

THE WELLBEING CODES

90-DAY SELF GUIDED PROGRAM

DR. RACHEL WHEELER
PSYCHOLOGIST

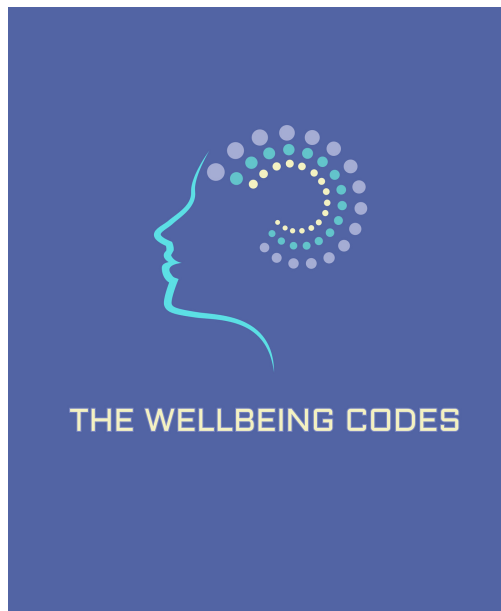
DR. TRACEY HUNTER
PSYCHOLOGIST



THE WELLBEING CODES



DR. RACHEL WHEELER
PSYCHOLOGIST



DR. TRACEY HUNTER
PSYCHOLOGIST

WELCOME TO **THE WELLBEING CODES!**

We are so pleased that you have chosen to activate the 6 pathways to personal power and emotional health. With these 6 pathways activated in your life, you will be able to achieve the healing, growth and vitality that will support you to live a life of authentic joy, contentment and adventure.

These 6 pathways are the positive constructs that we can expect to see emerge in our lives when we start to clear emotional blocks and release old patterns of behaviour and limiting beliefs, many of which we developed in the past as a result of upsetting events or unmet emotional needs. In The Wellbeing Codes, we will consciously put practices in place to push through these blocks to wellbeing and become very intentional about the emotional state that we want to cultivate, and the life that we want to live.

The 6 Wellbeing Codes that we will be assisting you to activate in this program are:

- CONNECTION
- CONFIDENCE
- OPTIMISM
- SELF APPRECIATION
- FAIRNESS
- SELF DISCIPLINE

The Wellbeing Codes was developed out of our experience, training and love for Schema Therapy, which is a framework used to assist people to overcome emotional blocks caused by unmet core emotional needs in childhood, and the negative stories that we tell about ourselves, about others and about life that may have fit with our world view at the time, but no longer serves us.

To assist you to activate the 6 codes, we have outlined a 5-step process that we will walk you through over the next 90 days, so that you can easily identify where you need to do the work in order to activate these positive aspects in your life. We trust that you will enjoy the insights, healing, new outlooks and emotional shifts that this program is designed to deliver.

Rachel & Tracey