

Worksheet - Part 2

How this Works. Write down everything that comes up in your mind on the topic, situation or thing you would like to be coached on. Past or present, does not matter.

Topic:	
Describe your Thoughts:	



Worksheet

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Describe your Feelings:	



Worksheet

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Describe what you believe of yourself in that moment:
M/bet de veu believe of the world.
What do you believe of the world:



Worksheet

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Describe the Results:	



Worksheet - Part 3

How this Works. Write down:

B:	
F:	
T:	
S:	
A:	



What's next!

I'm hosting an online training with an exclusive 1:1 Coaching Experience to transform your total Life in Love, Life and Success in 3 - 6 months!

We're going to cover:

- The strategy how to identify your blockers and stressors to live the life you want
- The secrets of how to resolve your (inner) conflicts and thereby activate your inner true potentials
 - The insider knowledge how to authentically and truly lead in relations concept of leadership and unconditional love

In the self-management concept your understand what is all possible and how to really achieve your visions

The enabling toolbox you will change everything for you; your Love Life, your Life and your Success Life

Get your live bonis on 1:1 Coachings