

COACH YOURSELF!

FIND CLARITY AND TAP INTO CREATIVITY
TO MOVE FORWARD WITH YOUR DREAMS





Hi, I'm Angela!

I'm a Business and Lifestyle Coach, Registered Nutritionist and Certified Meditation Teacher. I've had a colourful and eclectic career history and in truth, it would take way too much time to share the whole story today.

But one thing I can promise you is that I know what it feels like to feel afraid to commit to just one thing, unclear on what's next and to feel like there is something wrong with me because I have a wide span of passions and I'm always excited to try and learn new things!

I'm an avid reader of self-help and business books and almost all of them give the same sound and simple advice to pick one thing, stick to it and you will find success.

Which is great if you know what your 'one thing' is! But what about those that love *all the things* or have chosen the wrong things in the past and have zero idea what our one right thing is?

I've been there and I know I'll be there again. If you are a natural born entrepreneur growing and learning are exciting to you! Also 'just one thing' feels too conventional and almost like a trap. Am I right?

Today I'm sharing with you the exact system I've been using since my early 20's to get clear on what is next for me.

This can work for 'next projects' within your already running business such as taking a new focus on writing an e-book, teaching an online course or creating a new product line.

This also works for getting clear about your purpose in life, your main passion and why you are here. But I want to add in, don't put so much pressure on this! In my experience, only when you are ready will that answer appear.

Whether you are ready to get clear and power forward on your purpose, or you feel overwhelmed with the hundreds of ideas floating around in your head and you don't know what to focus on next: please know you are in the perfect place on your journey.

The Universe guided you to this e-book for a reason.

I know these tools will help you as much as they have helped me gain clarity and create dozens of programs, businesses, opportunities, events and projects.

There is something so fulfilling about the journey of getting clear and creating! Some are beautiful successes and others are learning lessons but I promise you - no energy is every wasted.

Time to Coach Yourself!



Let me explain what I mean by that a little further.

Recently, I was listening to a *Super Soul Sunday* podcast. It was Paulo Coelho, the author of *The Alchemist*, being interviewed by Oprah. When Oprah asked him

“Well what about all those people out there that are listening to the podcast saying ‘but I don’t know what my purpose is!’, what about them how do they follow your advice?”

Paulo went quite for a moment and then said:

“They do know. They just might not be ready to admit it to themselves”

BAM!

If that was ever an Oprah 'aha moment' wake-up call moment for me personally, this was it!

Instantly rushing over me was a knowing that I’ve always known. Exactly what I want my career and life to look like. There was a voice that came over me and into my head that said

“ Get clear and it will all be yours.”

In truth, I had been living very unclear up until that point. Trying on what felt good and leaving what did not. I also think it was a period of growth, refining, healing and learning for me. An important stage for us all.

Personally, I think the stages we are meant to focus on show up when we take the time to get clear and listen. It's always evolving, because so are we!

SEVEN MINUTES IN HEAVEN



YOU'LL NEED:

- PEN
- NOTEBOOK
- TIMER SET TO 7 MINS

(I know, I know. Get your head out of the high school gutter! ha.)

I remember coming up with this name with my girlfriends when we were goal setting in our early 20's. Honestly, I tried to think of something better when I was writing this e-book. But nothing seemed as good, aligned, or made me smile as much as calling step one: **SEVEN MINUTES IN HEAVEN.**

HERE'S WHAT YOU DO:

1. Take out your pen and notepad or print the worksheet on the next page.
2. Set 7 minutes on the timer.
3. DO NOT HOLD BACK! Write out everything you've ever wanted to accomplish or do in your life. The sky is the limit. The more you write down, the more you manifest!
4. Feeling stuck? Look at the keywords at the top of the worksheet (Page 6) to prompt you.

