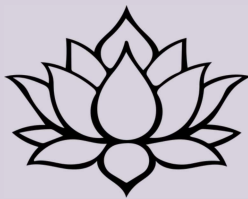




Life Coaching WORKBOOK



By Mimi Smoyak



WELCOME

TO LIFE COACHING

DEAR VISITOR,
WELCOME TO THE ORPHIC LIFE, LLC OFFICIAL WEBSITE!
HI, MY NAME IS MIMI SMOYAK, AND I AM THRILLED TO WELCOME YOU TO THIS PLATFORM DEDICATED TO ENRICHING LIVES AND GUIDING INDIVIDUALS TOWARDS A JOURNEY OF SELF-DISCOVERY AND FULFILLMENT. AS A LICENSED SOCIAL WORKER WITH OVER TWO DECADES OF COUNSELING AND LIFE COACHING EXPERIENCE, I AM PASSIONATE ABOUT ASSISTING OTHERS IN NAVIGATING THE COMPLEXITIES OF LIFE WITH GRACE AND RESILIENCE.

AT THE ORPHIC LIFE, WE BELIEVE IN DELVING DEEP INTO THE ESSENCE OF EXISTENCE, STRIVING FOR A LIFE THAT TRANSCENDS ORDINARY UNDERSTANDING. OUR MISSION IS TO PROVIDE YOU WITH VALUABLE RESOURCES, INSIGHTFUL ARTICLES, AND UP-TO-DATE INFORMATION ON HEALTH, WELLNESS AND PRODUCTS THAT ALIGN WITH OUR PHILOSOPHY. WHETHER YOU'RE SEEKING ANSWERS TO COMMONLY ASKED QUESTIONS OR EXPLORING NEW PATHS TOWARDS HOLISTIC WELL-BEING, YOU'LL FIND A WEALTH OF KNOWLEDGE AND INSPIRATION HERE.

OUR WEBSITE COVERS A DIVERSE RANGE OF TOPICS, INCLUDING SELF-HELP TECHNIQUES, ENERGY WORK, MEDITATION PRACTICES, NATUROPATHIC REMEDIES, AND MUCH MORE. DIVE INTO OUR COLLECTION OF ARTICLES, IDEAS AND WORKSHEETS DESIGNED TO EMPOWER YOU ON YOUR PERSONAL JOURNEY TOWARDS GROWTH AND TRANSFORMATION. ADDITIONALLY, I OFFER PERSONALIZED LIFE COACHING SESSIONS TO SUPPORT YOU IN UNLOCKING YOUR FULL POTENTIAL AND LIVING YOUR BEST LIFE. TOGETHER, WE'LL WORK TOWARDS IDENTIFYING YOUR GOALS, OVERCOMING OBSTACLES, AND CULTIVATING A MINDSET OF ABUNDANCE AND FULFILLMENT.

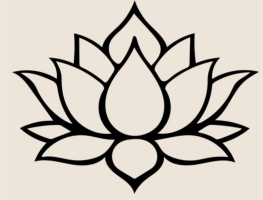
THANK YOU FOR VISITING THE ORPHIC LIFE, LLC. I AM CONFIDENT THAT YOU WILL FIND VALUABLE RESOURCES AND MEANINGFUL INSIGHTS TO ENHANCE YOUR LIFE'S JOURNEY. FEEL FREE TO EXPLORE, ENGAGE, AND REACH OUT WITH ANY QUESTIONS OR INQUIRIES. HERE'S TO EMBARKING ON A PATH OF DISCOVERY, EMPOWERMENT, AND TRANSFORMATION.

WITH WARM REGARDS,

MIMI SMOYAK, LSW
FOUNDER, THE ORPHIC LIFE, LLC



3 STEP PROCESS



STEP ONE

ESTABLISH CLEAR GOALS AND INTENTIONS:

BEGIN BY IDENTIFYING WHAT YOU HOPE TO ACHIEVE THROUGH THE PROGRAM. THIS COULD INCLUDE SPECIFIC PERSONAL OR PROFESSIONAL GOALS, SUCH AS IMPROVING WORK-LIFE BALANCE, ENHANCING COMMUNICATION SKILLS, OR ACHIEVING GREATER SELF-AWARENESS.

STEP TWO

ENGAGE FULLY WITH THE PROGRAM:

APPROACH THE PROCES WITH A COMMITTED MINDSET. ACKNOWLEDGE THAT PERSONAL GROWTH REQUIRES EFFORT, TIME, AND A WILLINGNESS TO STEP OUT OF YOUR COMFORT ZONE.

