



SELF-COACHING WORKBOOK

In this workbook's first section you find journaling prompts to help you get clear on your current state energetically, mentally and physically.

The second section will assist you in creating a more beneficial self-care plan.

Try to answer each question in-depth, and instead of just one session, come back to them several times.

When you work with any subject your subconscious will keep working the problem while you are not actively working on it. Therefore, for each topic journal, let it sit and journal again later. This way you will discover new layers of awareness and wisdom for each topic.

SECTION ONE: CLARITY

(grab a notebook, make sure you have enough space)

Thoughts about myself that I repeat each day and bring me no joy are...

Fears and worries I have a hard time letting go of...

Things I have no control over but keep ruminating about...

Past events I still carry emotional weight from...

Habits that I know deep down hinder my physical health are...

Relationships that bring me no joy are...

Patterns in life I keep repeating but I feel take me nowhere are...

How I would like to feel about myself....

Things that I love about myself but don't pay enough attention to....

Things I do well and give little to no credit for....

SECTION TWO: A NEW PLAN

Daily self-care routine is the base of all success.

Starting the day with setting the energy, and ending it with releasing the day, can and if done continuously will without doubt shift one's entire life experience.

In the morning just "falling" out of bed and into our day perpetuates ongoing unconscious habits and misaligned energy flow. With as little as 5 conscious minutes, we can already have great results.

Morning routine:

1. Before even getting up, SMILE. Even if it feels a bit fake. DO IT. And have an inner pep-talk.

Talk to yourself about what attitude you want to approach the day with. Each day is different. Maybe you are exhausted and want to decide to be kind to yourself that day. Maybe you feel energetic and want to make the best of it. Acknowledge yourself. Set the intentions for the day and have some kind words to yourself.

2. Assist the body. Have a glass of water and stretch for a few minutes. Tense body equals tense mind and emotions. You can even stretch in bed. Just make sure to acknowledge the body with love.

3. Listen to something uplifting. Music, podcast. Be sure not to throw yourself into the news of the world before you aligned yourself.

4. Cleanse your energy. You don't want to carry the night into the day, nor the other way around.

You can do this: Beloved crystalline light I command thee to fill up and fully cleanse all my energy on all levels of all that does not serve me. See, feel, imagine as the light surrounds you and becomes you.

Based on your journaling and the above-mentioned guidelines, decide on a morning routine. It would be great to write it down and place it where you can see it with ease in the morning.

Evening routine:

1. Take time before sleep with no screen on and ask yourself: how was my day and how am I?

You can journal about it, or just reflect. But take a moment. You can't let go what you do not acknowledge. And carrying your day into the night causes yet again the subconscious reinforcement of unwanted cycles.

2. Cleanse your energy.
3. Offer yourself water. Shower, bath, extra glass to drink. Water has so much power to cleanse and help work through emotions.
4. Body work. Stretch, take a short walk, yoga, whatever you like. Even laying down and offering your body a few minutes of conscious breathing can make a huge difference.
5. 5 minutes is SO much more than nothing. Start there. Start anywhere, just FOLLOW THROUGH.



