



HEAL YOUR HEARTBREAK

WITH SELF-LOVE, NEW CONFIDENCE,
ENERGETICS, & APPLYING THE
LAWS OF ATTRACTION

Welcome to the Course!

Hey there! First up, thanks for being here, and having the courage to seek deeper into improving your greatest gift; that is EMPATHY. I want to ensure this Exclusive Free Coaching gift is one which is special and worth every moment for you. That is why I've put time towards creating an immersive 3-Day Comprehensive Video and Coaching Course, of everything I wish I knew earlier.

Why Do I Care?

I Coach and see empaths, and sensitive types being taken advantage of, falling into codependency and allowing their crushed hearts lead to mental health difficulties, which sometimes go as far as becoming a new, untrue identity; which is super destructive when you're aiming to call in a version of yourself, that's ready to live your dreams.

It's also part of my story, as you'll see in the course videos; having suffered through countless Mental Health Scares, Red Flags, and Lack of Self-Awareness which led me to People who were toxic, environments that tore me into depression, and self-dialogues that resulted in debilitating anxiety. Turning me into a helpless, hyper-sensitive, and vulnerable person; only good for making my suffering worse, and falling into hating the world, and myself for that matter, which certainly wasn't authentically me.

Sometimes you have to take a step back in life to take a leap forward, but these steps back can be avoided, as they lead you to lose precious time, energy, and sacrifice a lot in life.

My Heart truly wants to steer you away from a deeper hole you may be creating for yourself. So let's instead make this the perfect place to turn your Empathy into Strength, by using techniques and tools that are proven to work - and were also my Go-To's for climbing out of a self-loathing pit in my life. (P.S. Always remember some adversity is the Universe's way of providing the invaluable lessons, to learn, change, and most importantly, grow!)

So, together, let's make that change!

To begin, let's kick you off with the Coaching Pack; Download this as a Tool to work through with the course, or complete digitally. These activities are just one piece of the formula that will sculpt you into the person you deserve to love, and attract the love you desire.

PACK INCLUDES

1. PERSONAL MISSION STATEMENT
 2. VALUES EXERCISE
 3. CIRCLE OF DIGNITY
 4. LIFE INVENTORY JOURNAL
 5. HIGH-LOW GOALS
- AND MORE...



VISUALISATION THINKPAD

There will be 3 visualisation activities for later, draw, doodle and write your musings here!