STEP THREE

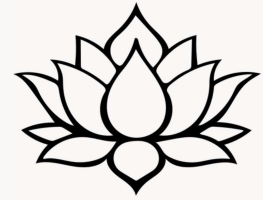
IMPLEMENT AND REFLECT:

PERIODICALLY REFLECT ON YOUR JOURNEY. ASSESS WHAT'S WORKING AND WHAT ISN'T, AND BE OPEN TO ADJUSTING YOUR APPROACH AS NEEDED. REFLECTION HELPS SOLIDIFY LEARNING AND ENSURES CONTINUOUS IMPROVEMENT.

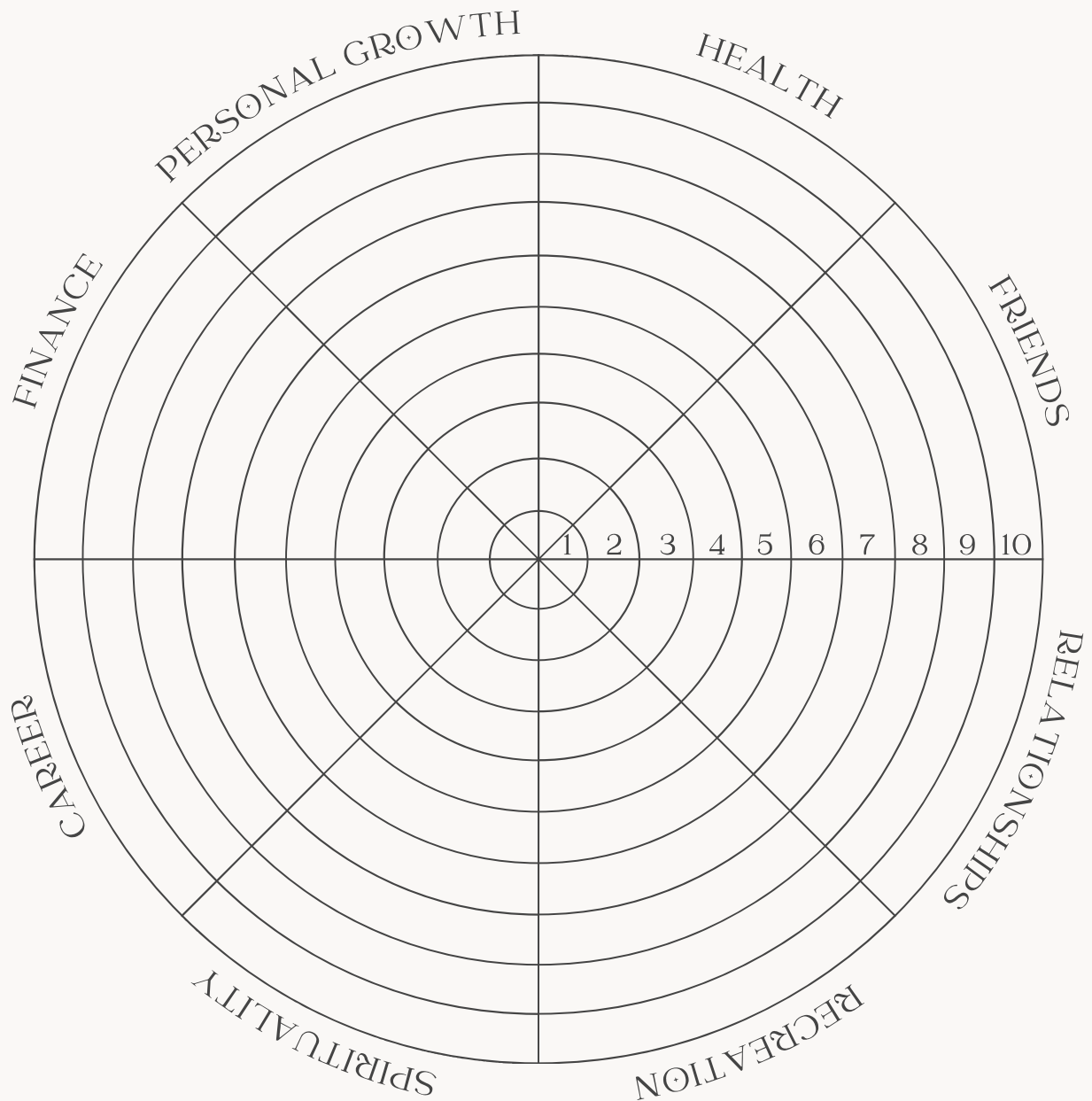


WHEEL OF

LIFE

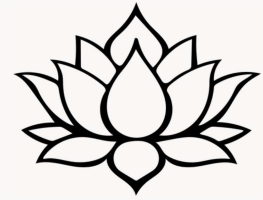


THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.