WORK SHEET

SEVEN MINUTES IN HEAVEN

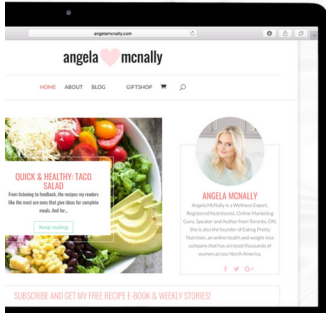
FEELING STUCK? USE THESE PROMPTING CATEGORIES

LOVE FAMILY CAREER TRAVEL CREATIVITY LEARNING RELATIONSHIPS
ADVENTURE MONEY HOME CARS AMAZING EXPERIENCES HEALTH
FINANCIAL CONTRIBUTION ENTERTAINMENT HOBBY INFLUENCE LEGACY

PUT SEVEN MINUTES ON THE CLOCK, AND GO!

STEP 2

THE A-LIST



YOU'LL NEED:

- PEN
- NOTEBOOK
- YOUR SEVEN MINUTES IN HEAVEN LIST

Let's set some priorities! What's making it on your A-List?

Now it's time to review and figure out what's most important to you. Let's get clear on what your heart wants!

HERE'S WHAT YOU DO:

1. Go through the list and label each item A, B or C.

A - being that when you think about being or achieving this it lights you up and you are ready to accomplish this NOW!

B - Something that lights you up but other things take priority before getting to this.

C - Anything that doesn't ignite you or give you a 'one day' or 'down the line' type feeling.

2. Now you have your A-List! Write a list out of anything you marked an **A** beside separately below. These are what we need to focus on for you!

MY A-LIST DREAMS & GOALS ARE:

WHAT'S THE A-LIST TELLING YOU?



YOU'LL NEED:

- PEN
- NOTEBOOK
- YOUR A-LIST

I'm guessing that these A-List items have some type of theme or aligned direction. That they are all related to a certain life path or dream?

Or maybe it's all over the place and you are really in a stage in life where you need to clean up a lot of loose ends in order to realize your passion.

No shame either way! Let's just examine what the list is telling you and to get clear on next steps.

HERE'S WHAT YOU DO:

1. Write down below and reflect: What is your list telling you? Are all steps directed towards one big dream (ie launching a blog, online course, website or new business?) Or is it more so a lifestyle up-levelling? More diverse goals - but equally as important in your growing on your journey.

Note: Use this list as a clear indication of what your focus needs to be right now. It could be glaringly obvious and your passions could be screaming 'get started'. At other times when I've done this exercise I've realized I have a lot of cleaning up in my life to do in order to feel more clear (ie, take a course, change jobs, move homes, etc.)

OF COURSE YOU NEED MORE THAN ONE PAGE! KEEP GOING....

MY A-LIST IS TELLING ME TO FOCUS ON:

NOTE: Get specific! ie; Launch my career as a nutritionist. Put up a website and a blog. OR settle debts, get a new job, find a new home, end toxic relationship. Wherever you are - let's just get clear on what needs to happen!

STEP 4

BREAK IT DOWN & PLAN IT - WITH DEADLINES!



YOU'LL NEED:

- GOOGLE CALENDAR (OR WHATEVER YOU USE TO SCHEDULE)
- YOUR CLAIRITY FINDINGS FROM PAGE 11

Goals are just dreams unless you have an action plan!

This is typically the most daunting part for most of my clients, and why working together is so beneficial for them.

It's so easy to get caught up in day-to-day life, list all of the obstacles in your way of achieving your goals or just being lazy!