1. VALUE MAPPING

DAY 1

2. SEEING IDEALS

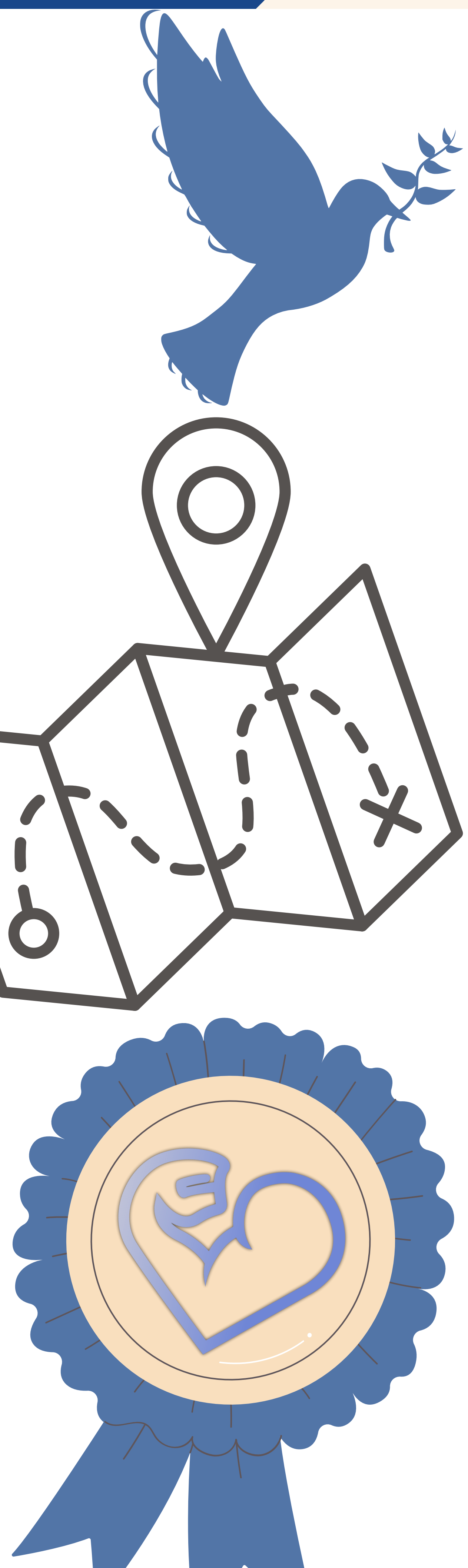
DAY 3

3. TRAFFIC TEST

DAY 3

1. Determine your core values.

From the list below, choose and write down every core value that resonates with you. So not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think a value you possess that is not on the list, be sure to write it down as well.



Abundance
Acceptance
Accountability
Achievement
Advancement
Adventure
Advocacy
Ambition
Appreciation
Attractiveness
Autonomy
Balance
Being the Best
Benevolence
Boldness
Brilliance
Calmness
Caring
Challenge
Charity
Cheerfulness
Cleverness
Community
Commitment
Compassion
Cooperation
Collaboration
Consistency
Contribution
Creativity
Credibility
Curiosity

Daring
Decisiveness
Dedication
Dependability
Diversity
Empathy
Encouragement
Enthusiasm
Ethics
Excellence
Expressiveness
Fairness
Family
Friendships
Flexibility
Freedom
Fun
Generosity
Grace
Growth
Flexibility
Happiness
Health
Honesty
Humility
Humor
Inclusiveness
Independence
Individuality
Innovation
Inspiration
Intelligence

Intuition
Joy
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Making a Difference
Mindfulness
Motivation
Optimism
Open-Mindedness
Originality
Passion
Performance
Personal Development
Proactive
Professionalism
Quality
Recognition
Risk Taking
Safety
Security
Service
Spirituality
Stability
Peace
Perfection
Playfulness
Popularity
Power

Preparedness
Proactivity
Professionalism
Punctuality
Recognition
Relationships
Reliability
Resilience
Resourcefulness
Responsibility
Responsiveness
Security
Self-Control
Selflessness
Simplicity
Stability
Success
Teamwork
Thankfulness
Thoughtfulness
Traditionalism
Trustworthiness
Understanding
Uniqueness
Usefulness
Versatility
Vision
Warmth
Wealth
Well-Being
Wisdom
Zeal



A WHIRLWIND OF MEANINGFUL WORDS NOW, RIGHT?

LET'S BRING IT DOWN TO JUST 5!

2. Group all similar values together from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of 5 groupings. If you have more than 5 groupings, drop those least important. See example below.



Abundance
Growth
Wealth
Security
Freedom
Independence
Flexibility
Peace

Acceptance
Compassion
Inclusiveness
Intuition
Kindness
Love
Making a Difference
Open-Mindedness
Trustworthiness
Relationships

Appreciation
Encouragement
Thankfulness
Thoughtfulness
Mindfulness

Balance
Health
Personal Development
Spirituality
Well-being

Cheerfulness
Fun
Happiness
Humor
Inspiration
Joy
Optimism
Playfulness



3. Choose one word within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you. See the examples below - the label chosen for the group is bolded.



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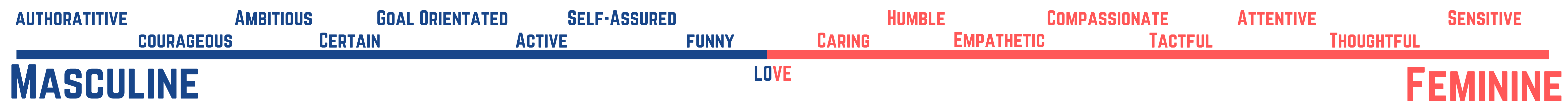
"BE PRECISE. OVER COMPLICATING DESTROYS MEANING"

TIP 1) FIND THE PATTERNS

Any values or traits that seem to appear more than once. No need for them to be exact fits, but values that resonate with one another.
(A Value exercise is onthe next page to help)

TIP 2) FIND A BALANCE

When choosing your key words and values within your statement, find a balance between the "masculine" and "feminine" spectrum
(Reference to all the positive traits below) Here are some: Strong and Vulnerable, Funny and Grounded, Intellectual and Relatable.



TIP 3) LET IT BE

Using words like "BE", you are a living example of the following key verbs. The more powerful and provoking the words, or emotions the better!

PERSONAL MISSION STATEMENT

STATEMENTS ARE ALWAYS A WORK IN PROGRESS. LIFE CHANGES, AND WITH IT SO DO VALUES. YOU'LL ALSO FIND WAYS TO MAKE IT MORE STREAMLINED AS YOU LIVE ON! SIMPLICITY IS USUALLY BEST HERE.

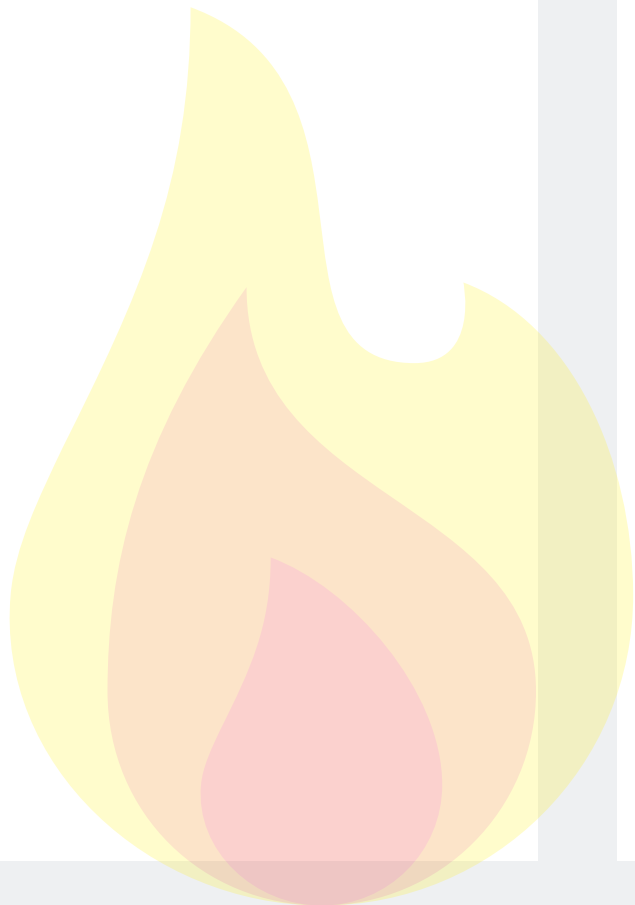
HERE'S SOME HUNKY EXAMPLES I'VE HELPED CREATE WITH OTHER CLIENTS:
KEY TRAITS/VALUES AND INSPO:

"TO BE AN INDEPENDENT WOMAN WHO HAS A HIGH STANDARD. BE HUMBLE, BE A BLESSING, BE BOLD"
INTEGRITIY , AGILITY, COMPASSION
"TO LOVE, BE KIND, BE CARING, AND SPREAD POSITIVITY WITH STRONG, CALM CONFIDENCE"
PEACE KINDNESS HELPING OTHERS

"TO BE AN UNSHAKEABLE CREATOR OF LOVE AND JOY TO THE WORLD EVERY SINGLE DAY"
LOVE CARE TRAVEL EXPERIENCE

WHAT DO YOU LOVE TO DO - WHAT SETS YOU ON FIRE?

WHAT ARE YOU GREAT AT - AND KNOW YOU'RE GREAT AT?



