



Life Coaching SUCCESS:

Personalized Coaching Blueprint

Your Unique, Individualized Roadmap for Your
Journey to Life Coaching SUCCESS

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Session II:

11. What has prevented you in the past from making the changes you want in your life?:

12. What will you do differently this time so as not to make the same mistake(s) again?:

13. List several Affirmations that apply to the outcomes you desire to enjoy:

- a.
- b.
- e.
- f.
- g.
- h.
- i.

Would you like to Boost your Progress 300% faster?

=> Listen DAILY to Hypnosis Audio

To further Rocket you to Success do so, read the following resource materials **and** take notes of the information that is most applicable to you. By taking notes, you personalize the facts and clarify their application to you:

1. Changing Negative Thoughts to Positive
2. Exercise: Affirmations
3. Exercise: Relaxation Breathing