawade](https://www.instagram.com/sabiawade)

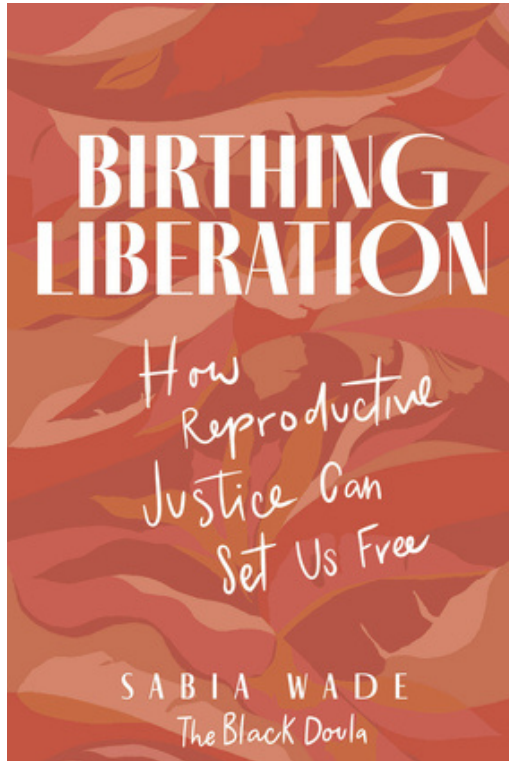
info@sabiawade.com

 **substack**

BirthNeoterist.substack.com

RESOURCES

FOR CONTINUED LEARNING



I WROTE A WHOLE DAMN BOOK!

PURCHASE BIRTHING LIBERATION TO CONTINUE YOUR LEARNING ON COLLECTIVE LIBERATION AND TRAUMA HEALING.

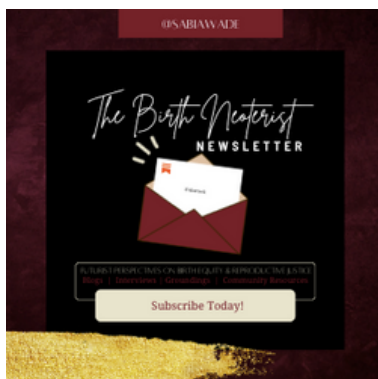
TO SUPPORT THIS BOOK, CALL YOUR LOCAL BOOKSTORE AND REQUEST A COPY!

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IPG BOOKS
BARNES AND NOBLE
TARGET
AMAZON
CHICAGO REVIEW PRESS
AND MORE

Sabia Wade's *Birthing Liberation* presents reproductive justice as the pathway to equity. As a Radical Full Spectrum Doula and Somatic Experiencing Educator, Sabia sheds the possibility of profound expansion within our society that is accessible through centering BIPOC birthing people and unveils the trauma healing that must take place at every level within the medical and birthing system in order to ensure a safe and empowered births for all. *Birthing Liberation* opens a way forward to better outcomes for parents, children, communities, and ultimately liberation that reaches far beyond the birthing room.

BIRTH NEOTERIST SUBSTACK



THE BLACK DOULA PODCAST



Offerings

Let's be real.... I do A LOT. Below, I've listed a few of my offerings. You can also check out my website, or email my team at info@sabiawade.com for more information on things like Death Doula Services, Speaking Events, Board Restructuring Guidance, UX DEI Consultation, Inclusion Consultation, and more.



EXECUTIVE COACHING

Sabia guides Founders and CEO's through the complexities of business, personal growth, balance, and leadership development. Whether you need help scaling your business, navigating inclusion practices, creating a positive work environment for your team, or something completely different, each coaching contract is personalized to the needs of the individual business leader.



BUSINESS MENTORSHIP

Business Mentorship packages are limited to those working in Direct Care in Reproductive Health.

Options include:

- ONE-ON-ONE BUSINESS MENTORING
- VIP DAY INTENSIVE MENTORING
- 1 TIME MENTORSHIP SESSION

Free mentorship is available for those that need it - email us for details



6 BUSINESS ESSENTIALS

This course is for everyone from doulas to midwives, as well as new and experienced birthworkers. It has been created to serve as an accessible resource and foundation for birth-related businesses, businesses that are created from a place of necessity and heart work but also need pathways to sustainability in order to serve our communities from a well nourished and solid base.



INVESTOR

I invest in founders, especially emergent and innovative marginalized founders, in the seed round of their startup. I am interested in startups centered around reproductive health using technology, equitable practices and solving problems with the right team. I like to take an active role in advising of the founder, prefer a board seat but not necessary & request information rights. I look for a liquidity event in 3-5 years but am open to investing opportunities with a longer journey to liquidity.



RACISM & PRIVILEGE WORKSHOP

Whether your organization is looking for a workshop on Racism and Privilege in Birthwork, or needs a leader who can facilitate a conversation on Diversity and Inclusion within your team environment, Sabia has years of experience guiding groups in these difficult discussions, and is an expert at connecting and creating an open dialogue to facilitate healing.