

Nancy *transformation coach*



Be Brave

Think

Get your mind in order, your life will follow

The journey starts here!
Your Journal of 30 Thoughtful Days.



Introduction

I am a woman, just like every other woman.

I did not just arrive at the point where I am in my life today, I transformed into it.

I am deeply passionate about Transformation Coaching and have stood in awe of its results many a time.

Coaching feels like a calling and I am answering that call through my Coaching Practice.

The aim of my Coaching Practice is to be the catalyst that makes women “tick over” and then to enable these women to empower themselves to take real action, to achieve real transformation and to utilize the full power they hold inside.

When women truly become everything that they really can be, they become extremely powerful and far less susceptible to abuse and exploitation.

Empowered women will eradicate the notion of being “the weaker sex” or being wanting in any shape or form.

I want women to discover the power they hold inside and to live fruitful and empowered lives.

Be Brave. Transform!

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30 Thoughtful Days

To think is to transform.
To transform is to think.

Your mind is a mighty resource, learn to use it intentionally!

This Journal will let you step into your day with a thoughtful mind that is awake, open and attentive.

It will connect you into your daily life and ensure that you do not merely move aimlessly through it.

Your eyes will be opened to a whole new world of possibilities of who you can be and what you can do in life.

Turn the following 30 days into 30 Thoughtful Days and create a dramatic shift in your life!

Get your mind in order, your life will follow.

Your journey starts here!



Thoughtful

Day 1

Today’s Thought

Get your mind in order,
your life will follow.

Thoughtful Action

My state of mind will always control my day and my life. Where in my life am I getting good results and what is my general state of mind in that area? Where in my life am I getting terrible results and what is my state of mind in that area?

The area on which I focus the most will determine my habitual state of mind.

Be Brave

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Time to Reflect

How was my day yesterday?

Very Bad

Very Good

What was good about yesterday?



Thoughtful Day 2

Today's Thought

You want to solve a problem
with the same mind that created it.

Thoughtful Action

When I do not look at challenges in life with a different perspective and fall into the
“one-track-mind” trap I cannot open myself to different solutions.

Where do I fall into this trap? How can I re-look one specific issue to get a different result?

Be Brave **Think**

Time to Reflect

How was my day yesterday?

Very Bad

Very Good

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What could I do more of?

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