

ANERENE ROSSOUW
LIFE COACH

@ANERENE ROSSOUW

Abundance, Freedom & Fulfilment

LIVE MORE LIFE



Week 1: Welcome and Congrats

- ☐ Please sign and complete the contract
- ☐ Join the Abundance Membership on Facebook
- ☐ Please fill in the missing sentences for your pledge

Welcome and congratulations for being here
My life deserves the best version of me.
Let's get organised, create focus and create a plan.

Knowing what it is that you want from life, is the very first step to live MORE life.
Finding your more

Get Organized, Create Focus, and Make a Plan

Knowing what you want from life is the first step to living MORE life. I'm going to break down the goal-setting process into five steps:

1. **Determine what you really want.** The first step is to determine what you want. Take some time here and brainstorm. It's ok if you are not sure. Start by writing down everything you think you need or want.
2. **Choose the goals that matter most to you.** The second step is to choose the goal that truly resonates with you—put your hand on your heart and decide.
3. **Create an affirmation for each goal.** An affirmation is a positive statement that aligns with your belief in the goal and motivates you to achieve it.
4. **Identify the milestones.** These are the smaller, measurable steps that break down what needs to happen to reach your goal.
5. **Take action.** This is where you determine what concrete steps are needed to achieve your goal.

You may be asking: What's the difference between a milestone and an action?
Good question! While they can sometimes overlap, here's the key difference:

A milestone is something that must happen to move toward your goal, while an action is a step that you have options in how it unfolds.

For example, to live a healthier life, you need to eat better. The milestone is focusing on your food—what you eat needs to be prioritized. However, how you go about that (what types of food you choose, for instance) can vary. You get to decide that action.

Here is an example and then I've got a questionnaire.

Goal: Live a healthier life.

Affirmation: I have done this before

Milestones:

- Eat better food
- Exercise
- Meditate

Action steps:

- Eat better food
 - Find and download a food plan
 - Diarise a time to create a weekly plan to prep food
 - Plan a weekly shopping.

Now its your turn. In the next exercise complete you goal setting plan to find your more

List 10 things you need or want to achieve?

From your list, choose the goal you want to achieve the most.

Create a positive affirmation for each goal—one that you truly believe in.

Break down your main goal into smaller, measurable steps.

Ask yourself: What action can I take right now to achieve one of these milestones?

Action Needed

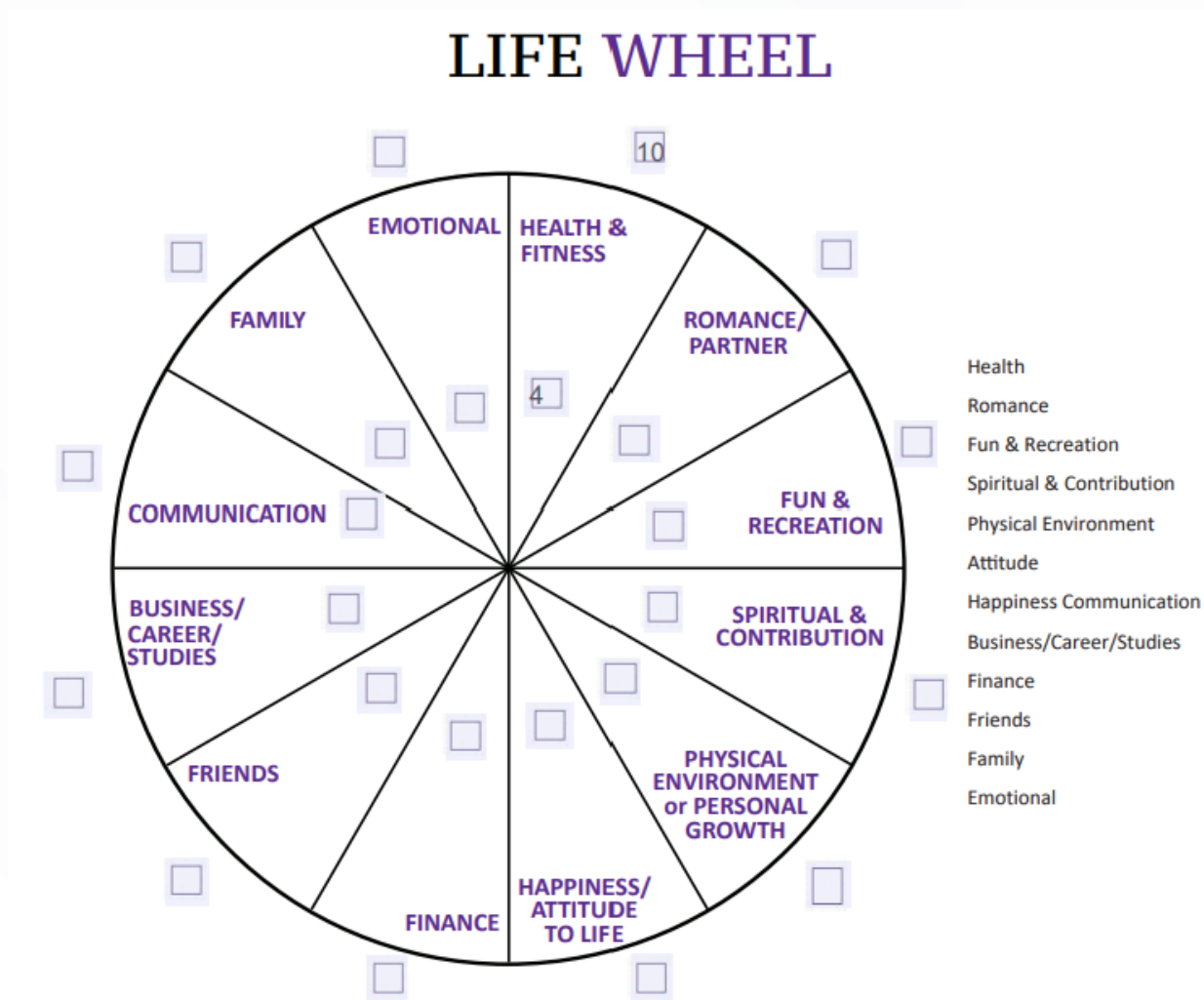
- ☐ Make sure you have a goal written down
- ☐ Know your milestones
- ☐ What action is needed

