

SELF-EMPOWERMENT

W O R K B O O K

Step by step Guide To Becoming self-Empowered and Start living your ideal life filled with love, joy and happiness.

TM COACHING AND WELLNESS



TM Coaching and Wellness
by Jitendra K. Mahapatra

G.R.O.W

DEVELOPED BY SIR JOHN WHITMORE

G- Goals

R- Reality

O- Options

W- Way Forward



TM Coaching and Wellness
by John Whitmore

EXERCISE



Goals

- Describe your situation in one sentence.
- How would you like it to be & why is it important to you?
- Write the specific outcome you want to achieve as a result of this session.



Reality

- What is missing and what are you tolerating right now?
- What are your beliefs about achieving this outcome?
- Who's on your team to help you achieve this outcome?



Options

- What could you do about this situation? Brainstorm ideas, plan, strategy.
- If you "knew" what to do next what would it be?
- What could you do if you were without fear?



Way Forward

- What else do you need to consider?
- What obstacles are in your way? what are you going to do about that? by when?
- What will you do when you achieved your goal?



TM Coaching and Wellness
by Julia M. Madsen

GOALS

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How would you like it to be & why is it important to you?

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NOTES:



REALITY

What is missing and what are you tolerating right now?

What are your beliefs about achieving this outcome?

Who's on your team to help you achieve this outcome?

NOTES:



OPTIONS

What could you do about this situation? Brainstorm ideas, plan, strategy.

If you "knew" what to do next what would it be?

What could you do if you were without fear?

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WAY FORWARD

What else do you need to consider?

What obstacles are in your way? what are you going to do about that? by when?

What will you do when you achieved your goal?

NOTES:



NOTES

A large, empty rectangular area intended for taking notes, set against a light gray background.



PLANNER

Use the planner below to write down your tasks and add the date to complete.

TASK

DATE



READY TO CONNECT
TO YOUR AUTHENTIC
SELF?

BOOK YOUR FREE DISCOVERY
CALL BELOW



T-M Coaching and Wellness
by Felicia M. Mubarek