



Expert
on
Your
Life

Empowerment Coaching

Empowered Me

checklist

- Clarify your current situation and how you feel about yourself.** Identify your needs and check your overall level of self-empowerment and life-satisfaction.
- Be consistent in safeguarding your mental and physical wellbeing.** Start eating healthy, exercising, practising mindfulness, doing creative activities, etc.
- Enjoy daily empowering rituals:** journaling, self-affirmations, reading, listening to inspirational talks, motivational music, etc.
- Identify and dismiss disempowering thoughts and behaviours:** negative self-talk, regrets, fears, co-dependency patterns, etc.
- Control your finances.** Monitor your spending habits and, if they just cover emotional needs, quit them.

- Create an action list.** Engage in growth goals that reflect your own strengths and values.
- Never stop learning; knowledge is power.** Take an online course, read eBooks, listen to podcasts, obtain a qualification.
- Build a support network.** Cultivate a circle of people you can trust (family, friends, colleagues, neighbours) and join communities.
- Set and uphold healthy, firm boundaries.** Protect yourself from toxic people, situations, and environments.
- Hire an empowerment coach.** Empowerment coaching will help you discover your inner strengths and apply the principle of resilience to a life defined on your own terms.

Delivered to you by:



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Contact:

lifecoach@experonyourlife.com

+372 618 8219

experonyourlife.com