

A ROAD MAP TO SELF- MASTERY



*******Please note these tips are versatile and can work for anyone.*******

Welcome

My name is Coach AJ, your Dope Life Coach and I strive to empower my fellow human beings to live and love their dope life!

I believe life is full of opportunities. It is my job to help you figure out how, and which opportunities to explore! It is my goal for you to be successful in the next chapter of your life.

It's a personal honour for me to have each client reach their aha moment or their YES! moment. I help people increase their self-care practices to feel more at peace and happy with their life.

Coach AJ





How to use this guide

Find a cozy and comfortable space to work on this guide. Take a few deep breathes and relax.

This guide's soul purpose is to help practice self-care during the colder months on a regular basis. Use this guide to maintain self-care regularly.

QUESTIONS?

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SETTING YOUR GOALS



MY
GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE
OF

START
DOING

SETTING YOUR BOUNDARIES



SETTING YOUR BOUNDARIES

You have a close friend, who frequently asks for financial help. She knows you're doing well in your career and often says things like, "You know I'd do it for you. I just need a little help this month, again."

Each time you lend her money, she promises to pay you back but rarely does. You feel uncomfortable saying no because she's been there for you in the past, but this cycle is affecting your finances and causing stress.

HOW WOULD YOU SET A CLEAR BOUNDARY?

Step 1: Recognize the Boundary Violation

Step 2: Set & Communicate a Clear Boundary

Step 3: Stand Firm Against Guilt-Tripping

Step 4: Enforce Consequences

ACTIONABLE STEPS



MY
GOAL:

QUARTERLY

MONTHLY

WEEKLY

DAILY

SMART GOALS



WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

A

ACHIEVABLE

HOW CAN THE GOAL BE ACCOMPLISHED?

R

RELEVANT

DOES THIS SEEM WORTHWHILE?

T

TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?

SWOT ANALYSIS

A SWOT analysis is a simple technique to identify your strengths, weaknesses, opportunities and threats. Fill out the boxes below to find out yours!

STRENGTHS

WEAKNESSES

OPPORTUNITIES

THREATS

PRIORITY LIST FOR 2025

HEALTH + WELLNESS		<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		

PERSONAL GROWTH		<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		

FINANCE		<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		

FAMILY + RELATIONSHIP		<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		

FUN + RECREATION		<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		

HEALTHY HABITS		<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		

DEAR FUTURE SELF...

Write a detailed manifestation letter to yourself 1 year today.
What have you accomplished? What have you made a priority? Once written, place the letter in an envelope and the date you're to open it 1 year to the date it was written.



NEED MORE INSIGHT & SUPPORT?

Now Booking 1 on 1 coaching sessions

- ✓ **Elevating and building your confidence**
- ✓ **Empowering yourself to live and love the life you want to live**
- ✓ **Open up your being to what is aligned with you**
- ✓ **Mindset and identity shifts**
- ✓ **Manifesting the life of your dreams, while living in peace**

BOOK MY 1 ON 1