Week 1.2: Life wheel

The Life Wheel is a powerful tool for reflecting on where you are right now and comparing your progress in six months.

Please download the attached document with the Life Wheel. You can print it out or complete it online. Once you're finished, kindly email it back to me.

I've also included a video to help guide you through creating your Life Wheel."



Life wheel

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Health
 Romance
 Fun & recreation
 Spiritual & Contribution
 Physical environment
 Attitude
 Happiness communication
 Business/Career/Studies
 Finance
 Friends
 Family
 Emotional

Action Needed

☐ Complete your life wheel

Week 2: Goal setting planner

Choose the one that works best for you

CHECKIN

I am, all I can be

	1	2	3	4
MON				
TUE				
WED				
THUR				
FRI				
SAT				
SUN				

What should I

STOP doing

Continue doing

Start doing

What am I missing

SET YOUR INTENTION FOR TOMORROW

What is my Goal?

What is my affirmation for my goal

What action did I take for my goal

What action is needed for tomorrow?

What self-love did I give myself?

What am I grateful for?

What moment of happiness did I ‘still’?

List what you learnt and your taking from today?

AFFIRMATION

[illegible]

Cross off each week you complete:

		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	32	33
34	35	36	37	38	39	40
41	42	43	44	45	46	47
48	49	50				

Action Needed

☐ Choose your tracker

Week 3: Why

Understanding Your Why

Your “why” is the deeper reason behind what you do. It's the fuel that keeps you going when things get tough, the anchor that gives direction when life feels overwhelming. Without a clear why, it's easy to lose focus, get discouraged, or quit when challenges arise.

Take a moment to ask yourself:

- What truly matters to me?
- Why do I want to achieve this goal?
- Who will benefit if I don't give up?

When your why is strong, your how becomes easier. It gives you purpose, resilience, and clarity — turning discipline into desire.

Your why doesn't have to be big or flashy. It just has to be real. Once you know it, write it down, keep it visible, and remind yourself daily.

What is your Why?

What will move you to move?

What's at stake if I don't change?

Why do you want your goal?

Action Needed

☐ Understand your why

Week 4: Transformation

Transformation from Person A to B. Be person B

Transformation is about moving from Person A—where you are now, still figuring things out—to Person B, the version of you who has already achieved the goal. Person B doesn't question, hesitate, or overthink—Person B already knows what to do and acts from clarity, confidence, and alignment.

How does Person B think and feel when faced with a challenge compared to Person A?

What one action can I take today that Person B would take without hesitation?

What does Person B already know about this goal that Person A is still trying to figure out?

Action Needed

☐ Understand your transformation

Week 5: Donkey

The reason I use the donkey as an example is that I believe we need to understand our responsibility.

Imagine a donkey pushing a mill. It's harnessed to the mill with a wooden rod, which is attached around its shoulders and waist.

This donkey is essential—it puts bread on the table by grinding wheat into flour, which is then made into bread. Its job is simple: to keep walking in circles, grinding the wheat.

Now, there are two ways to get the donkey to keep moving:

1. A juicy carrot—bright, orange, and just out of reach. The donkey is motivated by the promise of something rewarding.
2. A stick—used to give a little jolt when the donkey slows down, encouraging it to keep going.

Now, think about this in relation to life. We all have a mill to push—our responsibilities, our work, our commitments.

To keep moving forward, we need both a carrot and a stick:

- The carrot represents a beautiful vision of the life we want to create—our goals, dreams, and aspirations.
- The stick represents accountability—the discipline and structure that keep us on track.

If we're not mindful, the weight of life's mill can become a burden on our shoulders and waist, just like the donkey. But by balancing motivation (the carrot) and accountability (the stick), we can keep moving forward with purpose and resilience.

What is your mill?

Does your mill drain you?

What is your carrot?

What is your stick?

What negative sticks do you use?

Are you moving at a good pace?

Is our Donkey (Ourselves) excited?

Action Needed

☐ Know you are the donkey

Week 6: I deserve it

What I want because I deserve IT (Mindset change) What
is My actual Goal

I deserve it!

You can choose what to think and what you allow yourself to feel. The first step is to start listening to what you are saying to yourself. Morning pages are a great way to begin this practice. By understanding what you are thinking, you can change it to what you want to be thinking

Ask yourself the question: What do I want, because I deserve it?

What do I keep saying to myself, over and over again?

What I want, because I deserve it?

What do you feel you don't deserve?

Do you deserve your goal/ goals?

