

# THERAPEUTIC LIFE HEALING COURSE CHECKLIST

- ☐ Write down Teachable Log-in
- ☐ Have water nearby
- ☐ Keep healthy snacks near
- ☐ Introduction
- ☐ The Framework
- ☐ Disclaimer
- ☐ Warm up Journal Prompts
- ☐ Week 1: Inner Child Work
- ☐ Week 1: Write your memories
- ☐ Week 1: Letter to younger self
- ☐ Week 1: Reparenting yourself
- ☐ Week 1: Spiritual Connection
- ☐ Week 2: The brain + fear
- ☐ Week 2: Interventions for fear
- ☐ Week 2: Guided meditation
- ☐ Week 2: Shake it out like a zebra
- ☐ Week 3: Roadmap unlock gifts
- ☐ Week 3: Accountability
- ☐ Week 3: Letter future self
- ☐ Week 3: Share your story
- ☐ Week 3: A.C.T. - Action
- ☐ Week 3: Your why
- ☐ Week 3: Circle of Influence
- ☐ Week 3: 90 Day Action Plan
- ☐ \*END! Bonus journal prompts

NOTES