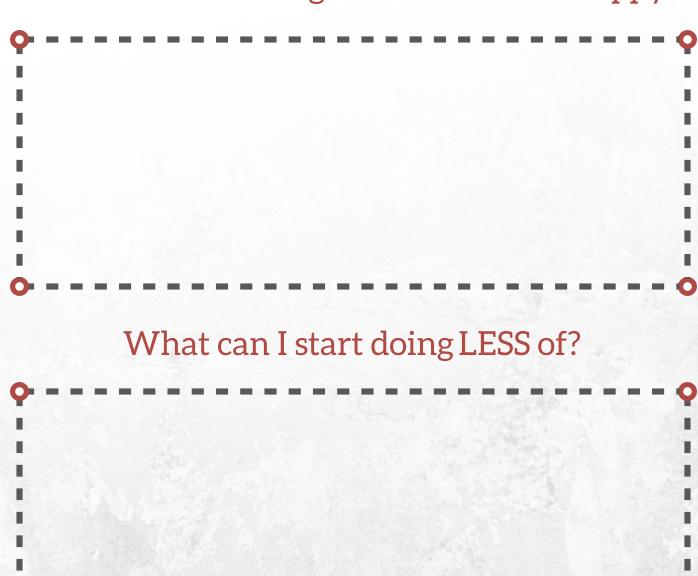




A Personal Coaching Workbook to Help you Redefine Your Life and Seek Happiness



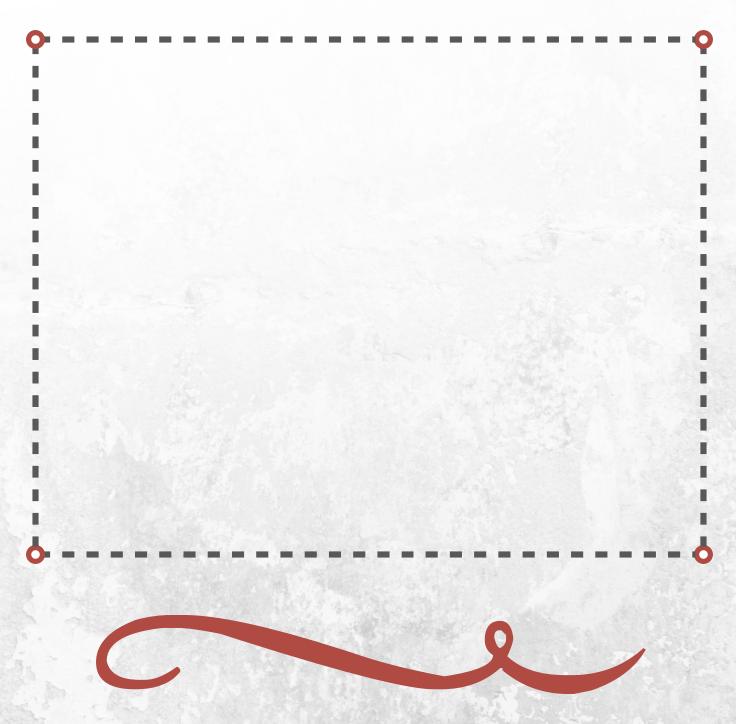
What can I start doing MORE of to feel happy?