Action Needed

- ☐ Redo Mediation on I deserve it! Because you do deserve it
- ☐ Listen and catch yourself in thought
- ☐ What are your action steps this week that will push your goal forward.
- ☐ Do power questions daily
- ☐ Morning pages
- ☐ The artist dates
- ☐ Take your dream and create a goal, using the 5 steps Goal, Affirmation, Milestones and action
- ☐ Self- Fulfilling contract for myself

Week 7: Self love and Mindset

Self-Love Bucket

This exercise is a mindful way to bring awareness from your subconscious to your conscious mind about where you stand with self-love, self-care, and self-compassion.

Here's how it works:

Imagine a bucket—your bucket. At the bottom, the measurement is 0, representing an empty bucket. At the top, the measurement is 10, meaning your self-love is full and thriving. Now, take a moment to visualize where your current level is.

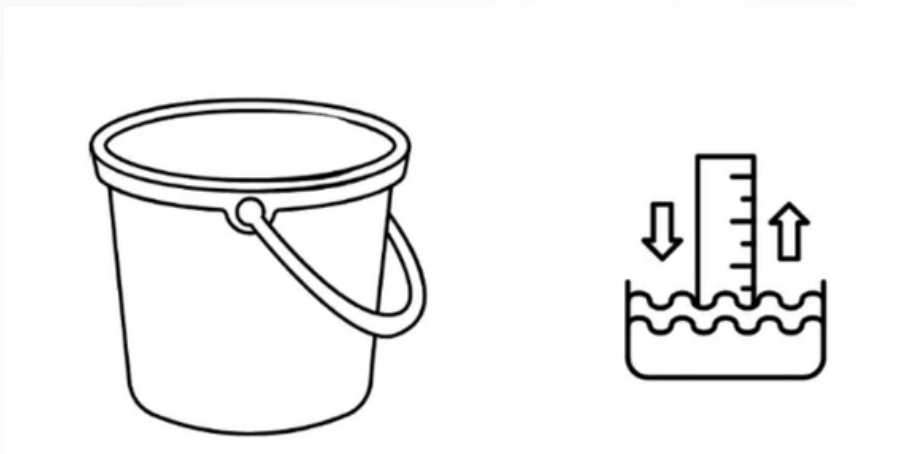
Exercise:

Draw a bucket and mark a scale from 0 to 10. Then, indicate where your self-love level is right now.

I include this exercise intentionally because self-love, self-care, and self-compassion are essential. We cannot overlook their importance. By bringing awareness to how much love, kindness, and compassion we give ourselves, we empower ourselves to make positive changes.

1

Download the document to draw in your bucket.



Draw a bucket and mark a scale from 0 to 10. Then, indicate where your self-love level is right now.

I include this exercise intentionally because self-love, self-care, and self-compassion are essential. We cannot overlook their importance. By bringing awareness to how much love, kindness, and compassion we give ourselves, we empower ourselves to make positive changes.

Indicate where your self-love level is right now in the space provided below

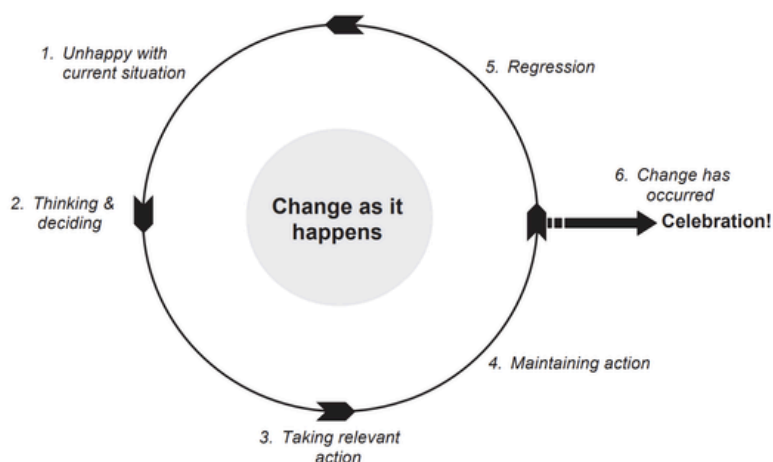
Action Needed

- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ What have you learnt about your thoughts?
- ☐ Morning pages
- ☐ The artist dates
- ☐ Take your dream and create a goal, using the 5 steps Goal, Affirmation, Milestones and action
- ☐ Say Something nice about yourself now!

Week 8: Regression

Regression is part of the process, and it's an important one. You should expect it. It's not a sign to stop or change direction. It's a signal to keep going.

Model of Change



What regression have you experienced?

What did you learn from the regression?

What is your goal? (Recap)

Action Needed

- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ What did you learn about regression
- ☐ Morning pages
- ☐ The artist dates
- ☐ Say Something nice about yourself now!

Week 9: Blame and justification

Blame and justification.

When we slip into blame, whether it's "Why did I do that?" or blaming someone or something else, it immediately shuts down possibility. The moment we blame, we hand over our personal power.

So I want you to pause and ask yourself:

"Who or what am I blaming?"

And the next question:

"What story am I telling myself — or others — that keeps this blame alive?"

Often, there's a familiar story we repeat... and hidden inside that story is a quiet layer of blame. It might not sound like blame at first, but it's there. And when blame is present, so is stagnation.

The biggest problem with blame is what it does to your timeline.

Statements like "I never have enough time," or "Things always go wrong for me," keep you stuck exactly where you are. They stop you from moving forward, and they hold you back from the results you want.

When we blame, we hand over responsibility.

When we take responsibility, we take back our power.

Responsibility puts you in the position to change.

It places you in the position to take action on what needs to happen.

