

POST-SESSION

ABC'S OF SELF-ESTEEM

Affirm. Believe. Conquer.

Affirm – Speak Life.

Practice daily affirmations. Positive & spiritual statements (daily) can help you overcome self-sabotaging and negative thoughts; these statements can bring you nearer to God and enlighten your soul:

- I am blessed.
- I am smart.
- I can do anything through Christ Jesus.
(*Philippians 4:13*)

Believe – Trust Him.

Believing is to accept something as true. Believe that you were “fearfully and wonderfully made...and His works are wonderful!” (*Psalms 139:14*)

Conquer – Claim the Victory.

To conquer is to overcome, defeat, or gain mastery over a situation, problem, or weakness. Move forward in faith and claim it...there is victory in Jesus!
(*1 Corinthians 15:57*)

REFLECTIONS

You're likely to feel a range of emotions after your first coaching session. Some of those feelings may be ones of relief for finally getting some things off your chest and maybe even a bit over-exposed. All of these emotions are completely normal.

As soon as you can after your first session, please reflect on the questions below to help you continue making the most out of your sessions. Together, we can discuss some of your thoughts in future sessions.

Post-Session Questions

How do you feel now that you've finished up your first coaching session? Were you comfortable talking about your concerns with me?

Do you believe that you will grow from this experience? If yes, how so?

Are there things you wish you would have expressed during the first session and would like to discuss in future sessions? If so, please feel free to list them below.



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