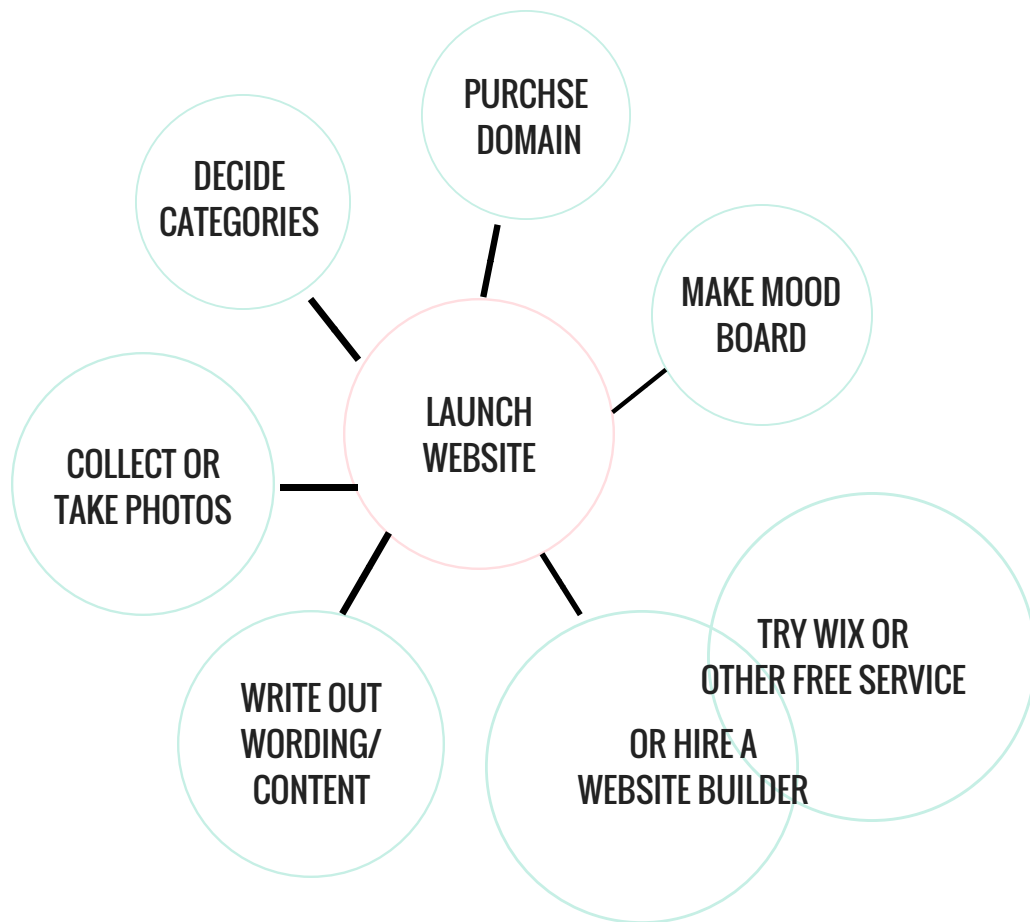
Breaking goals down into manageable steps and then setting goal dates to have them done is what separates the dreamer from the do-er. Sounds so simple but it's the #1 issue among my clients!

HERE'S WHAT YOU DO:

1. Take your specific action steps from your last exercise and break them down even further. For example: If you need to build a website to sell your products, first you need to look into free website builders, or hire someone. You'll also need to buy the domain. Next you need to write out the sections and wording for the website, then you need photos, etc.
2. Take each broken down step and put them in your calendar as a deadline (and soon!) Don't loaf! Get a quick but realistic date in your calendar for EACH step towards your goals.

BREAK IT DOWN!

Having trouble breaking down specific steps? Use a graph like this to think of everything you'll need to do to achieve your goal. Duplicate this graph for yourself on the back of this page and then set deadlines in your calendar.



CALENDAR DATES:

LAUNCH WEBSITE - COMPLETED 2 MONTHS FROM TODAY

BUY DOMAIN - COMPLETED IN 2 DAYS

MOOD BOARD - COMPLETED IN 2 DAYS

FREE WEB BUILDER OR HIRE? - RESEARCH AND DECIDE COMPLETE IN 1 WEEK

HIRE PHOTOGRAPHER & TAKE PHOTOS - COMPLETED IN 3 WEEKS

MAP OUT WEBSITE CATEGORIES & CONTENT - COMPLETE IN 2 WEEKS

ADD THESE TO YOUR GOOGLE CALENDAR!

STEP 5

STAY COMMITTED & SEEK HELP IF NEEDED!

YOU'VE TOTALLY GOT THIS!

Remember anyone who achieved anything great didn't just think about it and it appeared. It takes getting clear and creative in your approach!

Most of all, in working with my coaching clients I've learned it takes a clear plan and accountability.

If you are having trouble getting clear and keeping on track - I'd love to work with you!

TO BOOK & GET MORE INFO, FILL OUT THE FORM. [CLICK HERE.](#)

Whether you have a need for a coach or not - I know these exercises will get you on a straight path towards your dreams!

Just know if you can dream it up, you can achieve it. Our minds only hold space for what we are capable of.