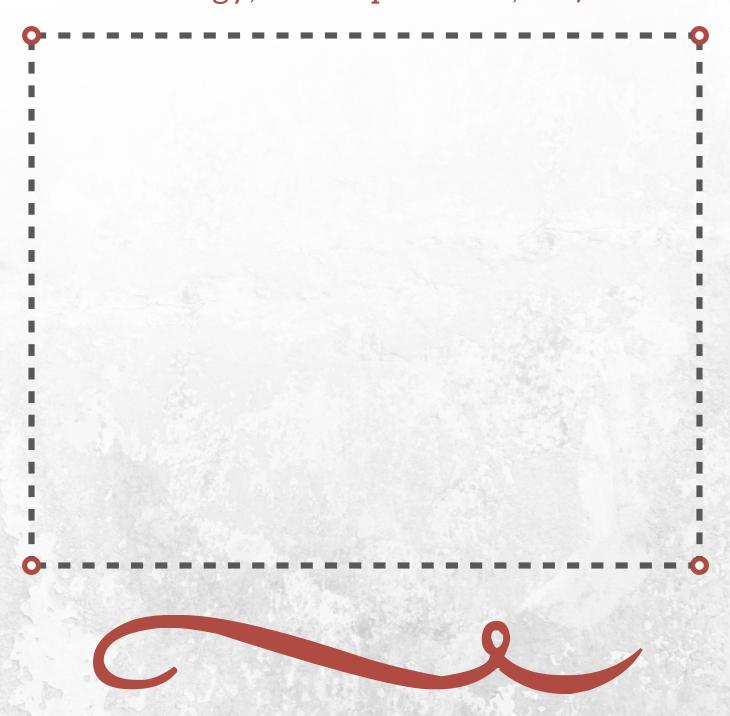


How would my life be different in 3 months, if I stuck to my goal? Be very specific, paint the picture below:





What excuses am I making that are keeping me from reaching my goal? (Time, Money, Energy, Past Experiences, etc.)



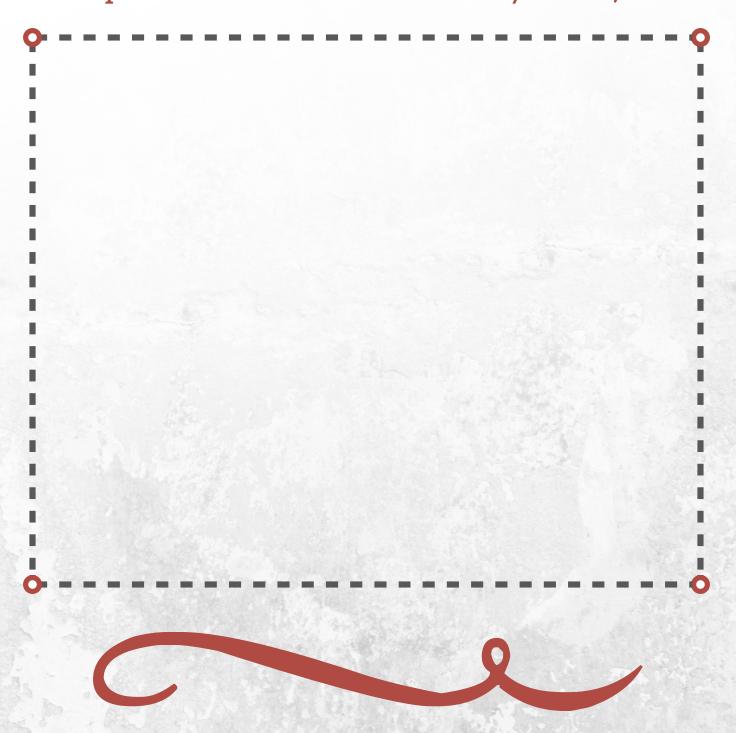
# Day 4

I know that when I want something bad enough, I will make it happen. What is one reason that each excuse is BS? (Write one for each individual excuse)