What story to you keep telling yourself?

Do you feel sorry for yourself? If yes write it down

What are you blaming?

If yes or no ask yourself why?

Action Needed

- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ What did you learn about blame and justification
- ☐ Morning pages
- ☐ The artist dates
- ☐ Say Something nice about yourself now!

Week 10: Judgment

Judgment.

Judging others — and then judging yourself — is one of the biggest patterns that holds people back. And you need to ask yourself:

“Is this judgment actually protection?”

We were raised in a world where judgment is normal.

If someone says something different... we judge.

If someone acts in a way we don't understand... we judge.

If something is a little outside of the ordinary... we are shocked and we judge.

I'm explaining this because I want you to recognise something important:

Your first instinct to judge is often a learned response, not your truth.

And here's the tricky part about judgment:

The way you judge others is the way you judge yourself.

It becomes a natural loop.

Self-judgment lowers your self-esteem, fuels your frustration, and adds to feelings of depression or anxiety — because you're constantly attacking yourself in your own mind.

This is where projection comes in:

The things you criticise in others are often the things you secretly criticise in yourself.

That judgment belongs to you, not to them.

My suggestion — and this is a process, not a quick fix — is to start checking in with yourself.

Notice when you're judging others.

Notice when you're judging yourself.

And then pause.

Awareness alone will begin to soften the pattern.

When you stop worrying about what other people think, you start feeling better about yourself.

Your self-esteem grows because you're no longer comparing, competing, or attacking yourself through constant judgment.

This is how you free yourself.

One moment of awareness at a time.

What do you judge?

Should you judge it?

If yes or no ask yourself why?

Action Needed

- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ What did you learn about judgment
- ☐ Morning pages
- ☐ The artist dates
- ☐ Say Something nice about yourself now!

Week 11: Be Grateful

Being grateful isn't just about writing a list every day — it's about living in a state of gratitude.

I've been practising this for a long time, and honestly, for years I didn't really understand why I was doing it. I kept gratitude journals, wrote down my "three things", did all the exercises... but the purpose never truly clicked.

It finally made sense when I realised that gratitude isn't about the list — it's about the mindset it creates.

When you allow yourself to step into a grateful state, your mind clears. You think more openly. You handle situations differently. Even when life throws something painful your way, gratitude helps you see the lesson or the growth behind it.

It's not always easy, but it shifts everything.

Living with gratitude puts you in the right headspace and helps you move forward with clarity, even after hard moments.

Who are you grateful for? (Do this for 6 weeks)

Chose a person from the list and write them a letter about how grateful you are to have them

From the list chose three people you are grateful for and express 3 times how grateful you are to them for being in your life

Action Needed

☐ What did you learn about being Grateful

Week 12: Self-Critic

Inner Self-Critic

Be aware of your inner critic—it can be incredibly disabling. It's often loud, harsh, and relentless, always ready to criticize and cast doubt. But before we judge it too harshly, let's take a step back and give it some perspective.

Understanding Your Inner Critic

Imagine this: As a child, you struggled to make and keep friends. You felt socially unworthy at school. Now, as an adult, you find yourself in a situation where you have the opportunity to connect with others.

What happens? Your inner critic kicks in—loud and unrelenting—feeding you thoughts like:

- You always mess this up.
- You were a loser back then, and you're still a loser now.
- You shouldn't even bother trying.

These thoughts can be so overwhelming that your anxiety spikes, paralyzing you from taking action.

But here's the thing—your inner critic isn't trying to destroy you. In its own misguided way, it's trying to protect you based on past experiences. It believes that by keeping you small, it's keeping you safe.

How to Take Control of Your Inner Critic

Instead of letting it run wild, think of your inner critic as a child—a child that needs guidance, boundaries, and perspective. It doesn't need to be silenced completely, but it does need to be managed.

The first step in taming your inner critic is to start listening to what it's actually saying. Pay attention to those negative thoughts, and instead of accepting them as truth, put them into perspective.

A Powerful Tool: Morning Pages

One of the best ways to confront your inner critic is through Morning Pages, a practice from *The Artist's Way*, a brilliant book on creativity and self-discovery. Writing freely each morning allows you to bring your inner critic's voice into the open—to see it for what it is, rather than letting it control you.

Once you become honest with yourself about what your inner critic is saying, you can evaluate it with clarity:

- Is this thought actually true?
- Is my inner critic helping me or holding me back?
- How can I reframe this thought to empower myself?

Sometimes your inner critic raises valid concerns, but often, it's completely off-base. Either way, perspective is key.

So, ask yourself: What is your inner critic really trying to warn you about?

How can you respond to it in a healthier, more constructive way?

What do you need to do to put your self-critic at ease?

What's at stake if I don't change?

Action Needed

- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ What is your self critic saying?
- ☐ Morning pages
- ☐ The artist dates
- ☐ Say Something nice about yourself now!

Week 13: What are your beliefs

A belief is simply something you've accepted as true — and it can be anything. It doesn't have to be a fact, and it's definitely not something we're born with. Beliefs are learned. They're shaped by experiences, environments, situations, and the people around you. You can start believing something purely because you've heard it repeatedly. When a message is repeated often enough, it begins to resonate... and eventually it feels real, even if it isn't.

We all carry both positive and negative beliefs. The reason we dig into our beliefs is to uncover the ones that hold us back. When you can identify and remove those limiting beliefs, you shift into a stronger place — one where you can move forward with confidence instead of carrying an old, heavy story about who you are.

