



Live Zoom Coaching ~ Session 3 Notes

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For the start of this session, you'll need:

- *A hot drink of your choice*

Week 02 Action and Application Chat

Recap...

- 5 Rules
- My 'WHY'

SELF BELIEF

When we (or others) negatively label ourselves or ability, we become the victim of our own (or their) negative branding.

It's the beginnings of a destructive and negative spiral and we stay stuck... shackled to a distorted reality we carry with us.

➤ **Negative Label 1:** _____

○ Self/Others: _____

5 Power Questions to ask...

1. Is it true? _____

2. With absolute certainty is it true? _____

3. How do I feel when I believe this label? _____

4. I do I feel if I couldn't have this label? _____

5. My positive statement _____

➤ **Negative Label 2:** _____

○ Self/Others: _____

5 Power Questions to ask...

1. Is it true? _____
2. With absolute certainty is it true? _____
3. How do I feel when I believe this label? _____
4. I do I feel if I couldn't have this label? _____
5. My positive statement _____

MISTAKES & FK UPS!**

- ❖ A _____
- ❖ L _____ G _____
- ❖ B ___ O ___ W _____ I ___
- ❖ L _____ F _____ I _____
- ❖ What can I I _____ from this mistake? _____

Turn the 'I Should' into 'I Want to...'

- I Should _____
- ✓ I Want to _____
because _____
