
Review YOU!

7-step life review

reflect | create | commit

LIFE COACHING WORKBOOK

for constructive reflection and preparation
to come out of tricky times stronger than
you went in!

louise 
thompson

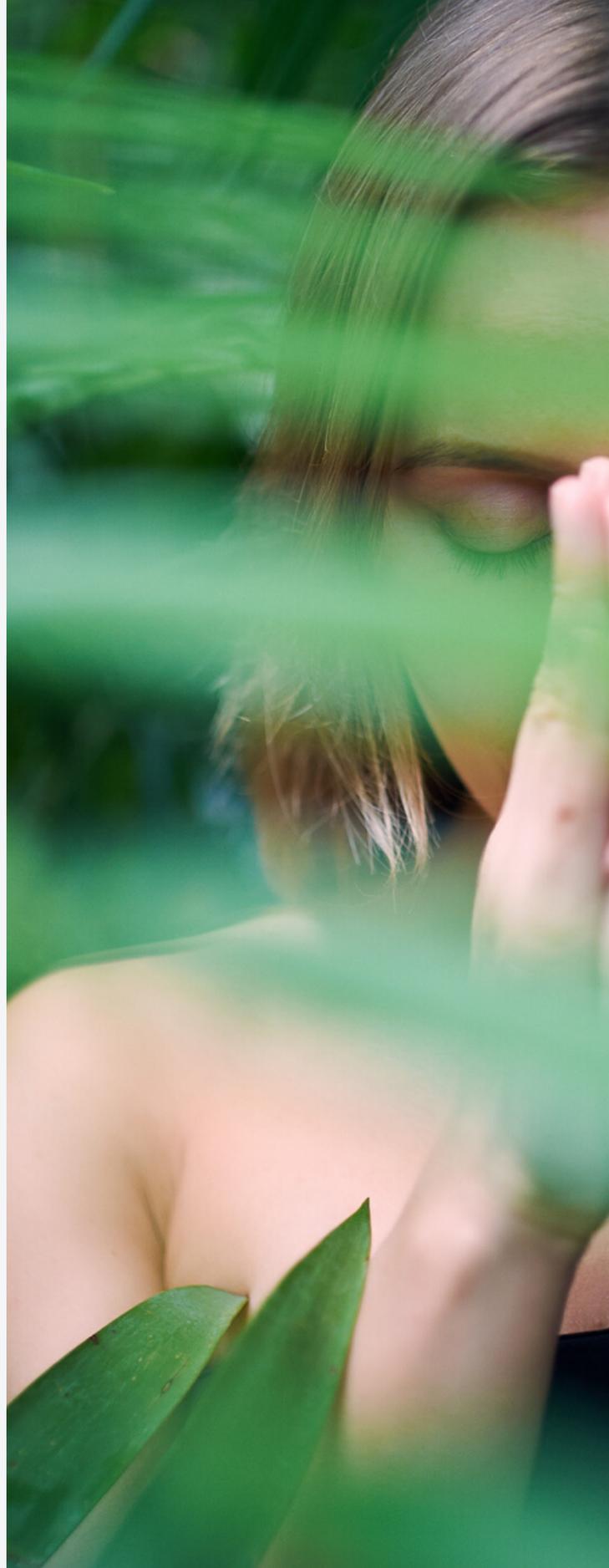
LIFE COACH : AUTHOR : COLUMNIST
louisethompson.com



