

PART 3:

WORKING WITH YOUR Thoughts

SELF-LIFE COACHING EXERCISES TO HELP YOU REMOVE BLOCKS
AND SWITCH TO A MORE POSITIVE MINDSET
BY DISCOVERING WHAT MAKES YOU HAPPY,
LEARNING TO LOVE YOURSELF AS YOU ARE RIGHT NOW,
AND BELIEVING THAT YOU ARE WORTHY OF YOUR DREAMS.



"THE MOST COMMON
WAY PEOPLE GIVE UP
THEIR POWER IS BY
THINKING THEY
DON'T HAVE ANY."
- ALICE WALKER



WORKING WITH YOUR Thoughts

In Part 3, you will be working with your thoughts, past behaviors, negative habits and attitudes, younger self, and, most importantly, your dreams.

By the end of this section, you will appreciate how awesome you actually are, be listening to your intuition, have uncovered the hopes and dreams of your younger and current self, know how to release limiting beliefs you hold about yourself, have revealed how your soul sees you and started to bring more of what you want into your life.

If you have ever felt stuck, lost, or wondered if this is all there is, then you are in the right place, and you are not alone. You are about to take a break from looking outside of yourself and purposefully look within yourself. This will create a positive shift in your life. Possibly, the one you have been looking for.

This section goes deeper than the other ones. You will want to use what you have learned so far to help you during these exercises. Perhaps hold a crystal during the meditation or do a breathing exercise at the beginning of a lesson. Be patient with yourself and allow yourself to answer everything honestly - this will lead to a more powerful shift.

Lessons:

- Check In
- Have Fun & Draw In
- More or Less
- Letter to Younger Self
- Thoughts Become Things
- I AM Meditation
- Dream Big