What belief do you have that limits you

List 3 positive believes

List 3 negative believes

Action Needed

☐

What did you learn about what you believe

Week 14: Disbelieve

Disbeliefs are the things you struggle to admit to yourself, and being able to detect them is important. Let me give you an example before we move to the next question. To be truly honest with yourself, you need to recognise that you're always thinking in two "languages" — what you consciously say, and what you quietly believe underneath.

So if you say, "I'm not good enough," and I ask, "Am I really not good enough, or do I just feel that way sometimes?" you can already see the difference. The first step in undoing a disbelief is being willing to look at it honestly.

Think of it the same way people examine their beliefs in religion — it's about understanding, questioning, and getting clarity. When you're honest with yourself, you gain a deeper understanding of what's actually going on.

What is the belief you wanting to work on?

On a scale of 1–10 — with 10 being the strongest — how much do you want to let go of this belief?

What are the benefits of keep this believe system?

Action Needed

- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ Do the super hero video
- ☐ Morning pages
- ☐ The artist dates

Week 15: Worry

Worry shows up when your mind starts preparing for things that might go wrong, even when nothing has actually happened yet. It's your brain trying to protect you, but it often ends up draining your energy instead of helping you.

When you're worried, you're not living in the moment — you're stuck in "what if." And the problem with "what if" is that it never ends. It grows, it loops, and it steals your peace.

The truth is, worry doesn't prevent anything. It just makes you suffer twice: once in your mind, and once if the problem ever actually arrives.

Acknowledging your worry isn't weakness. It's awareness. Once you name it, you can challenge it, shrink it, and start focusing on what's real instead of what's imagined.

You deserve to carry less, not more — and letting go of constant worry is one of the strongest steps you can take toward that.

List 5 things you worried about

Choose one and ask: is this something you can control?

But what are you really worried about? Is this a true worry, is it in my control

But what are you really worried about?

Action Needed

- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ Complete the questions about worry
- ☐ Morning pages
- ☐ The artist dates

Week 16: Values

Values are the principles and beliefs that guide your choices, actions, and the way you live your life. They are your personal compass — the things that matter most to you and shape what you stand for. Examples could be honesty, freedom, growth, family, or creativity.

Values are important because they give clarity and direction. When you know your values, decision-making becomes easier — you can tell quickly what aligns with who you truly are and what doesn't. They also help you set boundaries, build meaningful relationships, and create a life that feels authentic.

Living according to your values isn't about perfection — it's about consistency. The more you act in line with your values, the more confident, fulfilled, and resilient you become. They aren't just ideas; they are the foundation for the life you want to live.

Use this link to help you determine your values

<https://mykindredsouls.com/wp-content/uploads/2025/06/List-of-Values.pdf>

List 10 values

Rank them from the most important to least

Week 17: What are my anti values

An anti-value is the opposite of a value — it's something that goes against what you truly believe or what you want to stand for. While values guide you toward what matters most, anti-values are the behaviors, attitudes, or beliefs that pull you away from your best self.

For example, if one of your core values is honesty, an anti-value would be lying or deceit. If you value growth, an anti-value might be complacency or avoiding challenges. Anti-values often show up as habits or patterns that cause frustration, guilt, or conflict because they clash with your deeper principles.

Recognizing your anti-values is just as important as knowing your values — it helps you avoid choices and behaviors that don't serve you, and keeps you aligned with the life you want to create.

<https://mykindredsouls.com/wp-content/uploads/2025/05/Anti-Values.pdf>

What values to you avoid?

Why do you avoid them?

Action Needed

- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ What have you learnt about values and anti values
- ☐ Morning pages
- ☐ The artist dates

Week 18: Getting into grips with anti-values

Values and anti-values often come into conflict, and when that happens, it can prevent us from fully embracing the values we truly need in our lives. Anti-values are like internal barriers — they make it difficult to act in alignment with what matters most because part of us resists or avoids them.

The first step is to notice the conflict. Identify the anti-values and recognize how they show up in your thoughts, feelings, or behaviors. This awareness allows you to take conscious steps instead of avoiding the discomfort. For example, if insecurity is an anti-value for you, it might stop you from fully trusting others or connecting with the people around you. You may avoid vulnerability because you don't want to feel insecure.

Once you identify the anti-value, ask yourself: What does this "unsafe" feeling mean to me? How does it show up in my actions? Write it down, reflect on it, and see what surfaces. By facing these conflicts, you can gradually align more closely with your true values and create relationships and experiences that support them.

Can you see a link between some of your values and anti values

Action Needed

- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ What are your conflicting values
- ☐ Morning pages
- ☐ The artist dates

Week 19: Rules Part 1

We're going to discuss the rules and conditions we put in place around our values — the "requirements" we believe need to happen before we allow ourselves to fully embrace a value. For example, if your value is success, you might create certain conditions that you think must be met before you can truly feel successful. These conditions could include achieving a specific goal, reaching a certain level, or gaining recognition.

The problem is, by setting these conditions, we limit ourselves from fully experiencing the value in the present. Instead of living from a place of empowerment, we postpone feeling successful until everything aligns perfectly. Understanding and challenging these conditions is the first step toward genuinely connecting with your values and allowing them to empower you now.

Choose a value and list the rules that need to happen for you to experience that values

Week 20: Rules Part 2

Anti values:

Today, we're going to focus on anti-values — the things we try to avoid because they feel uncomfortable or painful. In the last session, we looked at how anti-values show up in your life, and now we're going to go a step further.

