

HEAL. EMBRACE. LIVE.



ROSIE BALKO COACHING



Are you ready to start living the life you've been craving?

If you're reading this, you've already taken the first step. The first step to reaching for your goals and making them a reality. The first step to taking action towards what you want and deserve. The first step to break away from the forces that hold you back so you can fully embrace who you are, flourish in ways you've only imagined, and wake up every day as your most empowered self.

Are you ready? Let's get started!

First things first, we need to relax. Set a timer for three minutes. Wherever you are, make yourself comfortable and when you're ready, gently close your eyes.

Take a deep breath in and out through your nose.
In and out.

As you breathe in, imagine a bright glowing light travelling through your nose, spreading across your body.

As you breathe out, imagine you're pushing away any tension, any stress from your day.

Breathe in the light. Breathe out the stress.

Keep this image in your head for 3 minutes, focusing on your breath. Your mind may wander, and other thoughts may pop into your head: that's OK. Allow them to pass through; picture them floating away and bring your attention back to your breath.

When your timer goes off, slowly open your eyes.

1. How do you feel in this moment?

3. How do you feel in this moment?

4. Limiting beliefs are ideas we tell ourselves to restrict what we do. Usually built up over time via emotions, memories and learned behaviours, they love to remind us of what we cannot do. These thoughts are wrong! You can achieve everything you desire; it starts with shifting your focus.

To do this, you need to be clear on what you think about yourself. What limiting beliefs do you have?

- 5. Read through your beliefs about yourself. Whatever you feel when you read them is OK. Take the time you need.

In the space below, write out the belief you wrote about yourself but flip it to positive. For example, *“I am not good enough” would become ‘I am MORE than good enough; I am incredible!’*

Each time you write your new positive belief, cross out your limits in number 4!

- 6. How do you feel in this moment?

- 7. Think back to your perfect day. You DESERVE every single bit of it. You deserve your perfect, your bliss and you have everything you need within you to make it happen.

Write down a list of 10 goals you would like to achieve to make your dreams a reality. Give yourself a realistic time limit (i.e. in the next 5 - 10 years).

- To make your goals a reality, you have to believe in yourself. Self-belief can be tricky but hopefully, these steps today have helped.

For your penultimate journal task, please write 5 things you like about yourself. It can be anything you believe is worth celebrating - small or big!

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- Finally, write a letter to your younger self. Tell them about everything you've achieved and everything you've seen. Tell them about all the people you've met, the friendships and laughter, the heartache and resilience. Tell them what you know you needed to hear back then. Lift up their confidence. Remind them of what they can do, what they're capable of and how wonderfully worthy they are.

Well done! Congratulations on completing this booklet. Here's to you taking the first steps to living your best life!

For more info on future workshops and 121 sessions, please visit www.rosiebalkocoaching.com

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Sending you so much light,
Rosie xxx