



Self-Love & Stress Management Coaching Timeline

<p>Session 1 Embrace Self-Love</p>	<ul style="list-style-type: none"> • Creating more self-love • Accepting and nurturing your body • Embracing aging and reframing disease 	<p>(your session date here)</p>
<p>Session 2 Addiction & Victimhood</p>	<ul style="list-style-type: none"> • Beliefs of unworthiness • Detaching from mental addictions • Releasing the victim 	<p>(your session date here)</p>
<p>Session 3 Acceptance</p>	<ul style="list-style-type: none"> • Accepting what is • Life movie visualization activity • Re-write your life movie 	<p>(your session date here)</p>
<p>Session 4 Reducing Stress</p>	<ul style="list-style-type: none"> • Understanding the emotional scale • The importance of stress reduction • Overcoming negative emotions 	<p>(your session date here)</p>
<p>Session 5 Putting Yourself First</p>	<ul style="list-style-type: none"> • Tips for putting yourself first • Tools for saying NO • Confidence boosters 	<p>(your session date here)</p>

Action Items

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Appointments

Reminders

