



Live Zoom Coaching ~ Session 6 Notes



Week 05 Action and Application Chat

Recap...

- 5 Rules
- My 'WHY'

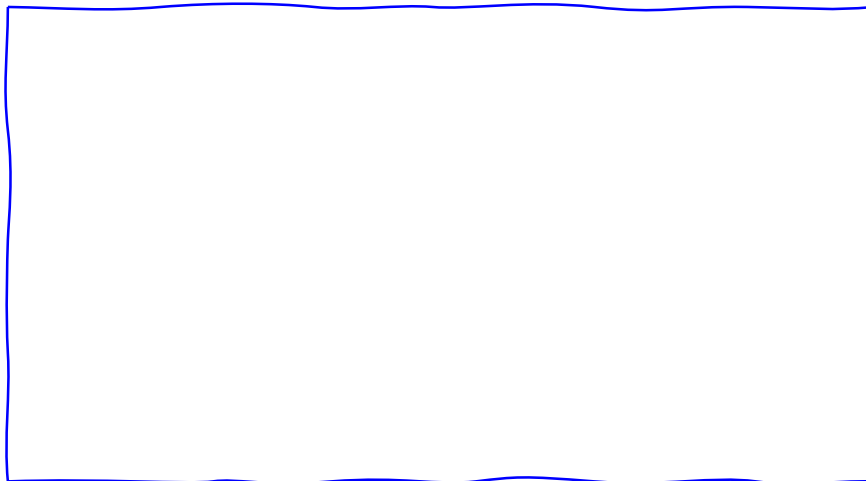
CLEARING PROCESS

PROGRESS

Looking back to appreciate progress...

What positive changes have I noticed over the last few weeks? _____

RESILIENCE



“Good Timber Does Not Grow with Ease
the Stronger the Wind the Stronger the Trees!”

N _____

In the midst of it, P _____ can feel P _____

It's easy to catastrophise, stuck in the disaster movie effect of life, thinking the worst and doom descends.

F.E.A.R

F _____

E _____

A _____

R _____

Our mind plays tricks on us, developing false or distorted pictures that cannot make the distinction if it's actual or imagined.

Our body reacts to the thoughts/fear, which create the feelings and belief it must be real!

It's important to gain P _____ S _____ S _____

MIND YOUR LANGUAGE

A _____

S _____

E _____

S _____

E _____

S _____

N _____

S _____

FIND THE GAP

WHAT MAKES M _____ ?

Problem: _____

➤ Is it real or false? _____

➤ Is it bigger or smaller than I think? _____

- What language am I using that maybe contributing to the problem? _____

- Is it permanent or temporary? _____
- If permanent, what must I accept/change? _____

- If temporary, what can I do within my control? _____

STRETCH GOAL: _____

- ❖ F.E.A.R _____
- ❖ Procrastination _____
- ❖ Challenging beliefs _____
- ❖ Mindset _____
- ❖ Letting Go _____
 - Commitment to doing it anyway! _____
