

**Life Coaching Programme**  
**“2022 Project”**



Wanting a Better Life and a Better year

# Introduction to this work book

Hello and welcome to my work book. This is part of my Life Coaching Programme “2022 Project” to help you have a better life and a better year.

It all starts with the things you want to change in your life.

Who you idolise and why. Why does this person inspire you and what can you learn from them.

What are your fears with the changes you want to make and things you are looking forward too.



## **The things you want to change in your life?**

Use this page to go through what in your life you want to change. I have today decided after taking my son to the park and have a walk, want to do this every Saturday and Sunday. Or play football or even do some dancing. It all adds up when you know you have these habits to look forward to. And when you have completed them, is so rewarding and helps clear your mind and make sure you do it for yourself.

**Use this space to jot down what you want to change (use an extra page if you need to):**

## **Who do you idolise and admire ?**

It is not good to compare yourself as this just makes you feel down about yourself and not want to get more out of your life. It is all about seeing that you can accomplish your dreams to, and research about the person you admire and what elements can you use for yourself .

**What has been your biggest change in your life that you fear people will judge you on?**

Often we can hold ourselves back and feel that we have nothing to give when the person you talk to about tries to say all the things that could go wrong. Use it to give you more confidence, to achieve the item you dream about and make you stronger.

## **Is there anything you are looking forward to this year and feel you need more in your life?**

I love having things to look forward to and so made sure I booked a holiday, gone to a concert and visiting more of my home, London.

It is good to have a things to look forward to, because life can be boring when you stay in every weekend for example. I love exploring and make sure I do so regularly. Even if it is last minute. Often they are the best memories. So go on book that holiday, that spa weekend, just get as much out of your life as possible.

## Conclusion

You have to look after yourself as well as other people and live. Get there and be present with yourself and never put it off.

