



Activate Your Life Coaching

Activate Your Life 2024



THE THREE R'S

If you and I were sitting down having coffee for an in-person coaching session, I would walk you through a very simple process. It's the same process I've used for women of all ages to help them make progress and get to where they want to be in different areas of their lives.

There are three simple steps:

REFLECT ON YOUR PAST. To understand where you are today, you have to understand how you got here. This first step is essential to identifying deep rooted beliefs and values that shape who you are. This stage is also important for identifying patterns—good or bad—that reflect how you live your life. This helps you understand yourself more thoroughly so you can grow from where you've been in the past.

REALIZE THE SEASON YOU'RE IN. Many people set goals and resolutions without taking their season of life into account. You might have some amazing ideas for goals, but they might not be right for you right now. Identifying the season of life that you're in and the opportunities and limitations that come with that will help you make the most of it. For example, having a clean house might be something that is important to you, but if you have several young children, that goal might be more difficult in this season of life. You might have some big business goals, but if you're dealing with a health scare right now, you might need to shift your priorities for this season. When you identify the season of life that you're in, you can make better decisions about what's right for you right now. To understand where you are today, you have to understand how you got there. When you identify the season of life that you're in, you can make better decisions about what's right for you right now.

REACH FOR WHAT YOU WANT. Once you've reflected on your past and recognized the season you're in, it's time to dream. What do you want? Where do you want to be in the next three months to six months? Where do you want to be in the next season of life? Dreaming and casting a vision for the future helps you know what goals and tasks to focus on today to get you there. You can be present in your current season while preparing for the next one.

PROFESSIONAL

Imagine what success would look like in your professional life. What are you doing? Who are you helping? What are you changing? Do you own your own business? Are you growing in your current position? What kind of impact is happening in people's lives as a result of your hard work? These questions will help you visualize your ideal business or your growth in your current position. They will motivate you to create your desired professional growth.

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FINANCES

Imagine what success would look like concerning your finances. How much money are you earning/spending/saving per year? Does money or the lack thereof dictate your comings and goings? These questions will help you visualize your ideal financial situation and get you started setting goals and taking action to get you there.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

HEALTH & WELLNESS

Imagine the ideal state of your physical and mental health. What does that look like? Do you want to lose weight and get fit? Are you taking time to ensure your mental state is healthy? Are you in touch with your emotions? These questions will help you visualize and achieve your health and wellness goals.

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RELATIONSHIPS

Imagine your ideal relationships with your spouse, family and friends. Are you walking in forgiveness? Are you spending quality time with your spouse, children, extended family and others? If you are single, close your eyes and imagine what kind of spouse you want to attract into your life? These questions will help you visualize your ideal relationships.

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PERSONAL GROWTH

Imagine your ideal level of self-awareness, educational attainment, and ongoing learning. Do you like the person you see in the mirror? Are you taking time to get to know you and celebrate you? Do you want to complete additional learning through attending classes, reading more books, attending conferences, etc.? How do you want to show up? These questions will help you identify who you must be to obtain and appreciate who you are and the life you create.

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SPIRITUAL GROWTH

Imagine your ideal faith filled life. How do you most want to express your faith in 2024? This question will help you clarify your spiritual growth goals and incorporate them into your life.

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***Using the information written above pull out your journal and answer the question..."what do I want my life to look like on March 31, 2024?"**