When you can't go outside... *look inside.*

GROWTH

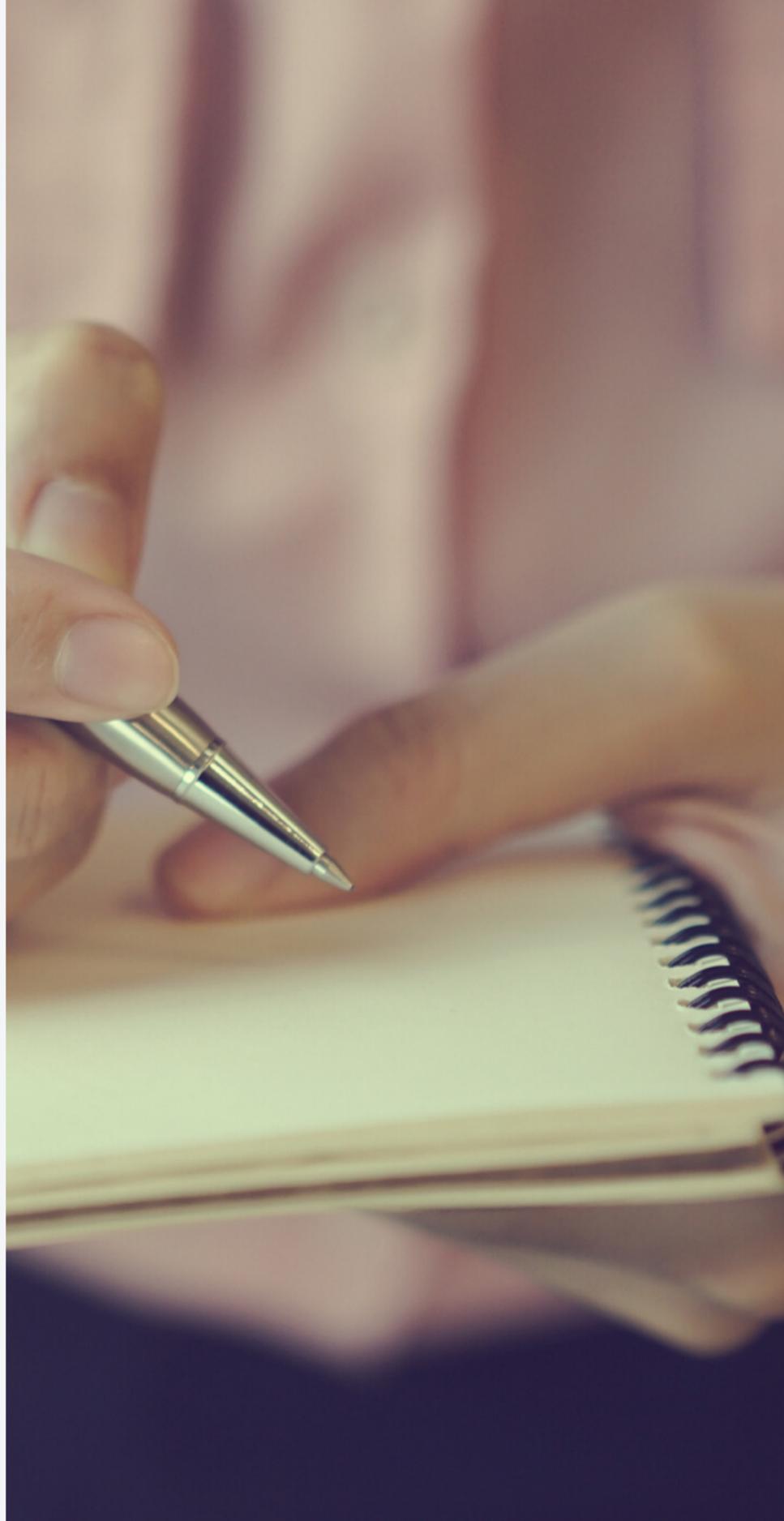
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LOUISE THOMPSON
MASTER COACH
AUTHOR
SPEAKER



This workbook was inspired by lessons learned during the pandemic lockdown, specifically: **when we cannot go outside - its the perfect opportunity to turn inwards.** When the world pressed pause, it gave us time to reflect, review, and recharge. But we don't have to be quarantined to experience personal growth. As the world slowly moves out of lockdown at various paces, I'm super excited to have you work through this reflective workbook and to make some small changes that will have a biiiiiig impact on life post-lockdown ...let's get started ...



*"Take your time.
Be thoughtful.
Work through each
section - and don't
underestimate the
power of bite-sized
action!"*

LOUISE THOMPSON
MASTER COACH
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Reflect

Each of the seven sections here offers you the opportunity to reflect, to raise your level of self-awareness and uncover your personal triggers and patterns.



Create

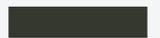
Time for tasks! Simple tasks you can do - right now - to move you forwards. When the world outside feels out of control - take your power back.



Commit

Start to form the vision of the life you want post-lockdown. Things WILL be different - so be active in that process and craft them the way you choose.

Simple Three Step Process

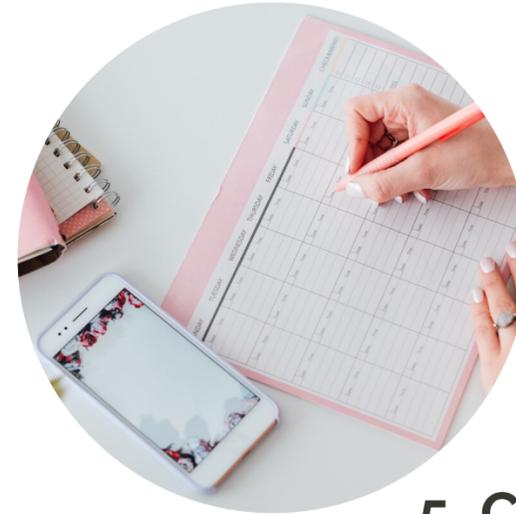


Seven Sectors Of Life To Review



1. Living Space

3. Physical Health



5. Career



6. Personal Growth



2. Money Mojo



4. Relationships

7. Playtime and Fun





1. Living Spaces

6.

Review Your Living Space:

What is your most favourite area of your home?

Why?

What is your least favourite are of your home?

Why?

Take A Fast, Positive Step Forwards:

Declutter one drawer or small area in the house.

Declutter one small digital area of life: delete three apps you don't use, unsubscribe from 3 emails.

Commit To Change

What is ONE thing you will KEEP OR ADD TO your Living Space post-lockdown?

What is ONE thing you will REMOVE from your Living Space post-lockdown?

Write your notes here...



The foundation of growth is self-awareness. Time taken to reflect is never wasted.

TAKE TIME TO REFLECT



Review Your Money Mojo:

Describe your relationship with money in 5 words:
Does this help you get towards your financial goals?
Is there anything you feel guilty spending money on?
Why?

Take A Fast, Positive Step Forwards:

Review your spending and reduce or cut one payment that does not serve you.
Define a financial goal for the next 1, 3 and 5 years.

