



Live Zoom Coaching ~ Session 1 Notes

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The 5 R _____ of my Coaching...

1. I will _____
2. I will _____
3. I will _____
4. I will _____
5. M_____ D_____

SETTING INTENTIONS

Many people fail to achieve their goals or improve their lives because they forget the

W_____

❖ B_____ W_____ T_____ E_____ I_ M_____

❖ *I would like to feel more* _____ *to...* _____

LETTING GO

P_____

F_____

P_____

"If you want to fly, give up everything that weighs you down"

CLEARING PROCESS

✓ "I _____"

✓ "I _____"

✓ "I _____"

"Am I in the F _____ or R _____ this M _____?"

THE MIND IS EVERYTHING

- _____

+ _____

Mental Blockages - RATs

R _____

A _____

T _____

My biggest RATs: _____

I now feel: _____

GRATITUDE

❖ FAMILY: _____

❖ CAREER: _____

❖ BELONGINGS: _____

❖ SELF: _____