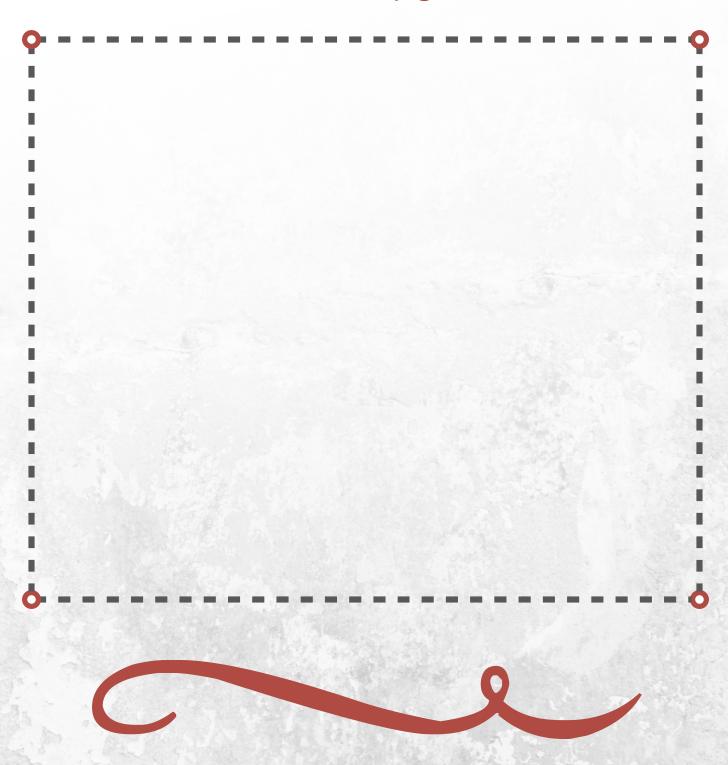


What are 20 ways I could possibly achieve the goal I wrote above? (Brainstorm ALL possibilities...even the "crazy" ones)





What is one small step I can take THIS week to reach my goal?





What do I feel passionate or excited about?

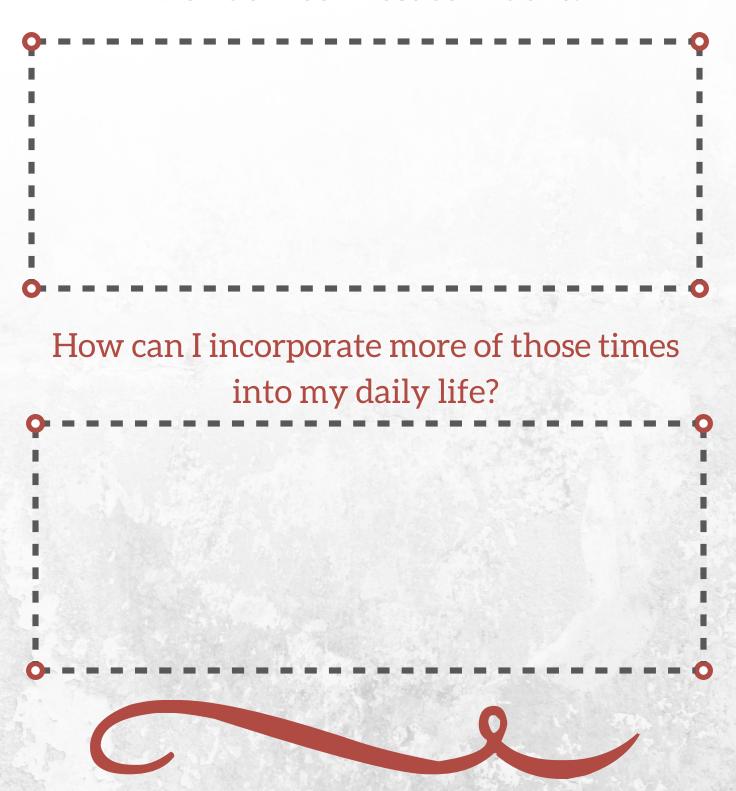


What can I do to nurture these passions weekly?





#### When do I feel most confident?





Who are the people in my life that will support me in reaching my goals and dreams?





