



Mama Bear Domain

#EmpoweringMyLife

Be Your Own Life Coach

-Quick Guide to Empower Your Life-

BY KELLY HATER



Mama Bear Domain

To Our Valued Customers,

With this program your life will change. Your outlook will change. Your dreams will become reality. And all of this is doable from within.

Holding yourself accountable with your potential. Repeat after me "empowering my life"... say it again. "Empowering my life." This time out loud----"EMPOWERING MY LIFE". There you go.

First and foremost: your goals need to line up with your willingness or behaviors.

You can be your own life coach with this program.

Identify areas for improvement.

Identify which areas to target with in the wellness dimensions: Intellectual, social, spiritual, occupational, financial, physical, emotional/mental, and environmental using the wheel of life.

Then continue to grow with the Sphere of Influence. This tool will help you realize what you have control over and it isn't much. It is how you respond to situations not in your control.

Next comes the journal guideline: a tool used to help you successfully understand yourself. You can organize your thoughts with no judgement.

Your life is only as good as your worst, most unbalanced dimension. Keep them all balanced, try not to have a dominant area. Then you will be moving into the action brainstorming worksheet. To help you realize what you need to do more , less, stop doing, start, and keep doing in your life.

Finally there is the Understanding your Goals worksheet: this will help you realize what you want from your goals and what you need to do.

Goals should be positive vs avoidance. You want to move towards something. Avoid negatives. Calm vs stressed when setting goals. Goals need to be approachable.

What is important to you? Who do I want to become?

These worksheets keeps you focused on what you want out of life.

Once you reach your goals you re-evaluate them as needed for your empowered life.