I want you to choose three anti-values that are most significant for you. For each one, ask yourself: "What has to happen for me to fully feel this anti-value?" For example, if one of your anti-values is rejection, you might reflect on situations where you feel rejected — maybe someone ignores your call or says no to you — and explore what it is that triggers that feeling.

The goal is not to dwell on discomfort but to bring awareness to the conditions that make you experience these anti-values. By understanding them, you can begin to step away from automatically avoiding them and start working toward feeling aligned with your true values.

What has to happen for me to fully feel this anti-value?

How easy or difficult is it for you to experience the anti value?

Take a moment and reflect

Week 21: Rules Part 3

Now let's focus on aspirational values — the values you want to grow into or strengthen. For example, one of your values might be success, and you want to feel more successful in your life.

Start by writing down what success looks like for you — the energy, actions, and experiences that make you feel successful. Then, identify the rules or conditions you think need to be in place for you to truly feel that value. For instance, you might say:

"Anytime I complete a project or help a client achieve results, I feel successful."

The key is to be aware of these rules so you can see if they're realistic or if they make success feel too difficult to reach. The goal is to turn your aspirational value into something you can access more easily, rather than obsessing over perfection. This is about creating alignment between your intentions and your everyday actions, so success becomes a natural part of your life.

What rules need to happen for you to feel successful?

Anytime I..... complete the sentence

Action Needed

- ☐ What are you taking from Rules
- ☐ What are your action steps this week that will push your goal forward.
- ☐ How full is your bucket?
- ☐ What have you learnt about rules?
- ☐ Morning pages
- ☐ The artist dates

Week 22: 6 Human Needs

These needs drive all human behaviour. When a need isn't being met in a healthy way, people will still try to meet it — just often in unhelpful or self-sabotaging ways.

1. Certainty

The need for safety, stability, and predictability.

We want to know what's coming, to feel secure emotionally, financially, and physically.

When met well: calm, grounded, steady

When unmet: anxiety, control issues, fear of change

Growth point: Too much certainty leads to stagnation.

2. Variety (Uncertainty)

The need for change, novelty, and stimulation.

We crave excitement, challenge, and something different.

When met well: curiosity, creativity, aliveness

When unmet: boredom, restlessness

When overused: chaos, drama, constant disruption

Balance matters — certainty keeps you safe, variety keeps you alive.

3. Significance

The need to feel important, valued, and seen.

To know that we matter and that our life has meaning.

When met well: confidence, healthy self-worth

When unmet: comparison, people-pleasing, ego struggles

This need can be met through contribution — not just approval.

4. Love & Connection

The need to feel connected, accepted, and cared for.

This includes relationships with others and with ourselves.

When met well: belonging, compassion, emotional safety

When unmet: loneliness, isolation, fear of rejection

Connection without self-abandonment is the goal.

5. Growth

The need to learn, improve, and expand.

If you're not growing, you'll feel stuck — even if life looks "fine" on the outside.

When met well: motivation, fulfilment, momentum

When unmet: frustration, stagnation, loss of purpose

Growth is a human requirement, not a luxury.

6. Contribution

The need to give, serve, and make a difference beyond ourselves.

This is where lasting fulfilment lives.

When met well: deep meaning, joy, perspective

When unmet: emptiness, self-absorption, burnout

Contribution transforms pain into purpose.

Action Needed

- ☐ Have you completed your human needs exercise?
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 23: Communication

Communication is the foundation of every relationship, team, and outcome.

When communication is clear, honest, and respectful, trust grows, problems get solved faster, and people feel seen and understood. When it's poor or avoided, assumptions take over, conflict escalates, and even good intentions fall apart.

What can you do to improve your communication process to be understood better

Can you listen to understand?

Action Needed

- ☐ Have you completed your communication exercise?
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 24: Looking after your emotional state

I'm so excited about today's topic because it's a powerful and empowering concept once you truly understand it.

One of the most important things to recognize is that you have a choice—a choice to control your mindset regardless of the situation around you or the emotions you're experiencing.

By consciously choosing your mindset, you have the power to change both the way you experience events and the outcomes they create.

What have you learnt?

Week 25: Life more life

This is the perfect time to pause and recap.

Checking in and reflecting is essential — it's how we notice what's working, what isn't, and what needs our attention next. When we take time to look for patterns in the past, we gain clarity on how to move forward.

Go back to the Life Wheel and complete it again. Notice what has changed. Don't panic about the results, either way — real growth comes from reflection, not perfection.

Choose one topic you didn't fully understand and dive back into it this week. This is not about rushing or getting it "right"; it's about committing to the journey of growth.

What does Live more Life meet to you?

Action Needed

☐ Do you need to make adjustment to your goal?

Week 26: Money

When money moves with intention — earned, spent, saved, and shared wisely — it supports stability and growth. Holding too tightly creates fear; spending without awareness creates chaos. Balance allows money to work for you, not against you.

Money reflects relationship and responsibility — when you respect it, manage it consciously, and allow it to flow, it becomes a tool for support, not stress.

Can you see your flow of money?

Have you done your budget?

What are you trying to prove with money?

Week 27: Morning and evening Routines

The Power of Morning and Evening Rituals

Our days are shaped by the routines we set. Morning and evening rituals are not just habits—they are powerful tools that prepare your mind, body, and spirit for success and calm.