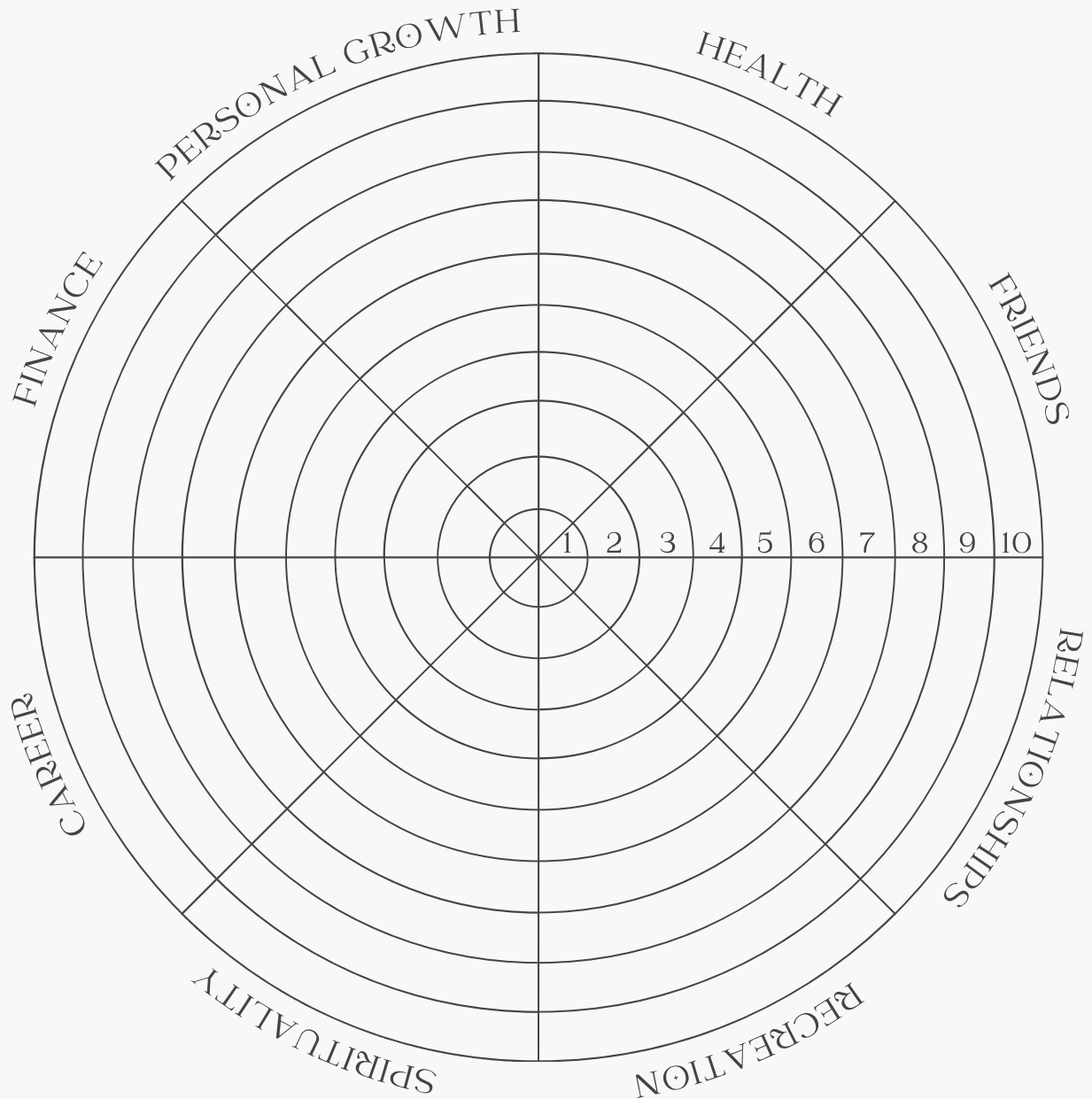


WHEEL OF

LIFE



THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



SELF-CARE INTENSIONS



DAILY AFFIRMATIONS

TODAY I AM GRATEFUL FOR

TODAY'S TOP GOALS

01

02

03

SCHEDULE

WATER

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SLEEP

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MOOD

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NOTES

CHECKLIST



FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

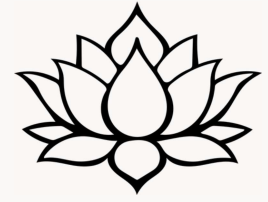
NIGHT SELF-CARE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



MULTIPLE SECTION

CHECKLIST



MAKE YOUR WAY THROUGH EACH SECTION, AND TICK THE CHECKBOX FOR EACH STATEMENT ONCE THE TASK HAS BEEN COMPLETED.