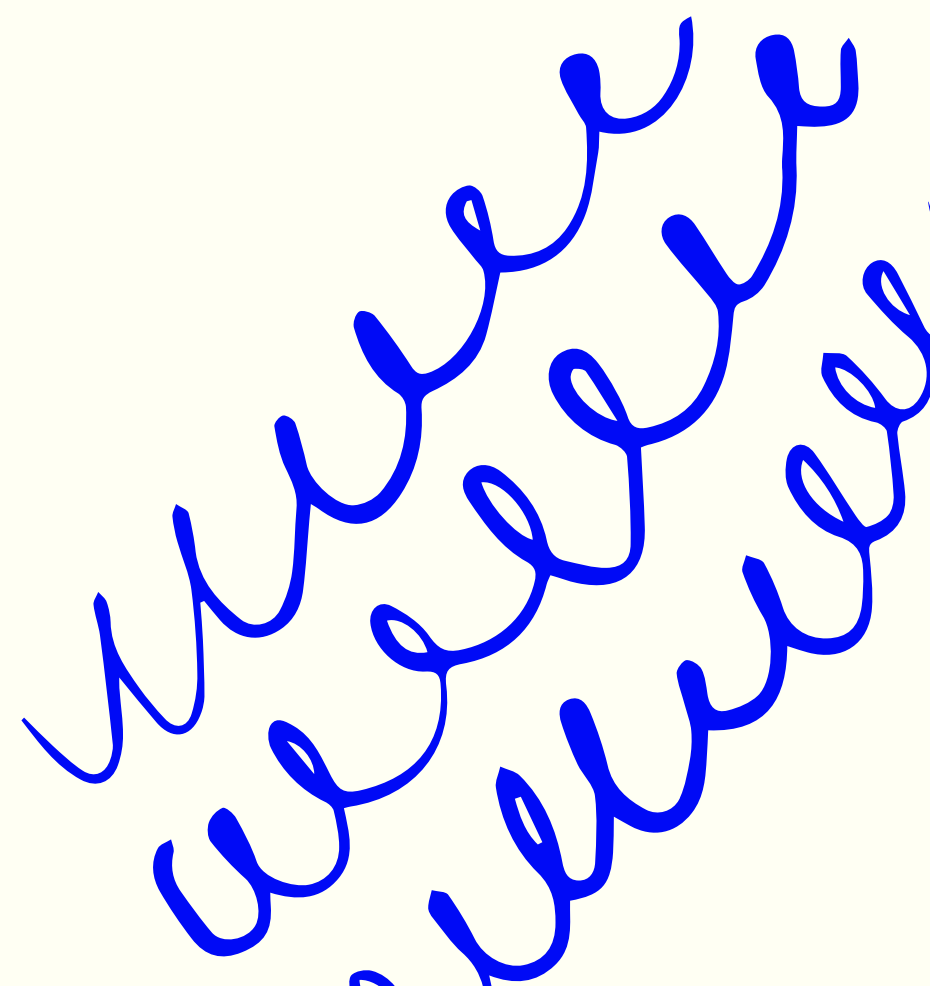
Respectfully yours,

Kelly Hater

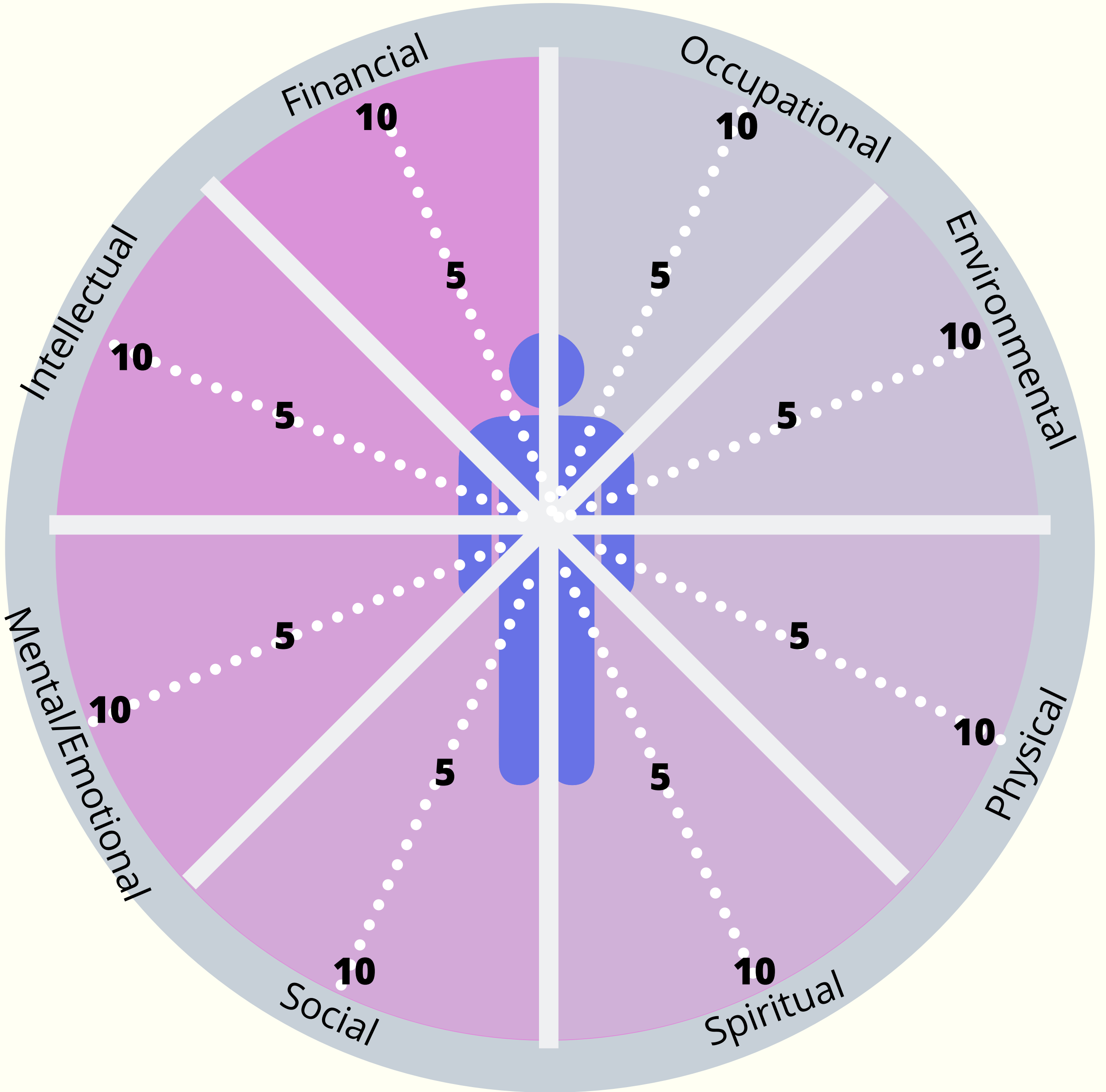
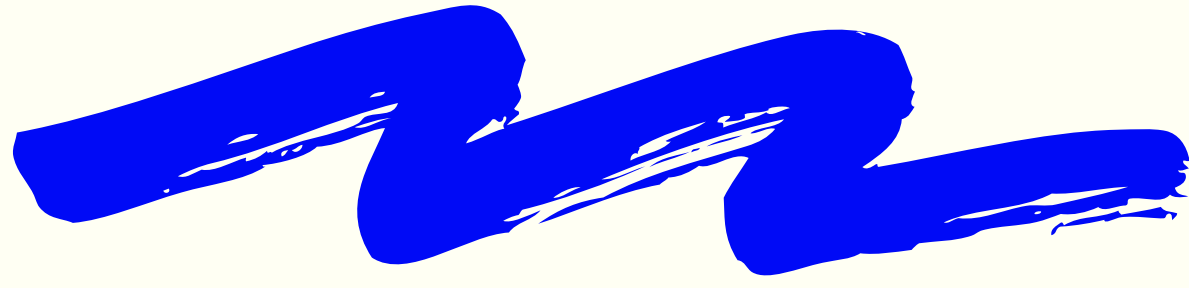
Number: (740) 503-2690