IN 5 WORDS, DESCRIBE WHAT YOUR FAMILY AND CLOSEST FRIENDS WOULD THINK OF YOU?

WHERE DO YOU KNOW CREATES ENERGY LEAKS, CONFIDENCE ISSUES, AND MAKE YOU FEEL INFERIOR?



Your daily tasks	Enjoyment score /10	Is it your need or someone else's need?	Can you let it go? Y/N

Keep in mind, whether you truly NEED to do something.
Anything that ranks 6 and below, needs to seriously be considered a cut-off, replacement or outsourcing.

5 VALUES/ACTIONS THAT GO STRONGLY AGAINST YOURS



REFER BACK TO HONEST CONVERSATIONS WITH 3 TRUSTED RELATIONS, YOUR STRENGTHS, AND WHAT MAKES YOU COME ALIVE; WHAT DO YOU WANT TO CALL INTO YOUR LIFE?

WHAT IS YOUR KEY RESPONSE(S) TO WHEN SOMEONE GOES AGAINST YOUR VALUES?



[Watch this Youtube Video for a further walkthrough](#)



THE BREAKDOWN

STEP 1) In the Life Categories on the following page, in your current state, right here and now, rank on a scale of 1 - 10 how you feel about each area of your life as it currently stands.

1 = Ashamed - Complete Failure

10 = Fantastic - Couldn't be happier

STEP 2) Choose ONE of the bottom TWO Focus Areas to improve

STEP 3) Set 10 Goals - Make sure at least 3 goals set to improve key priority, remaining 7 can't have negative impact

STEP 4) Create 11th "Help Hunk" Push Goal (More Time / More Money / More Accountability)

STEP 5) INVENTORY - Things you need more of/less of to make "Help Hunk" Push Goal (HHPG) possible

STEP 6) Take at least 3, 10 minute tasks related to the "HHPG" - See this every morning

STEP 7) Schedule your day to fit these in, while including 3 Gratitudes with your Momentum Journal

ACCOUNTABILITY DIARY



1. Life Review 2. Focus Area 3. Set Goals 4. Push Goal 5. Inventory 6. Three Tasks

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

SELF-GROWTH

I Need to do More of...

I Need to do Less of...

DAILY 10 MIN TASKS

1.

2.

3.

Help Hunk Push Goal

11.

ACCOUNTABILITY DIARY



LIFE INVENTORY PT.2

HIGH-LOW CAN YOU GO?

Bin strict, happiness-killing and unsustainable Goal Setting.
Let's revolutionise your progress and sustianbaility to hit even the wildest targets .
Enter High-Low goals.
A place proven to have you 80% more likely to continue on your journey to your end-goal, rather than the 50% who would set rigid targets, falling victim to the dreaded expectation gap.
(Explained further in the 30 Day Find Your Fit course)
Set goals for yourself based on the Life Inventory Journal - focus on the KEY AREA, over all else!

A place proven to have you 80% more likely to continue on your journey to your end-goal, rather than the 50% who would set rigid targets, falling victim to the dreaded expectation gap.

(Explained further in the 30 Day Find Your Fit course)

Set goals for yourself based on the Life Inventory Journal - focus on the KEY AREA, over all else!

Set goals for yourself based on the Life Inventory Journal - focus on the KEY AREA, over all else!				
PHYSICAL HEALTH	CURRENT POSITION	MIN-MAX TARGET	HOW?	END
DIETING/NUTRITION				
MENTAL WELLBEING				
PURPOSE/CAREER				
HOBBIES/JOY/RESTORATION				

HIGH-LOW GOALS



HIGH-LOW CAN YOU GO?

Set goals for yourself based on the Life Inventory Journal - focus on the KEY AREA, over all else!

Set goals for yourself based on the Life Inventory Journal - focus on the KEY AREA, over all else!				
FRIENDS/FAMILY	CURRENT POSITION	MIN-MAX TARGET	HOW?	END
ROMANCE				
SPIRITUALITY				
SELF-GROWTH				

HIGH-LOW GOALS