

# Hey! I'm Eva.

a Unique Mindset & Self-Mastery Coach.

I work with women who feel unfulfilled and disconnected from their joy and purpose, often overwhelmed by the demands of daily life.

This workbook is an extension of my personalized coaching practice, designed to guide you toward clarity, self-confidence, and fulfillment.

Through this exercises, I aim to help you uncover what truly matters to you, rediscover your happiness, and take meaningful steps toward your aspirations.

### LET'S KEEP IN TOUCH

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# 1. Emotional Awareness

To identify and explore current feelings and their impact on your life.

Reflect on the following questions and write down your responses.

What emotions do I frequently experience in my daily life?	
List at least five emotions	

How do these emotions affect my behavior and decisions?

List at least five emotions

In which situations do I feel most alive and joyful?  List specific scenarios
What emotions do I avoid experiencing?  List specific scenarios
How do I think avoiding these emotions affects my life? Reflect on the consequences

# 2. Desires and Avoidances

To clarify what you want to feel and what you may be avoiding feeling

*Fill out the sections below* 

I want to feel
List at least three emotions you wish to cultivate

### I am currently avoiding feeling:

List at least three emotions you avoid

What do I fear about experiencing these emotions?
Reflect on your fears
What would it look like to embrace these emotions in my life?
Envision the potential positive outcomes

What do I fear about experiencing these emotions?
Reflect on your fears
What would it look like to embrace these emotions in my life?
Envision the potential positive outcomes

# 3. Vision Board

To visualize your emotional goals and aspirations
Use this space to create a vision board by drawing, cutting out images, or writing words that represent how you want to feel. You can also create your visions board in external app.

# Title your vision board What is the overarching theme for your goals?

Incorporate images, words, and phrases that resonate with your desired feelings:

Use the space below or attach a separate page

# 4. Emotive Goal Statement

To articulate your goals based on feelings and emotional alignment.

Complete the following sentence prompts to create your emotive goal statements..

In the nearest future I want to feel:
Describe the emotions you wish to experience
To achieve this, I will:
List the actions or changes you will make

These goals matter to me because:  Explain the significance of these goals	
I will celebrate my progress by: Identify ways to acknowledge your achievements	



# Congratulations on Completing Your Workbook!

You have taken an incredible step toward uncovering what truly matters to you and building a more joyful, confident, and purpose-filled life.

If you've found value in this workbook and want to dive deeper into your transformation, I invite you to explore my **1:1 coaching package**. Together, we can continue to clarify your goals, build your confidence, and create a personalized roadmap to the life you deserve.

To stay connected, be sure to follow me on Instagram <u>@unique.mindset.coach</u> for inspiration, tips, and updates.

You can also reach out directly to discuss your next steps or book a coaching session.

Your journey is unique, and I'm here to support you every step of the way.

You've got this!

Warm wishes,

Ewa,