

POSSIBLE

RECTIFY MOTIVATION




Mini-Motivation Coaching Series



On-Demand

Class Information

Enrollment:	SCAN:	
Rectify Motivation	Two Ways to Participate	
LIGHT YOUR FIRE UNDER YOUR DESIRE	\$100.00 Digital Content Only \$320.00 4 - 30 Minute One-On-One Support Calls + Digital Content	
Coach	Katie Hindahl	
	<ul style="list-style-type: none">• National Board Certified Health and Wellness Coach• Certified Success Principle Trainer• Certified Quantum Success Coach• Christian Coach• Nearly a decade of experience in behavioral health coaching• Over fifteen years of studying human behavior	
Content & Lesson Titles	Refer to the class content and syllabus.	

Content



Join Coach Katie at R3 Revitalize to Rectify Motivation, a Mini-Coaching program designed to light your fire under your desire. Whether you are an entrepreneur, working on wellness goals, or learning a new skill. We all want to give up occasionally on the dream, goal, vision, or passion we've started. This three-month coaching program will help you use the power of structure, support, and accountability to keep you focused and on track!

Breakthrough beliefs that limit success, focus on being prepared in and out of season, and build consistent habits that feel good. Embrace your opportunity to practice mental toughness while you create, reflect, and witness the fruits of your labor.

This **mindset intensive training** will set you up for self-transformation while you ground to the present, enable inspired action, and create a rewarding life and eternal legacy.

Fun Motivation Tracker


- Goal Tracker - Set your goals and measure your progress weekly.

R3 Revitalize is Different Because

- We intentionally help you link how you think, feel, and act in your daily choices.
- We intentionally provide you with learning tools to support your understanding of how thoughts affect your beliefs, your beliefs affect your choices, your choices affect your behavior, and your behavior affects your quality of life.
- We know that life gets messy, and so do mental barriers that hold you back from successfully fulfilling your goals, dreams, visions, and passions.
- We know the power of accountability, support, time, and your ability to experiment with what works best for you WILL get you where you want to go.
- We know that most people misunderstand their “WHY” they want to make these lifestyle changes, and we help you gain clarity - so that you can feel freedom in your choices and set yourself up for success.
- We help you give yourself permission to fail forward. Building a foundation to love your life where it is so that it becomes easier for you to get to where you want to go; NO MATER WHAT!
- We know that people change to gain pleasure or avoid pain.
- We know that avoiding pain will NEVER cause sustainable behavior.
- We teach you to explore the value and benefits of making modifications to your choices so that you feel empowered, in control, and confident you can do it.
- We know it is common to compare yourself to other people, get confused about what you are ‘supposed to do,’ or spin your wheels doing things you hate. So we make this about YOU!
- You are the expert in your life, and you are always right.
- We advocate for you and support you with building the resources you need to achieve a fulfilling and satisfying lifestyle.


Secure & Confidential Digital Coaching Portal

Home
Customer Coaching Portal
Dashboard



Activities Pathways Chat

Notes Files



Quenza.com

iOS
Download the
App Now
Quenza.com

Android
Download the
App Now
Quenza.com

Coaching Portal Lessons: Break The Mental Barriers

- 1 **Mini-Motivation Coaching Series Coaching Agreement.**

- 1 **#1 Motivation Coaching: Set Yourself Up for Success**

- 2 **#2 Motivation Coaching: Goal Realization Using the WDEP System**

- 3 **#3 Motivation Coaching: The Costs and Benefits of Changing Behavior**

- 4 **#4 Motivation Coaching: Motivational Analysis**

- 5 **#5 Motivation Coaching: Learning to Say "No"**

- 6 **#6 Motivation Coaching: Exploring The Benefits of Change**

- 7 **#7 Motivation Coaching: Doors Closed Doors Open**

- 8 **#8 Motivation Coaching: 20 Guidelines for Developing a Growth Mindset**

- 9 **#9 Motivation Coaching: Exploring Flow Experiences**

- 10 **#10 Motivation Coaching: Increasing a Growth Mindset Through Writing**

- 11 **#11 Motivation Coaching: My Boundary Response Plan**

- 12 **#12 Motivation Coaching: The Best Possible Self**

- 13 **#13 Motivation Coaching: Rewriting Rigid Rules About Living**

- 14 **#14 Motivation Coaching: The Emotion Meter**

- 15 **#15 Motivation Coaching: Facing the Effect of Fear-Based Beliefs on Goal Achievement**

- 16 **#16 Motivation Coaching: Savoring Accomplishments**

- 17 **#17 Motivation Coaching: Seeing Through the Hindsight-Bias**

Coaching Portal Lessons: (Continue)