SECTION ONE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

SECTION TWO

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

SECTION THREE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

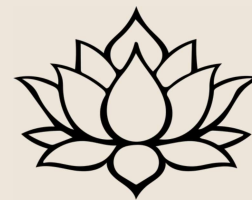
SECTION FOUR

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



UNDERSTANDING

GOALS



ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



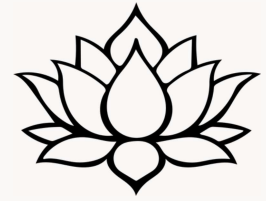
AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



SMART GOALS



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

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



LIFE

GOALS

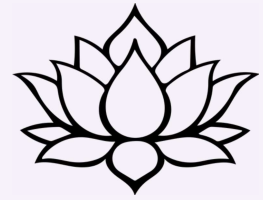


FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			

WEEKLY GOALS

TRACKER



WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>



WEEKLY GOALS

TRACKER



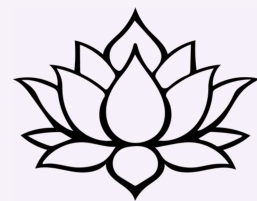
WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>



WEEKLY GOALS

TRACKER



WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>



WEEKLY GOALS

TRACKER



WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>



7 DAY

HABIT TRACKER



KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / SELF-CARE STEP

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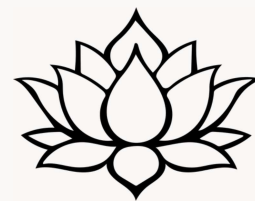
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REFLECTION NOTES



7 DAY

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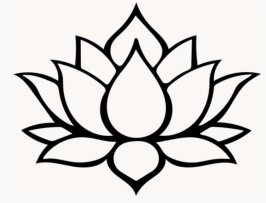
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REFLECTION NOTES