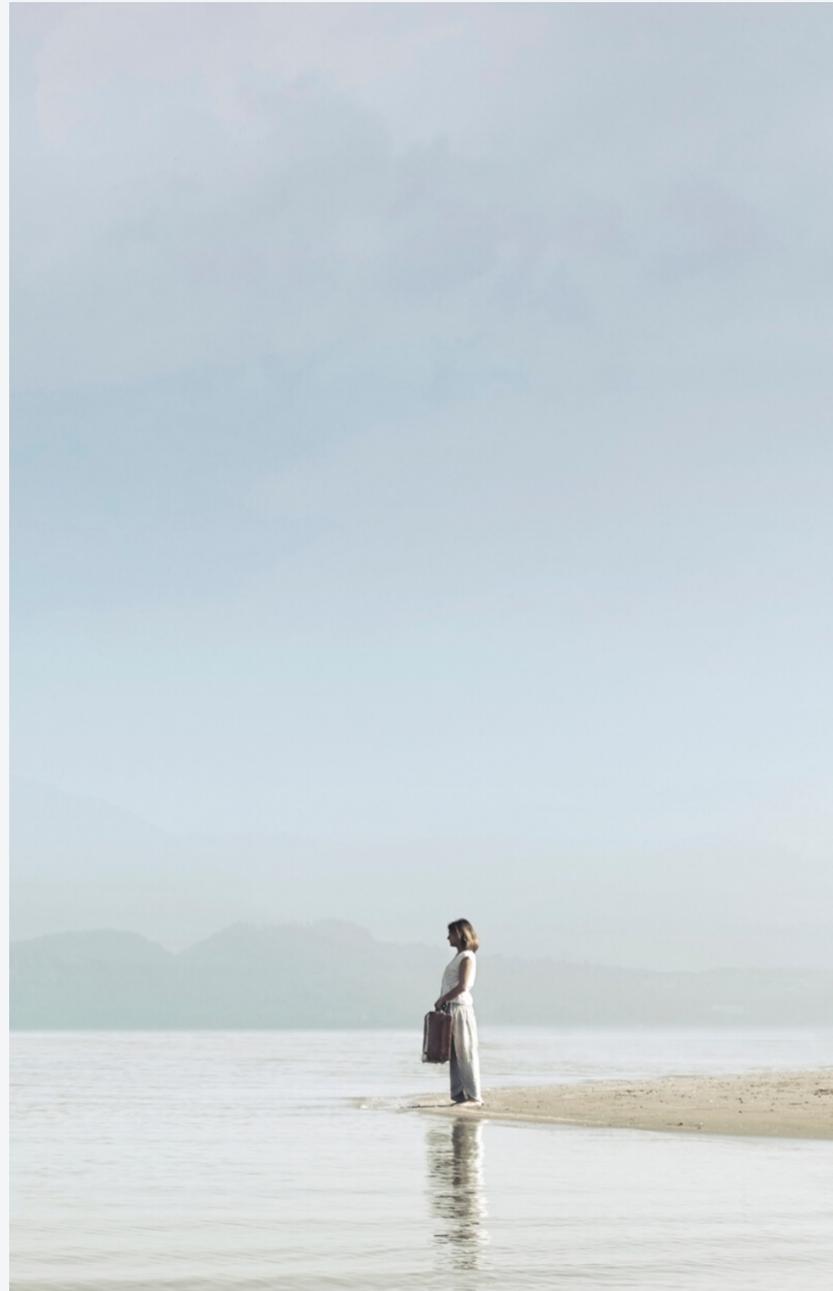
Commit To Change

What is ONE thing you will KEEP OR ADD TO your finances post-lockdown?
What is ONE thing you will REMOVE from your finances post-lockdown?

2. Money

Write your notes here...

We have the capacity to start over in every moment. Take time to reflect, to commit and create.



TAKE TIME TO REFLECT



3. Physical Health

Review Your Physical Nurturing:

What's the BEST way that you consistently take care of your body daily?

Why do you make this a priority?

What do you intend to do for you body but don't usually have time for?

Take A Fast, Positive Step Forwards:

Move your body for 30 minutes today in any way that is available to you.

Choose three nutrient dense foods today - one at breakfast, one at lunch, one at dinner.

Commit To Change

What is ONE thing you will KEEP OR ADD TO your care of your physical body post-lockdown?

What is ONE thing you will STOP DOING to your body your post-lockdown?

Write your notes here...

Create a life you love - and a
body you love living in.



TAKE TIME TO REFLECT



Review Your Relationships:

Which are your most important relationships? How much time did you spend connecting with those people today?

Where would you like more love and connection in your life?

Who would you like to see more of but don't usually have the time?

Who are you not really missing right now?

Take A Fast, Positive Step Forwards:

Text 3 people and say you were thinking of them. Make their day.

Show a loving gesture or words in any way towards the person you would like more love from - with no expectation of return - just show love.

Commit To Change

What is ONE relationship you will INVEST MORE IN post-lockdown?

What is ONE relationship you will quietly reduce investment from post-lockdown?

4. Relationships

Write your notes here...

Life is a reflection of what we
allow ourselves to see.



TAKE TIME TO REFLECT



5. Career

Review Your Career:

What is the BEST aspect of your current career choice?

What is the WORST aspect of your current career choice?

When do you feel your MOST purposeful?

What is your most valuable working relationship? Why?

Take A Fast, Positive Step Forwards:

Name one area that you could up your skills in that would benefit your career long term - if you started this year.

Make a short term revised goals list for the remainder of 2020: what are the top three achievements you want to tick off by Christmas?

Commit To Change

What is ONE relationship or working task you will INVEST MORE IN post-lockdown?

What is ONE relationship or working task you will quietly remove investment from post-lockdown?

Write your notes here...

You are the author of your own life. Write yourself as good story - and cast yourself as the heroine.



TAKE TIME TO REFLECT



6. Personal Growth

Review Your Personal Growth Journey:

What are your greatest strengths? How do you emphasise them professionally? Personally?

How do you best learn about yourself? How are you investing in a structured way in your mental health each day?

What have you learned about yourself that is new in the last 12 months?

Take A Fast, Positive Step Forwards:

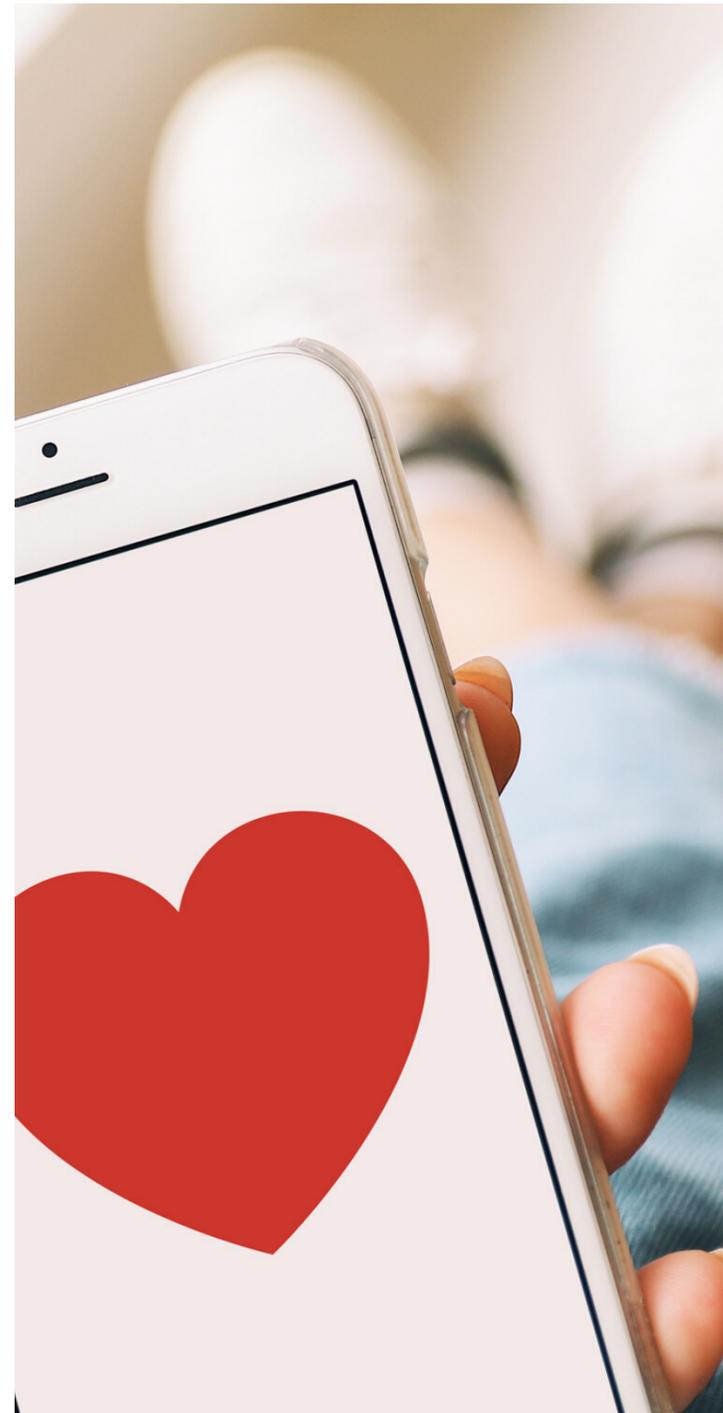
Identify an area of personal challenge and growth for yourself you would like to progress - perhaps reducing overwhelm, dialing down perfectionist tendencies, reducing emotional eating...

Commit to Change

Identify the support you need to help you evolve and progress on the are above. Who or what resources do you need to put in place support a positive outcome?

If you are stuck for inspiration, please check out the resources in my [Life Coaching Academy Wellbeing Warriors.](#)

Write your notes here...



You are the author of your own life. Write yourself as good story - and cast yourself as the heroine.

TAKE TIME TO REFLECT



Review Your Social And Learning Life:

What do you do - for you - in your life with consistency that is cup-filling and nourishing for your soul?

Where and with who do you regularly have fun in your life?

When was the last time you learned anything new?

What was the last really energising new connection you made?

Take A Fast, Positive Step forwards:

Identify something new you would love to learn or engage with regularly for no gain other than connection and fun.

Commit to Change

What is ONE relationship or hobby you will INVEST MORE IN post-lockdown?

What is ONE relationship or hobby you will quietly remove investment from post-lockdown?

7. Playtime & Fun

Write your notes here...



You are the author of your own life. Write yourself as good story - and cast yourself as the heroine.

TAKE TIME TO REFLECT

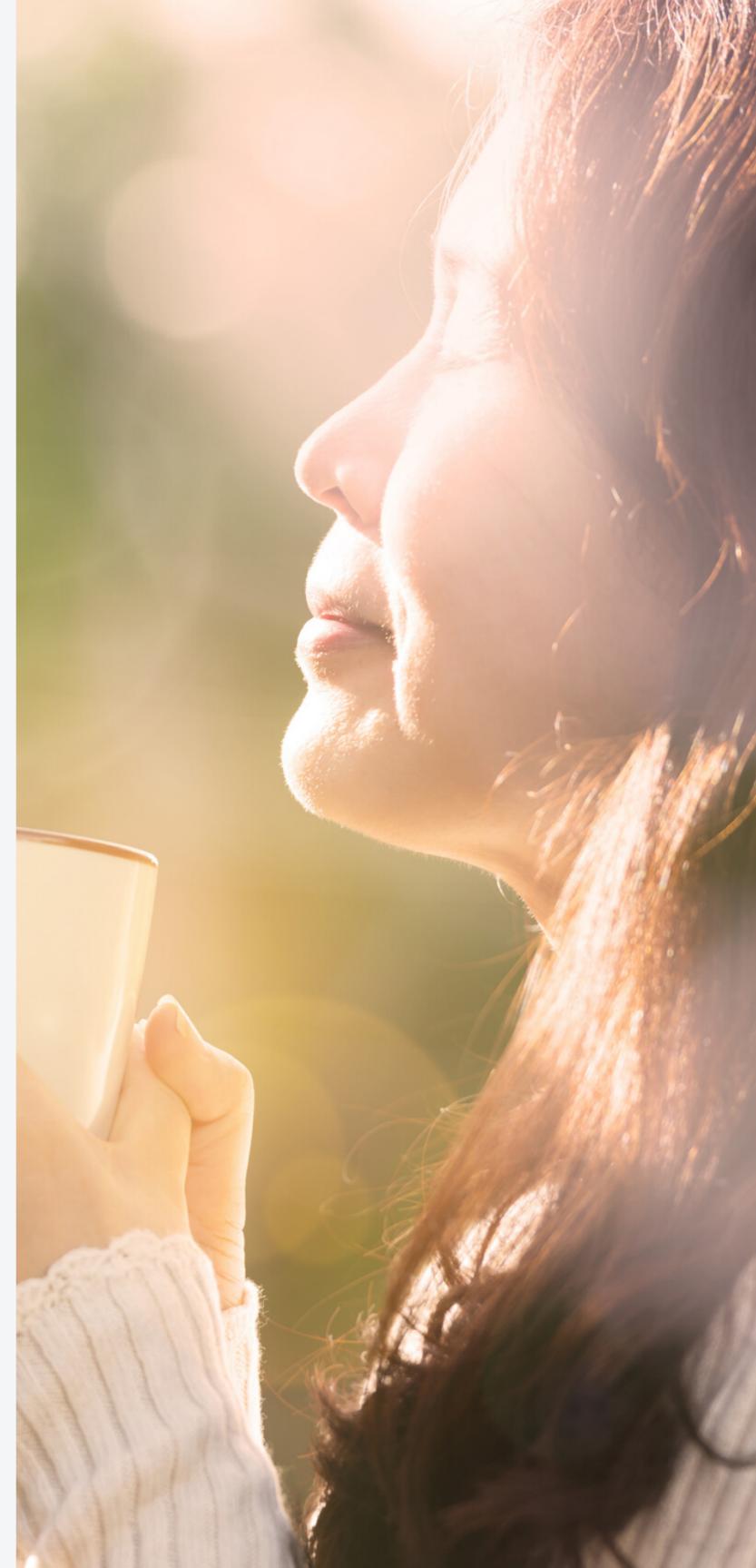
A commitment to **consistency** is the foundation to true change and growth.

