

EmpowerU!

Imagine. Identify. Implement.

Therapeutic Empowerment

**WHEN SOMEONE
TELLS YOU:**

"It can't be done"

REMEMBER:

**THOSE ARE THEIR
LIMITS NOT YOURS**



Ms. Vihil H. Vigil

Therapeutic Empowerment

Created By:

Women's Empowerment Powerhouse

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www.WomensEmpowermentCoach.us

EmpowerU!

Imagine. Identify. Implement.

IMAGINE your conceptual life, IDENTIFY what you want,
IMPLEMENT steps to make it happen

By taking those small steps we get you to great success!

We will cover:

1. Imagine - Create your conceptual life! Get Crystal Clear on exactly what you'd like your life to look like with your goals accomplished!
2. Identify - Identify exactly what you will work on first and how you will succeed! Identify what you feel is holding you back and address it head on to get it out of the way!
3. Implement - Easily put measures into place to start chopping away on your walls and start climbing your success ladder!

Imagine

Imagine - Create your conceptual life!
Get crystal clear on exactly what you'd like your life to
look like with your goals accomplished!

Mental Health Checklist

Physical Health Checklist

Lifestyle

Social Life

Professional Outlook | Business Status

Love Life

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Identify

Identify exactly what to work on first, set deadlines
& create a plan of action to succeed!

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Physical Health Checklist

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Implement

**Implement - Put measures into place to start climbing your success ladder & start chopping away at what's holding you back!
Implementation is the ACTION that must follow preliminary thinking in order for something to actually happen.**

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Resources & Tools

Physical or electronic tools, Coaches, Accountability Partners and Personal Champions are but a few components to achieving your desired outcomes for success!

Calendars

Monthly - Write down your big goals, milestones, events

Weekly - Look at each month and divide your timeline by the weeks in that month and decide what you can accomplish each week.

Daily - Keep yourself focused and in the moment by knowing what your days need to consist of to accomplish daily steps in your weekly plan!

Hourly - You don't have to plan out every hour of everyday but try to do this for at least one week. Keep an appointment type book where you can log what you have done each day. This exercise really shows you the true amount of time you can dedicate to making progress on your plans while still achieving your set responsibilities.

Action Plans

Create an action plan for each area of your life you want to improve.

Always ask yourself what is the next step?

What is my next goal?

What can I improve or expand upon next?

Resources & Tools

Physical or electronic tools, Coaches, Accountability Partners and Personal Champions are but a few components to achieving your desired outcomes for success!

Coaches

Coaches will take you where you want to go if you're ready to do the work! Coaches help you through the process to greatness, they share their experiences and professional training to guide your thinking, to set up your focused plans and to give you the guidance you need so you can make the best decisions for your defined path!

Accountability Partners

Accountability Partners are the ones who always have your back and always know where you are going! They keep you on top of your goals and doing what you say you want to do and you do the same for them! A good 1-3 accountability partners are fantastic to have!

How to find them: Look for people who have similar dreams of growing, succeeding and who fit with your personality. You do not have to be in the same industry at all.

Personal Champions

Champions are there to cheer you on! You may or may not be able to be their champion in return and that is okay! Have a list of Champions who can help support you by connecting you to others, sharing social media posts, referring you to others for your services and talking you up!

Next Steps

Consider all you have learned, complete the exercises for each of your goals to refine them, gather your team and start changing your life!
Set a date to begin or simply consider Today as Day 1!

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Let's Stay Connected!

Through Collective Collaboration

WE ALL RISE!

Therapeutic Empowerment

works with women willing to put themselves first!

Women willing to work through past disappointments, traumas, setbacks and be done with always putting themselves last. It is time to set your sights on a life you have always imagined! Our focus is to help women address specific barriers, emotionally heal, mentally energize, and embrace inner strengths. We achieve this by providing a judgement free & empowering safe space, listening to your concerns, customizing a success plan and coaching you through it.

Meet the Coach

Ms. Vihil H. Vigil, MBA, PMP, CHHC brings her plethora of experience to coach and uplift her clients through educational workshops, online and live uplifting group goal planning sessions, one-to-one coaching programs and more by way of Therapeutic Empowerment, a coaching based therapeutic practice focused on working with women to unleash their true potential by recognizing the past, successfully managing the current and planning for the future!

Connect!

Therapeutic Empowerment on the Web:
<https://womensempowermentcoach.us>

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Thank you!

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