Morning Rituals:

Starting your day intentionally sets the tone for everything that follows. Simple practices like stretching, journaling, meditation, or reviewing your goals can:

- Boost your energy and focus
- Reduce stress and overwhelm
- Align your actions with your priorities
- Create a mindset of gratitude and positivity

Evening Rituals:

Ending your day with purpose is just as important. Evening rituals—such as reflecting on the day, planning tomorrow, or winding down with a calming activity—help you:

- Process emotions and release stress
- Improve sleep quality
- Celebrate small wins and learn from challenges
- Maintain clarity and control over your life

By dedicating a few intentional minutes each morning and evening, you create consistency, focus, and balance. These rituals aren't just routines—they're a foundation for a more productive, mindful, and fulfilling life.

Do you have a morning and evening routine?

Action Needed

- ☐ Have you completed your morning and evening routine?
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 28: Who I am

Who Am I?

Take a quiet moment to pause and reflect. Who are you when no one is watching?

Beyond the roles, labels, and expectations—who are you really?

Write down your thoughts without judgment. Consider your values, passions, strengths, and the things that bring you joy. This is about discovering your true self, not who the world wants you to be.

Allow yourself to be honest. The more clearly you see yourself, the more powerfully you can live your life on your own terms.

Action Needed

- ☐ Have you completed your who an I exercise?
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 29: Moment of Happiness

Moment of happiness

This client once asked me for a hack—a simple trick to achieve happiness.

Here's what I told them: Stop replaying the negative and start repeating the positive.

Every single day, when you experience something great—savor it. Whether it's a breathtaking sunrise, a perfect cup of coffee, a meaningful conversation, or a meeting that turned out better than expected, pause and truly take it in.

Because true happiness isn't a destination—it exists in those small, beautiful moments.

So here's my happiness hack for you: Take those moments, savour them, and let them linger a little longer.

What is your moment of happiness today?

Action Needed

- ☐ Remember to 'still' moments of happiness daily
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 30: Time

Time Is Equal for Everyone

We all have the same 24 hours in a day. What makes the difference is how we use them. Time isn't about having more—it's about choosing wisely. Every moment spent intentionally brings you closer to your goals, your growth, and your happiness. Use your time like it matters—because it does.

What is your emotional relationship with time?

Action Needed

- ☐ Do you see time differently?
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 31: The beauty of a timesheet

The Importance of Timesheets

Timesheets track how your time is spent, giving you clarity and control over your work. They help you:

- Understand where your hours go
- Improve productivity and focus
- Ensure accurate billing or project tracking
- Identify tasks that need prioritizing

Filling out timesheets isn't just admin—it's a tool to work smarter, not harder.

Action Needed

- ☐ Have you complete your timesheet?
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 32: Lions Den

The Lion's Den: Facing Consequences

Imagine standing on the edge of a lion's den. You convince yourself the lions aren't really there, so you step forward—and suddenly, it doesn't feel so scary. This is what we often do in life.

We ignore the consequences of our actions, whether it's procrastination, unhealthy habits, or decisions we know aren't good for us. Just like the lions, the consequences are real—they don't disappear because we choose to ignore them. Smoking, overspending, skipping exercise... all of these choices carry risks, even if we pretend they don't.

The key is awareness. When we truly see the lions—when we face the real consequences—we make smarter choices, act with intention, and protect ourselves from unnecessary pain. Ignoring reality might feel easier, but courage comes from understanding the danger and choosing the right path anyway.

What would happen if you keep doing this the way you've been doing it—no matter how small it seems?

What truth about this situation are you pretending isn't there?

If nothing changed, what's the cost—emotionally, physically, or in your life—down the line?

Action Needed

- ☐ Can you see the situation as it is?
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 33: Survival mode

Survival Mode

Survival mode is when you find yourself merely getting through each day, unable to think beyond the next few hours. You're not truly living—you're just surviving. If you're in this position, please know you are not alone. Everyone experiences survival mode at some point in their life. But hear me when I say this: you don't have to stay stuck there forever.

Week 34: Making a decision

Making a Decision Tool

When faced with a choice, it can help to use practical and intuitive methods to gain clarity:

Action Needed

- ☐ What tool are you going to use to make a decision?
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 35: Toxic people

Recognizing and Navigating Toxic Relationships

Sometimes people in our immediate environment trigger us in ways that feel intense or painful. It could be a parent, colleague, or friend—someone who just “fires” at us on the spot. The first step isn't to cut them off, but to notice and acknowledge how their behavior affects you.

1. Recognize the Toxicity: Notice when a space or relationship isn't serving you. Awareness is the first step—it's not about blame, it's about understanding your boundaries.
2. Decide How to Respond: Being mindful means realizing that you can't expect them to behave differently or give you what you need. Their actions are a reflection of them, not you.
3. Separate Their Story from Yours: Often, their inability to meet your needs comes from their own limitations or suffering. Accepting this allows you to release the frustration and focus on what you can control—your own reactions and choices.

This week, your exercise is to notice one relationship that triggers you, observe how it affects you, and practice separating their story from yours. Recognize the space that isn't serving you—and decide what you will do in spite of it.

Action Needed

- ☐ Do you have toxic people in your life?
- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?

Week 36: Nutrition

Nutrition Matters

What you eat fuels your body and mind. Good nutrition isn't just about dieting—it's about giving your body the nutrients it needs to have energy, focus, and resilience. Small, consistent choices add up to big results in your health and wellbeing.

What in your life needs to change to improve your nutrition?

Week 37: Surrender

Being Honest with Yourself

This is a difficult exercise, and I know it. It's about being fundamentally and brutally honest with yourself about exactly where you are right now. Oftentimes, we carry an image of how our life is "supposed" to be—what we think should be happening, or how we think we should be. But reality doesn't always match that blueprint.

