



Mine.Body.Whole



LIFE COACH

Workbook





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01 Welcome

Welcome! This workbook is designed with a clear purpose - to guide you toward a more empowering, fulfilling, and meaningful life. Your commitment to this personal transformation process is the key to unlocking a path of positive change.

Remember, that this is your journey. The commitment you make today is a powerful step towards living a life that reflects your true desires and potential. Let's begin this transformative process together!

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Introduction

Begin to dive into exercises that prompt reflection, goal-setting, and strategies for managing stress and well-being. By the end of this workbook, you'll have gained a better understanding of your passions and a roadmap for personal growth.



Self-Discovery

This is the Self-Discovery section, a profound journey into understanding yourself and your life goals.

Begin this section with a series of steps designed to stimulate honest reflection. Answer the following questions genuinely, exploring your values, the things that drive your life, and the desires of a clean heart.

1. Personal Values:

- What principles do you consider most important for the foundation of your life?
- What actions bring meaning and purpose to your life?

2. Life Goals:


- What do you wish to achieve in different areas of your life?
- What are your short-term and long-term goals?





Just keep
moving forward

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Goal Mapping

Begin this section with detailed guidance on how to define clear and attainable goals. Answer the following questions to identify your personal and professional objectives:

1. Personal Goals:

- What milestones do you want to achieve in your personal life this year?
- What hobbies make your life feel more fulfilling?

2. Professional Goals:

- What are your ambitions and achievements you want to reach in your career?
- How do you envision yourself professionally in three and five years?



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Stress Management and Well-Being

Finally, the section dedicated to Stress Management and Well-Being, where you'll explore practical tips for handling situations and promoting your daily wellness. Be kind to yourself as you explore what works best to fit your needs.

Stress Management and Well-Being

- Work on developing positive emotions while working through the negative ones and find joy in everyday life.
- Enhance the quality of your relationships through emotional openness and support.
- Nourish and Move your body. Regular exercise and healthful eating foster positive energy, and long-term health and also bring joy into your everyday life.
- Pay It Forward! Show someone a random act of kindness when you're feeling up to it.
- Talk with a trusted professional.





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Conclusion

I invite you to be proud of the work that you've done here and apply what you've learned to your daily life. Self-awareness and a focus on your outward and inward well-being is a great start.

Thank you again for taking part in this workbook. Keep growing, learning, and thriving in your life, and may the windows of heaven pour down for you an overflowing blessing.

Visit our website:

www.minebodywhole.com

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