



# Discover Your Life Purpose Coaching Timeline

<p><b>Session 1</b> Conditioning</p>	<ul style="list-style-type: none"> <li>• childhood conditioning</li> <li>• social influences</li> <li>• personality type</li> </ul>	<p>(your session date here)</p>
<p><b>Session 2</b> Passions &amp; Skills</p>	<ul style="list-style-type: none"> <li>• Personality type assessment results</li> <li>• Talents &amp; Skills</li> <li>• Passions &amp; Interests</li> </ul>	<p>(your session date here)</p>
<p><b>Session 3</b> Belief Systems (BS)</p>	<ul style="list-style-type: none"> <li>• Changing beliefs: Table Leg Method</li> <li>• Choosing empowering beliefs</li> <li>• Eliminate excuses</li> </ul>	<p>(your session date here)</p>
<p><b>Session 4</b> Thoughts &amp; Emotions</p>	<ul style="list-style-type: none"> <li>• Awareness of thoughts</li> <li>• Awareness of emotions</li> <li>• Emotion Identification</li> </ul>	<p>(your session date here)</p>
<p><b>Session 5</b> Self-Talk</p>	<ul style="list-style-type: none"> <li>• Awareness of self-talk</li> <li>• Identify self-talk triggers</li> <li>• Tools for overcoming self-doubt</li> </ul>	<p>(your session date here)</p>
<p><b>Session 6</b> Triggers &amp; Negative Emotions</p>	<ul style="list-style-type: none"> <li>• Overcome negative emotions</li> <li>• Identify emotional triggers</li> <li>• Reframing your thoughts</li> </ul>	<p>(your session date here)</p>
<p><b>Session 7</b> Healthy Communication</p>	<ul style="list-style-type: none"> <li>• Emotional Intelligence (EQ)</li> <li>• Developing Empathy</li> <li>• Developing Rapport</li> </ul>	<p>(your session date here)</p>
<p><b>Session 8</b> Level Up Your Listening</p>	<ul style="list-style-type: none"> <li>• Handling others' emotions</li> <li>• Healthy communication strategies</li> <li>• Level Up Your Listening Skills</li> </ul>	<p>(your session date here)</p>
<p><b>Session 9</b> Identify What You Want</p>	<ul style="list-style-type: none"> <li>• Wheel of Life</li> <li>• Coincidences &amp; life-changing experiences</li> <li>• Pain/Pleasure Principle</li> </ul>	<p>(your session date here)</p>
<p><b>Session 10</b> Rewrite Your Life Story</p>	<ul style="list-style-type: none"> <li>• Acceptance</li> <li>• Movie activity</li> <li>• Rewriting your life story</li> </ul>	<p>(your session date here)</p>
<p><b>Session 11</b> Live Your Purpose</p>	<ul style="list-style-type: none"> <li>• Attachment to your story</li> <li>• Clarifying your purpose</li> <li>• Writing your manifesto</li> </ul>	<p>(your session date here)</p>
<p><b>Session 12</b> Celebrate Your Purpose</p>	<ul style="list-style-type: none"> <li>• Symbolism &amp; ceremony</li> <li>• Celebrate your milestones</li> <li>• Affirmations for transformation</li> </ul>	<p>(your session date here)</p>



# WEEKLY REFLECTION

What did I achieve this week?

What did I learn this week?



What made me happy this week?

What was challenging this week?



Best moment of the week:

Intentions for next week:

