

Your Journey  
starts here



# Welcome to YOUR Journey Book

I'm thrilled to be joining you on this adventure. Together, we will explore what you choose to share with me in this private space.

The process is :

- You fill in your answers to questions on these pages.
- I will then review your responses and offer comments, encouragement, and direction.
- Create more powerful questions to help you explore further.
- When needed, I will offer ideas for other perspectives to help your mind see different ways of looking at something.
- I will make recommendations for tools and resources that may assist you on your path.

Each question and comment is tailored to you in order to help you

- Process where you are right now.
- Determine what you want and need out of your life.
- What manageable, sustainable, nurturing, and supportive steps can you take in your life right now.

The more you write in YOUR JOURNEY BOOK, the more I have to respond to, which will guide me in creating your next instalment.

Comment on my comments, respond to my new questions in your previous sections, and respond to the new sections. Answer all or none, but keep in mind that the more you write, the more you gain from your investment.

If you can't or don't want to answer any of the questions, that is absolutely fine. I will notice and adjust my entries and direction of exploration accordingly.

## Let's get started x

# Getting to know who you are right now.


Who are you right now?




What do you consider to be your challenges right now?




What is currently causing you stress?



How would you describe yourself?



What would your loved ones say about you if they were to describe you to me?






What do weekdays look like for you?



What do your weekend days look like?



What do you do for fun?

What do you do to care for yourself?  
Actually do, not just plan to do?



How do you show love to others in your life?




How much of your time do you devote to satisfying the needs of other?



How much of your time goes into satisfying your needs and wants?



What changes would you like to see in your life?





Is there anything, in particular, you'd like to focus on and explore in your Journey Book?



What do you hope to have achieved by the end of your Journey Book adventure?



Here are some areas of focus & exploration, that have come up for previous clients.

- Who you are & who you were taught to be
- Decluttering your mind
- Past, Present and future exploration
- Inner chatter reframe
- Self Relationship
- Your path to Self Acceptance
- Bringing light to the darkness
- Balance & Boundaries
- Moving forward
- Past IN Present
- What you Show vs What you Share
- Creating your motivation forward
- Co-dependency exploration
- Uncovering your Dreams
- Living in alignment with restrictions
- Releasing you from shame
- Being part of your family: What it gives and what it takes from you
- Anxiety : reflection & support plan
- Creating stepping stones forward
- Cleaning your internal space
- Looking back and letting go

There are many more! Far too many to list.  
I would love to see what headlines I create for  
your Journey Book.

Come join me on 1st June to begin your Journey  
Book.

You can even stay *anonymous* to me, if you wish:  
Create a Gmail email address and contact me  
from there using a name of your choice.  
As this is 8 weeks of written support, I never see  
your face or need to know your true name.

Want to know more?

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[Send me an email](#) with any question's or to  
request a free video or voice chat.

P.S. This is the last time it will be available at  
this price. Payment Plans are available on  
request.