### What relationships am I struggling with?



#### What can I do to overcome these struggles?





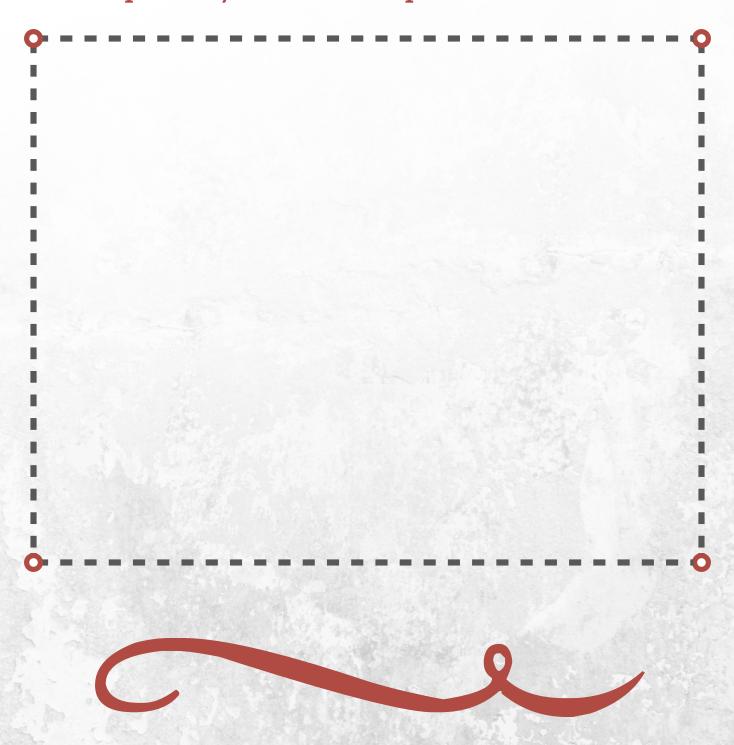


Who is one person that I need to forgive?





What could I START doing or STOP doing, to deepen my relationships with loved ones?



## Day 13

What stands in the way of my happiness and me?

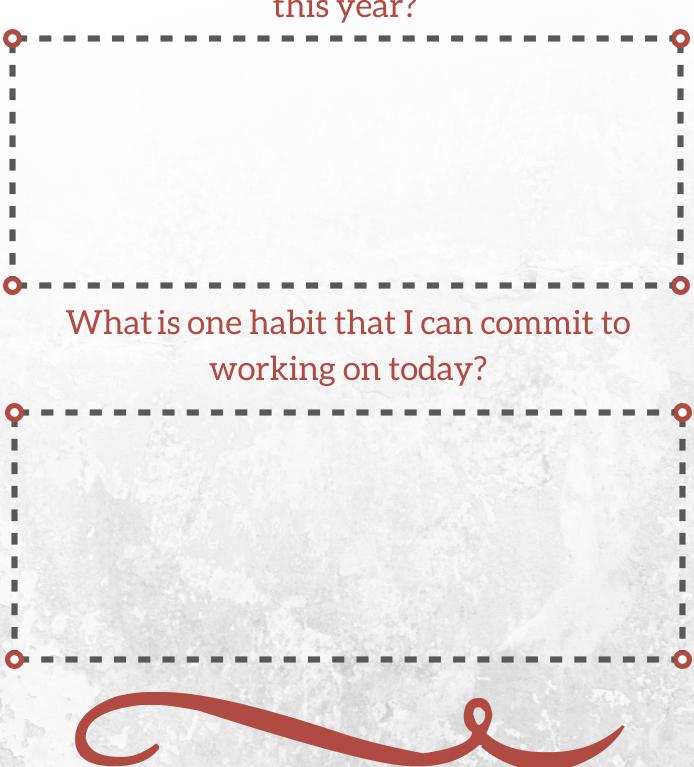


What can I do today to begin bridging that gap?





What habits do I need to eliminate or start for the purpose of increasing my happiness this year?





What progress have I made over the past 14 days?



How will I make sure to keep moving forward?



### You Made it!

If you've put time into and completed these exercises, then you're on the right path!

There is a lot more work to do, but once you start to see that there are steps that YOU can take that will give you more control in your life AND when you actually TAKE those steps and see EVIDENCE of CHANGE, you will know that you are capable of so much more...

For more work on getting "unstuck" and creating your FIERCE life, click here to check out my 12 Week Stepping Stones Program!

Keep moving forward...keep telling yourself you can. It's okay to invest in and take time for yourself. You are worth it.



Love, Erin