

SELF-IMPROVEMENT WORKBOOK

TOP 8 STRATEGIES TO *GET MORE* FROM YOUR LIFE



Is it ...
Half empty
or
Half *full*?

Presented By:

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INTRODUCTION

Have you created the life you intended? Or are you stuck in a rut of living a far cry from what you planned? It's so easy to get just a little bit off-track each year.

After a decade passes, you can be so far off-course that you don't have any idea how to get back. Even worse, you might not even be sure what you really want anymore.

This short workbook provides stimulus questions for 8 excellent strategies to help you get more out of your life. All of the strategies are very simple; some are even quite easy. It is a companion to the book, "Self-Improvement: Top 8 Strategies to Get MORE from Your Life".

You'll discover your own – personalized -- answers to how to find your passion, simplify your life, set goals, get back in shape, and be happier and more positive in your life. You will create a guide for what WORKS FOR YOU to improve your life.

Applying your personalized strategies consistently results in a more fulfilling life that you'll be happy and proud to call your own!



Answering the following questions will help you along the path to implementing the 8 strategies into your life.

1. What am I passionate about? If I could have any career, what would it be? What gets me really excited?

2. What things could I eliminate from my life? What things do I own and what activities do I take part in that are getting in the way of me being able to focus on the things that are most important?

**3. What are the negative things that I say to myself each day?
What are positive things I could use in their place?**

**4. Do I tend to be pessimistic? How would my life improve if I
had a more positive outlook?**

7. What are my primary goals? What goal could I set that would make the greatest positive impact on my life?

8. What are some simple, but meaningful, changes that I could make to my current diet and exercise program?

RECOMMENDED RESOURCES:

[The Life Coach Dr.](#)

[The Hypnosis Dr.](#)

[Health & Healing Blog](#)



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