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- 18 **#18 Motivation Coaching: The Most Helpful Thought**
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- 19 **#19 Motivation Coaching: Logging Positive Beliefs**
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- 20 **#20 Motivation Coaching: Challenging Emotion Myths**
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- 21 **#21 Motivation Coaching: Changing Unhelpful Thoughts**
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- 22 **#22 Motivation Coaching: Identifying Unhelpful Beliefs About Emotions**
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- 23 **#23 Motivation Coaching: Unhelpful Thinking Styles- Personalization**
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- 24 **#24 Motivation Coaching: Unhelpful Thinking Styles- Magnification and Minimization**
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- 25 **#25 Motivation Coaching: Unhelpful Thinking Styles- Mind Reading**
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- 26 **#26 Motivation Coaching: Unhelpful Thinking Styles- "Shoulding" and "Musting"**
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- 27 **#27 Motivation Coaching: Unhelpful Thinking Styles- Emotional Reasoning**
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- 28 **#28 Motivation Coaching: Unhelpful Thinking Styles- Jumping to Conclusions**
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- 29 **#29 Motivation Coaching: Unhelpful Thinking Styles- Fortune Telling**
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- 30 **#30 Motivation Coaching: Unhelpful Thinking Styles - Labelling**
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- 31 **#31 Motivation Coaching: Unhelpful Thinking Styles- Catastrophizing**
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- 32 **#32 Motivation Coaching: De-catastrophizing**
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- 33 **#33 Motivation Coaching: Rewriting the Narrative with Humor**
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- 34 **#34 Motivation Coaching: The ABC Model of Helpful Behavior**
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Coaching Portal Lessons: (Continue)

- 35 #35 Motivation Coaching: Finding Silver Linings

- 36 #36 Motivation Coaching: A Personal Coping Mantra

- 37 #37 Motivation Coaching: Symptoms of Stress

- 38 #38 Motivation Coaching: My Learnings List

- 39 #39 Motivation Coaching: Eye of the Hurricane Meditation

- 40 #40 Motivation Coaching: Urge Surfing

- 41 #41 Motivation Coaching: Applying the Yin and Yang of Self-Compassion

- 42 #42 Motivation Coaching: From Inner Critic to Inner Coach Meditation

- 43 #43 Motivation Coaching: How Would You Treat a Friend?

- 44 #44 Motivation Coaching: The Best Possible Resilient Self

- 45 #45 Motivation Coaching: Self-Acceptance Meditation

- 46 #46 Motivation Coaching: Developing Self-Appreciation

- 47 #47 Motivation Coaching: Fierce Self-Compassion Break

- 48 #48 Motivation Coaching: A Letter of Self-Compassion

- 49 #49 Motivation Coaching: Rating Behavior Rather Than the Self

- 50 #50 Motivation Coaching: Moving Toward Self-Forgiveness

- 51 #51 Motivation Coaching: Getting off the Hedonic Treadmill

Coaching Portal Lessons: (Continue)

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- 52 **#52 Motivation Coaching: Seeing Through the Illusion of Self-Rating**
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- 53 **#53 Motivation Coaching: Standards for "Being Good Enough"**
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- 54 **#54 Motivation Coaching: Emotion Analysis**
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- 55 **#55 Motivation Coaching: Three Minute Breathing Space**
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- 56 **#56 Motivation Coaching: The Chessboard Metaphor**
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- 57 **#57 Motivation Coaching: Passengers on the Bus Metaphor**
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- 58 **#58 Motivation Coaching: Pushing the Ball Under Water Metaphor**
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- 59 **#59 Motivation Coaching: Dealing With Guilt Through Writing**
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- 60 **#60 Motivation Coaching: Anger Iceberg**
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- 61 **#61 Motivation Coaching: Eight Steps to Forgiveness**
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- 62 **#62 Motivation Coaching: Facilitating Forgiveness by Recognizing our Shared Humanity**
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- 63 **#63 Motivation Coaching: A Letter from Your Best Day to Your Bad Days**
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- 64 **#64 Motivation Coaching: Emotion Masks**
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- 65 **#65 Motivation Coaching: Leaves on a Stream**
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- 66 **#66 Motivation Coaching: Using Self-Distanced Language to Gain Perspective on Negative Events**
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- 67 **#67 Motivation Coaching: I think, therefore I feel**
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- 68 **#68 Motivation Coaching: Open Monitoring Meditation**
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Coaching Portal Lessons: (Continue)

69 **#69 Motivation Coaching: Strengths During and After Challenging Times**

70 **#70 Motivation Coaching: Coping Styles Formulation**

71 **#71 Motivation Coaching: Realities That I Am Refusing to Accept**

72 **#72 Motivation Coaching: Managing Toxic Relationships**

73 **#73 Motivation Coaching: Realizing Long-Lasting Change by Setting Process Goals**

74 **#74 Motivation Coaching: Self-Care Vision Board**

75 **#75 Motivation Coaching: Graduation!**

Action Points Checklist

- Pick the way you want to participate: **OPTIONS:** Digital | 4- CALLS 1-2-1 + Digital
- Pay at www.r3revitalize.com
- Expect an email from Katie Hindahl with an invitation to log into your coaching portal.
- Expect a welcome phone call from Coach Katie at 727-265-1246 to help you with technology questions, login, and answer any questions you have.
- Start as soon as you can. You get 75 days of content with about 90 days (3-Months) to complete. Life moves fast and you invested in you.
- Start to think about your specific goals and why you signed up. What do you want to get from this program?

Summary

This is a 3-month motivation coaching series. Everyone moved forward at their own pace. If your time runs out you can purchase another program to complete. If additional professional support for mental health concerns, or medical advice is needed, R3 Revitalize is responsible for referring you for appropriate support and counsel, including your PCP, for medical advice. R3 Revitalize does not treat, diagnose, or prescribe medical advice, psychological advice, psychiatric advice, or therapy. Professional coaching acts as a partner in your journey and meets you where you are. Supporting and advocating for you with moving toward your goals.

