

YOU ARE AN EMPOWERED WOMAN

MODULE 3: LESSON 1

Keys For Success

This week is all about solidifying YOUR recipe for success. What does this look like for you? What strategies work for you? What strategies don't work for you? Over the past two months and a bit, you have been introduced to new strategies and new tools and we need to get clear on what works and don't work for you.

In the lesson, I provided you with some more tips to help you so feel free to use them as well.

So, let's get to work, for today, you are going to get clear on what your recipe for success is. On the call tonight, I am going to go over the key tools that need to be in your recipe and this will help you create the ultimate key for success. Just like when we follow a real recipe, if we leave out some important ingredients, the final product might be a flop. But keep in mind, we can substitute things as we see fit. For example, we could substitute flower for almond flower, sugar with honey. Our recipes don't have to be the same, but they do need some standard ingredients.

Your Recipe For Success:

Using the following mandatory ingredients below, list which specific ingredient you use for your recipe. Or, non recipe terms, list the strategy you use to reach each.....

If you don't have a strategy, or don't do any of the following, make a note by it and we will make sure you come up with a strategy.

Gina Keeping Coaching

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Gratitude: (Ex. writing, vocalizing, mentally)

Physical Exercise: (Ex. Walking, running, lifting weights, etc)

Meditation: (Ex. deep breathing in the car, one minute meditations, morning meditations, etc)

Affirmations: (Ex. daily in a journal, shower talks, mentally)

When you are stressed in the moment: (Ex. reach out to a friend, journal it out, exercise, change your state, use the triad)

How do you deal with negative, limiting beliefs? (Ex. replace with empowering, reframing, etc)



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When you feel fear how do you handle it? (Ex. replace it with love, remind yourself of the story you are telling yourself, reframe, do it anyway, etc)

When you are faced with an obstacle, what do you do? (Ex. redirect, find a solution, reframe, talk it out, etc)

How do you stay in peak state? (Ex. daily rituals, morning routines, gratitude, exercise, surrounding yourself with awesome people, etc)

What keeps you motivated? (Ex. accountability from a coach, rewards, planning, etc.)

Do you have any other strategies that you want to add to your Success Toolbox?

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What is your WHY?

Do you have any other strategies that you want to add to your Success Toolbox?