Write down what exactly is going on in your life

Where are you one hundred % honest with yourself?

Now surrender and let it go. Describe how it feels to do so

Week 38: Money Belief system

Think of money as an energy that needs to flow.

What is your belief system about money

What is your belief system with regards to receiving money?

What did you hear about money growing up?

What do you believe about people who have a lot of money?

When you think about receiving large amounts of money, what comes up emotionally or physically?

What would you like to believe instead?

What evidence already exists that supports this new belief?

What small action can you take today that aligns with this empowering belief?

How would you act, spend, or show up if this new belief was 100% true?

Action Needed

- ☐ Have you complete Money exercise?
- ☐ What do you need to do this week to push your goal forward?
- ☐ What self Love are you giving yourself this week?

Week 39: Self-Compassion and Self-kindness

The Importance of Self-Care and Self-Compassion

We often take it for granted that we should care for ourselves, but the truth is, our well-being depends on it. It's important to recognize that things will only truly be okay if we intentionally put systems in place to care for ourselves.

We must prioritize self-care—prioritize giving ourselves the compassion and love we deserve.

One crucial realization is that the biggest bully we face is often ourselves. We can be our own harshest critics, constantly judging, doubting, and being unkind to ourselves. But there is no reason to bully yourself.

How to Start Practicing Self-Compassion:

1. Become mindful of when you are being self-critical. Notice the words and thoughts you use about yourself.
2. Make a list of 50 things that make you happy. This simple exercise helps shift your focus toward joy, gratitude, and self-nurturing.

What self compassion are you giving yourself?

Action Needed

- ☐ Take self compassion to heart.
- ☐ What do you need to do this week to push your goal forward?
- ☐ What self Love are you giving yourself this week?

Week 40: Having the guts and taking risks

Having guts mean for you and being able to try your instinct. Having guts means having enough courage, conviction or resolve to do something. Guts is also known as bravery or courage, and is the quality of being fearless and unyielding in the face of danger of difficulty. It is the inner strength that allows individuals to face their fears and take action in the face of adversity.

What does guts mean to you?

What do you need to do to have guts for your goal or for life?

What guts can you have for your self love?

Week 41: Are you limited?

Just stop to think about this one

Where do you think you are limited?

Are you really limited? Describe

What can you do to break free from the limit?

Have you completed the having limited content?

Action Needed

- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?
- ☐ What have you learnt this week?

Week 42: Blue Print

Your Life Blueprint

Your life blueprint is the vision you have for yourself—how you want to live, what you want to achieve, and who you want to become. Knowing it gives you direction, clarity, and purpose. When reality doesn't match your blueprint, it's not failure—it's feedback to adjust, learn, and move forward with intention.

What is your blue print you want to live.

Are you living this blue print?

Is it the life you want to live (Blue Print)?

What needs to change?

Action Needed

- ☐ What is your plan for this week with your goals?
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?
- ☐ What have you learnt this week?

Week 43: The power of a pause

The Power of a Pause

Pausing gives you space to think, reflect, and respond instead of reacting. In the pause, you regain clarity, release tension, and make choices aligned with your values. Even a few deep breaths can transform stress into focus and uncertainty into action.

Where do you need to pause?

Week 44: Priorities

The Power of Prioritizing

Prioritizing helps you focus on what truly matters, make better decisions, and move forward with purpose. When you know your priorities, distractions fade, and progress becomes inevitable.

What area do you need to pause?

Week 45: If I loved myself

Must read this book!

If you loved yourself what would you change about your goal?

Week 46: Declutter

Declutter Your Space, Declutter Your Mind

Clutter isn't just physical—it weighs on your mind and energy too. Letting go of what no longer serves you creates space for clarity, focus, and new opportunities. Every item or thought you release brings freedom and calm into your life.

What are you going to start with?

Are you going to do it weekly or monthly?

Action Needed

- ☐ What did you declutter
- ☐ What can you do this week for self love?
- ☐ What are you grateful for this week?
- ☐ What has been a challenge?
- ☐ What have you learnt this week?

Week 47: Passion

Living a Life with Passion

Life is too short to settle for anything less than what ignites your heart. Living with passion means pursuing what excites you, aligns with your values, and makes you feel alive. When you follow your passion, every day has purpose, energy, and joy.

What are you going to do with passion this week?

Week 48: Finding Systems

Find Your Systems

Success isn't just about motivation—it's about having the right systems in place. Systems create structure, reduce overwhelm, and help you consistently move toward your goals. When you find what works for you, progress becomes automatic, not accidental.

What type of systems do you have to support you?

What system works for you and what doesn't work for you?

49: Systemic healing

Week 50: Life wheel and The Perfect day

What Is the Perfect Day?

A perfect day isn't about perfection—it's about alignment. It's a day where your actions reflect your values, your energy feels balanced, and you make meaningful progress toward what matters most. Imagine it, plan it, and use it as a guide to shape the life you truly want.

What Is the Perfect Day?



Week 51 : Live More Life

Living More Life

You've completed the journey, but this is only the beginning. Living more life isn't about waiting for the perfect moment—it's about grabbing each moment, leaning into your purpose, and showing up fully. Life is meant to be experienced, felt, and celebrated. Take the lessons, the clarity, and the courage you've built and live boldly, intentionally, and without hesitation. Your life is yours—now step into it and make it extraordinary.

Well Done!
Be proud of yourself