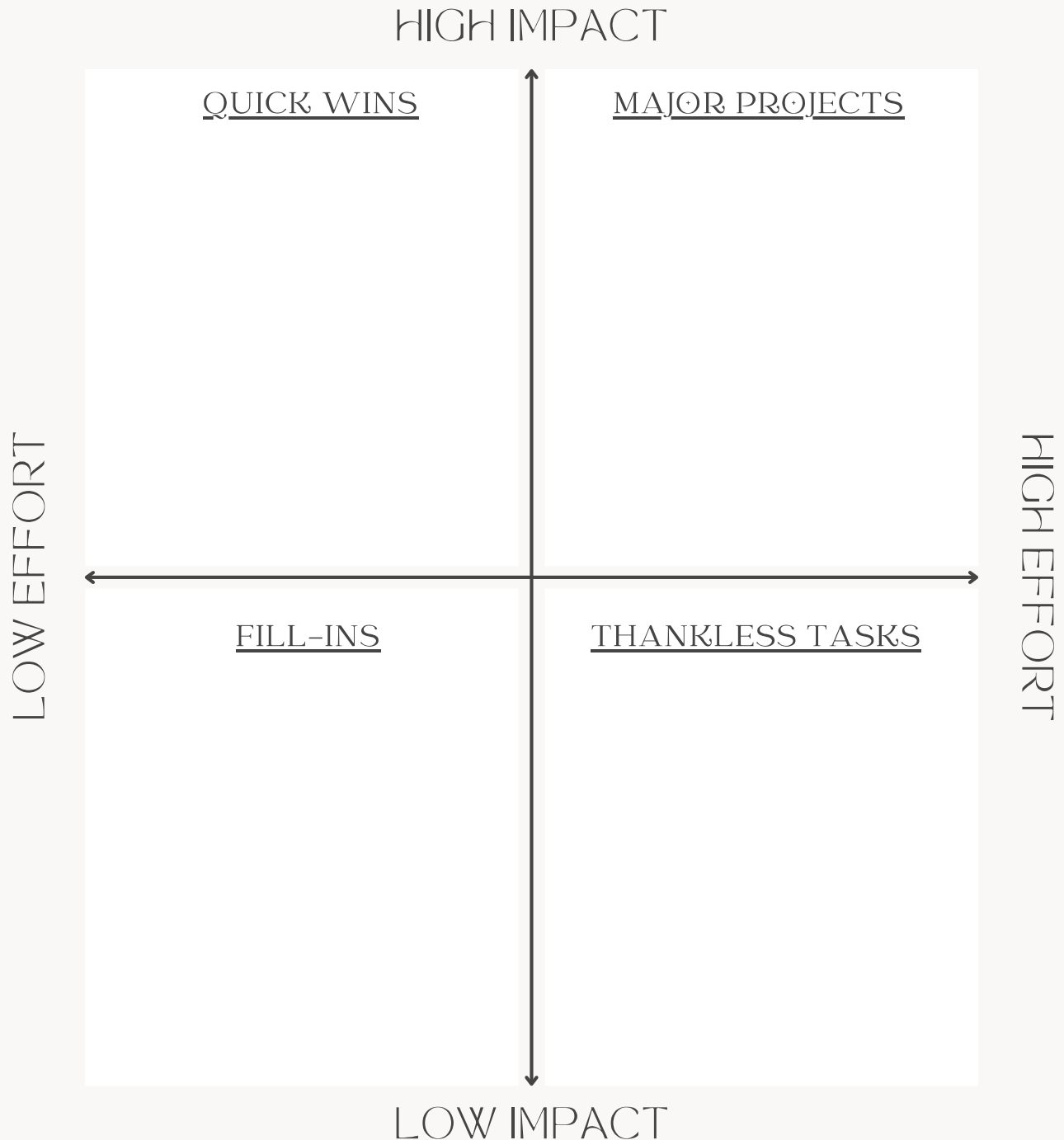


ACTION PRIORITY

MATRIX



THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



30-Day Challenge



New Routine:

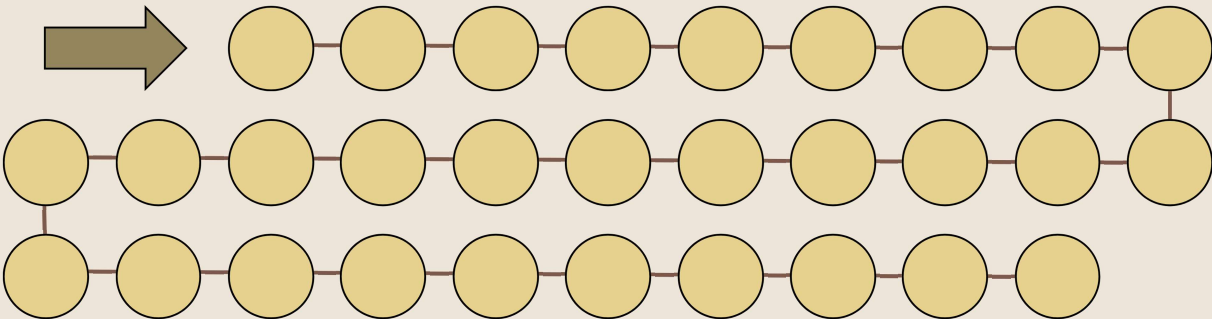
Why is this important for me?

Strenghts:

Weaknesses:

Reward:

LET'S BE UNSTOPPABLE !



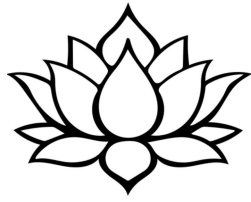
How did it go?

What did I learn?

Rate this challenge





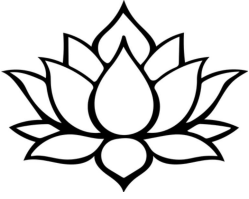


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MIMI SMORAK

MIMI SMORAK



Date: _____

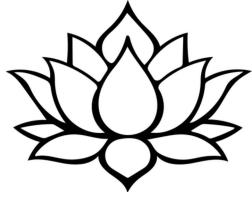
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MIMI SMORAK



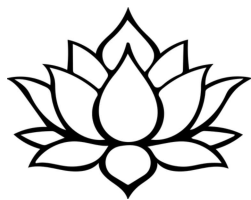




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MIMI SMORAK



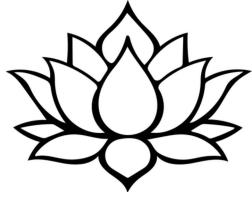
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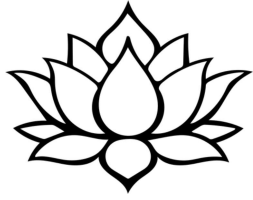
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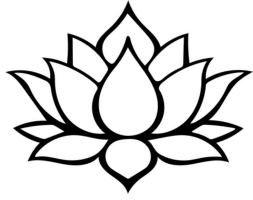
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Date: _____

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MIMI SMORAK



Date: _____

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