A commitment to make tiny choices, that do not overwhelm, but that **align us** with the life we want to create is the secret.

**Tiny,
bite-sized,
positive choices.**

Every day.

We can change our whole lives for the better just by adjusting course by 1% every day.



1%
A DAY. EVERY DAY.

**WE CREATE BIG
CHANGE WITH
SMALL CHOICES,
CONSISTENTLY
MADE.**



**TAKE IT TO THE NEXT LEVEL
WITH SUPPORTED
IMPLEMENTATION**

You really should be in my life coaching Academy Wellbeing Warriors, and I'd love to welcome you inside!

The Academy is my life's work - enjoyed by over 700 fabulous women in 12 different countries. It's the best value life coaching available anywhere on the planet.

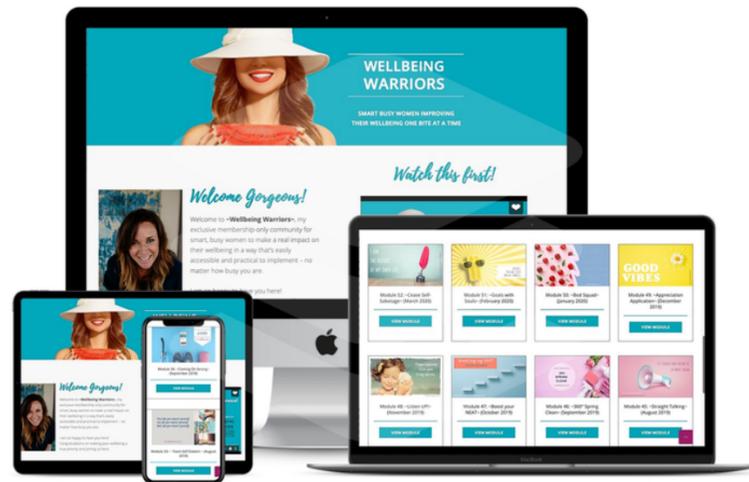
When you join you will get access to fifty amazing 30-day personal growth courses - FIFTY! For just \$349!

Including my signature Goals With Souls programme. Plus you get to work with me inside, every day. Everyday we step forwards. We learn. We laugh.

We create a life we love and a body we love living in. And that's more important now than ever.

join me now

WHAT YOU GET INSIDE WELLBEING WARRIORS



A brand new wellbeing module every month to work through live with me.

Over 50 (FIFTY) 30-day wellbeing courses to work through at your own pace including my signature Goals With Souls programme.

Q & A live with me every month - ask me anything.

The most incredible community of like-minded women working on their personal growth alongside you.

New 30-Day challenges to keep you on track: daily. Huge suite of resources and tools including hundreds of bespoke meditations, workbooks and more...

Real change. Putting intention into supported implementation. This is wellbeing that works.

[CLICK HERE TO JOIN THE ACADEMY](#)

THANK YOU FOR READING



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iamawellbeingwarrior.com

Join now:
ONLY NZ \$349
for a **whole year** of wellbeing
Wellbeing Warriors
Life Coaching Academy.

