

Thrive

NOT STRIVE

12 Weeks to Transform your Life



This
Program is
for you if
You.....

- FED UP WITH LIFE AS IT IS RIGHT NOW
- UN-MOTIVATED
- HAVE HEALTH ISSUES
- USE DRINK OR FOOD TO MANAGE STRESS
- SICK & TIRED OF FEELING SICK & TIRED
- FEEL AT A LOSS AS TO WHAT TO DO TO HELP YOURSELF
- WANT TO FEEL HAPPIER, HEALTHIER AND MOTIVATED TO LIVE LIFE TO THE FULL!



READY
TO DIVE
IN...



3 STEPS TO THRIVE

The ART of Change



The 3 'R's Keeping you stuck



The 4 'S' es to help you THRIVE

STEP 1
The A.R.T of
Change

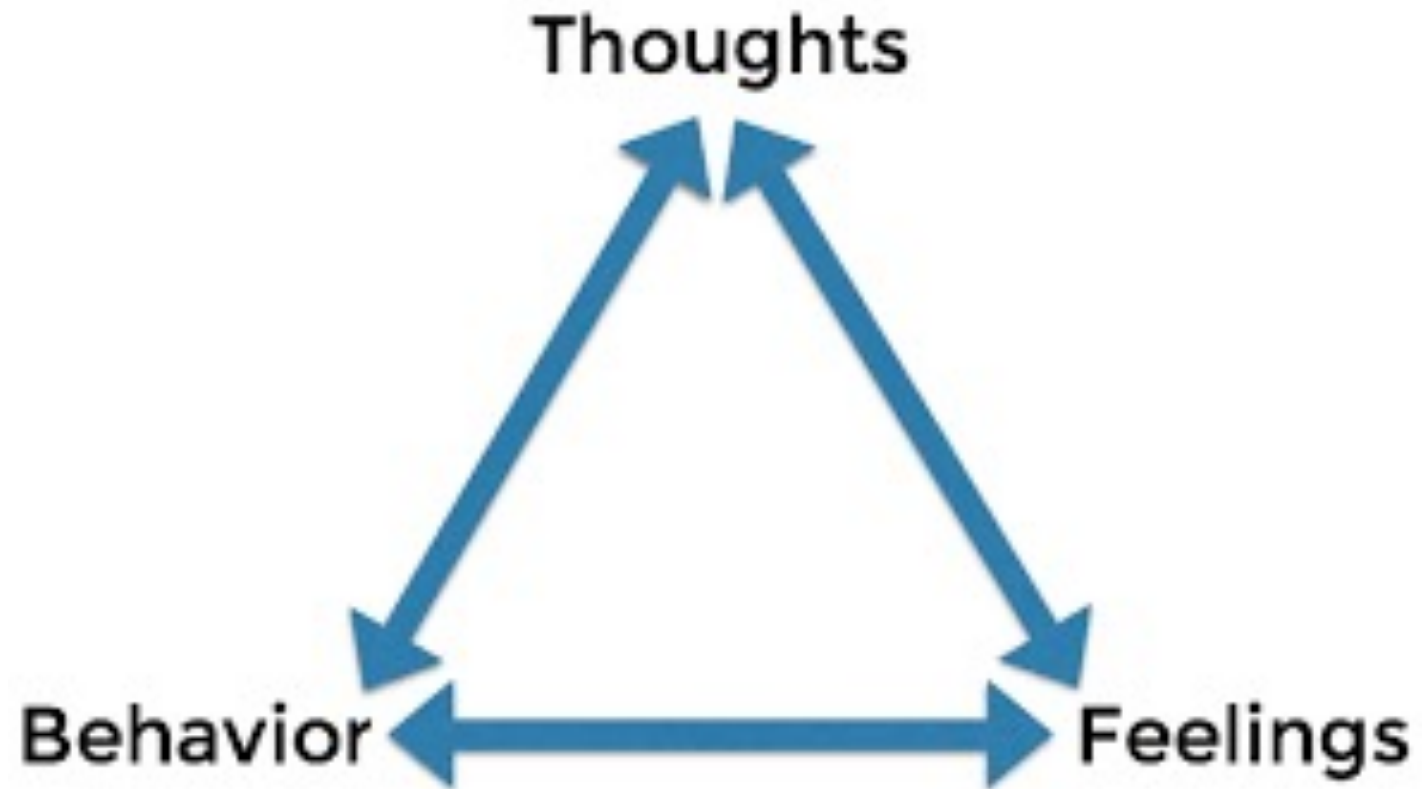
A wareness

R esponse Ability

Take timely Action



HABITS



Every action you take towards being the best version of yourself is not a cost.

It's an investment in yourself so you can *THRIVE*



IDENTITY: WHO DO YOU WANT TO BE



STEP TWO
THE
Three R's

ROLES: WHICH ONES ARE YOU?

Mother

Partner

Cook

Friend

Daughter

Business Owner

Etc...



RULES & BELIEFS: YOURS OR SOMEONE ELSE'S

Conditioned

Un-written

Expectations



ROUTINES: WHAT IS KEEPING YOU STUCK DAY IN DAY OUT

Serving Others Before Yourself

Perfectionism &
Procrastination

FEAR of Change



STEP THREE

The Four 'S' es

STORIES

STRESS

SLEEP

SELF-CARE

CHANGE
THE
CURRENT
STORIES



UPEVEL YOUR LANGUAGE & INTERPRETATION

Inner Coach vs. Inner Critic

Can you figure out who these thoughts belong to? Color the positive Inner Coach thoughts GREEN & the negative Inner Critic thoughts RED.

The worksheet contains 12 thought bubbles with the following text:

- I am smart
- I should just give up
- The more I practice the easier it will be
- I will do better next time
- Everything is ruined
- I am stupid
- I will never be good at this
- I can't do it
- I can figure it out
- This will get easier with practice
- This is too hard
- I am going to keep trying



NOURISH NOT PUNISH

MANAGE STRESS

90% is created in your head by the thoughts you think about things that haven't even happened yet



STAY
PRESENT

***If the present is to sit in
judgement of the past it will
lose the future.***





RELAX & SLEEP

RESULTS
OF
THRIVE
NOT
STRIVE

HAPPIER & HEALTHIER

MORE ENERGY & FOCUS

HAVE MORE FUN!

LOVE WHO YOU ARE BEING

WHAT YOU COVER IN 90 DAYS

Awareness of habits, thoughts, beliefs and behaviours

Nutritional therapy & Myth busting round food and 'healthy eating.

Blood sugar balance & stress hormones resetting

Breath work & Vagal Tone

- Boundaries & identity
- Morning & Evening routines
- Creating habits at home and work that help maintain progress
- Loving & Nurturing self to increase wealth



**YOUR
OPTIONS**

**ONLY 1-2-1: Online 1-2-1
coaching sessions**

**Hybrid: Online pre-recorded
sessions working at your own
pace and 1-2-1 Coaching**

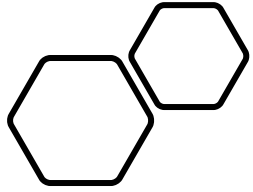
(this option can means you get results faster)



HOW IT WORKS

- WORKSHEETS
- VIDEOS
- ACCOUNTABILTY
- 121 Coaching





LET'S TALK

JUMP ON A CALL AND LET'S SEE IF YOU ARE
A GOOD FIT TO 'THRIVE NOT STRIVE'

CLICK [HERE](#) TO BOOK AND I'LL SPEAK TO
YOU SOON

