

Your Self-Love Affair

Coaching Preparation



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Your Reason Why.

Write about WHY you want to do this work and WHAT you desire to get out of it.



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Fear Based Thoughts.

Journal as the exercise suggests and submit your top 10 'fear' stories.



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Your Life Vision.

Write about what you want as if you already have it.



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Identifying & Rating Your Dissatisfaction.

Complete the entire exercise and submit all answers.



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Beliefs / Attitudes / Behaviours - Exercise Part 1

List the beliefs and attitudes of your parents / carers.



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Beliefs / Attitudes / Behaviours - Exercise Part 2

List the beliefs and attitudes that you have adopted as your own.





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Beliefs / Attitudes / Behaviours - Exercise Part 3

What do people in your life criticise you for?



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Beliefs / Attitudes / Behaviours - Exercise Part 4

List your top 10 beliefs, behaviours and attitudes that are causing you the most pain and which you feel are sabotaging your life.



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Beliefs / Attitudes / Behaviours - Exercise Part 5

Write a paragraph or two on how badly you desire to be free of your limiting beliefs, behaviours and attitudes.

Please submit your TYPED answers to me - via email - at least 2 days before your first coaching session.