Email: mamabeardomain@gmail.com

Website: www.mamabeardomain.com



Wheel of Life



Sphere of Influence & Understanding

Can't
Control

Influence

Control
(You)



Journal Guidance

Journaling is a great tool that is used by life coaches to help clients reflect over their life and brainstorm new goals.

J- Judgement-free

This is a safe and personal space to open your heart and mind. Feel free to express what you are feeling and thinking.

O- Observation

Observe what has happened and think about how to interpret the situation.

U- Understanding

How we perceive something that happened to us is more important than what happened.

R- Revelation

Journaling helps us get in touch with our dreams, desires, goals, and our purpose in life.

N- Needs Assessment

Writing down issues, goals, feelings: puts them in perspective. Keeping them to yourself can lead to an unbalanced well-being.

A- Awareness

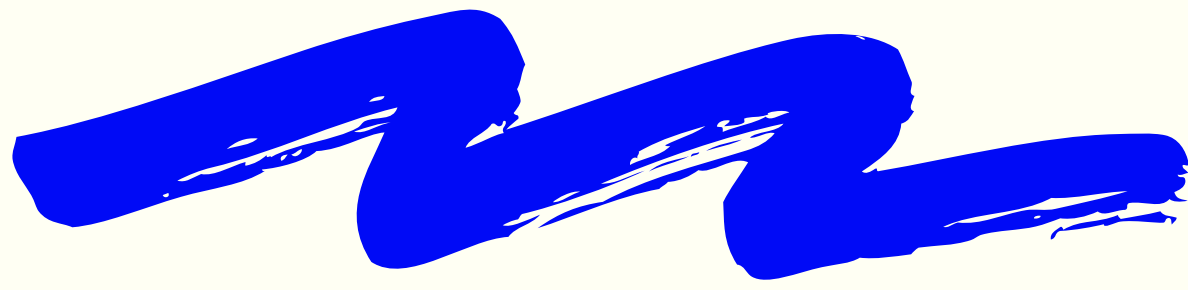
Keeping a perspective on the areas that need to be change. Plus the areas that you need to be grateful and thankful for in your life.

L- Life

Looking at all areas of your life when journally is a great tool to become more balanced and de-stress in your overall wellness.



GROW



Goals

Reality

Options

Will





ACTION BRAINSTORMING WORKSHEET

Write down actions and/or behaviors that you could stop doing, do less, keep doing, do more, and/or start doing.

STOP DOING:

DO LESS:

KEEP DOING:

DO MORE:

START DOING:



Understanding your Goals

WRITE DOWN YOUR TOP 3 GOALS. THEN ANSWER THE FOLLOWING QUESTIONS. THIS WILL HELP YOU FIGURE OUT IF YOUR GOALS ARE WORTH YOUR TIME AND EFFORT, WHILE SEEING HOW IMPORTANT THEY ARE TO YOU. PLUS SEEING WHAT YOU REALLY WANT TO GAIN FROM YOUR GOAL.

GOAL 1

GOAL 2

GOAL 3

WHY DO YOU WANT THIS GOAL? WHAT DOES IT GIVE YOU?

WHY DO YOU WANT THIS GOAL? WHAT DOES IT GIVE YOU?

WHY DO YOU WANT THIS GOAL? WHAT DOES IT GIVE YOU?

WHY DO YOU WANT THAT? WHAT DOES THAT GIVE YOU?

WHY DO YOU WANT THAT? WHAT DOES THAT GIVE YOU?

WHY DO YOU WANT THAT? WHAT DOES THAT GIVE YOU?

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WHY DO YOU WANT THAT? WHAT DOES THAT GIVE YOU?

WHY DO YOU WANT THAT? WHAT DOES THAT GIVE YOU?

WHY DO YOU WANT THAT? WHAT DOES THAT GIVE YOU?

WHAT WILL THIS GOAL HELP YOU FEEL?

WHAT WILL THIS GOAL HELP YOU FEEL?

WHAT WILL THIS GOAL HELP YOU FEEL?

