

ReEmpower Coaching & Personal Development

Goals & Strategies Checklist

Do you feel that life... the world, people, your experiences - has diminished you? a little or a lot?

Ask Yourself these Questions! Note your immediate, true, raw, unfiltered response.

- Are you tired? _____
- Are you ready to be straight up DONE with that! _____
- Do you believe you were made for more? _____
- Do you think about what it means to be your complete true self? _____
- Are you ready to live who you were made to be, in your core, your real YOU? _____

7 Focus Points for Your Strength, Composure, Balance! Your promise to work for this!

- 1) Reclaim your Life
 - to bring, cultivate, into a condition.
- 2) Retrieve your Authority
 - to bring back to a former and better state.
- 3) Restore your Power
 - to reestablish, reconstruct a former position back into existence.
- 4) Resume your Strength
 - to take up or go on with again after interruption; continue.
- 5) Regain your Confidence
 - to get again, regain, succeed in reaching again, get back to.
- 6) Recoup your Control
 - to get back the equivalent of, reimbursement, sustain compensation.
- 7) Recover your Right
 - to make up for and make good on loss or damage, to oneself.

Organize and Plan Your ReEmpower Journey! Create tools to use for your Success!

- Pick a Planner/Journal for noting and tracking your Success & Lessons Learned.
- Select a Devotional or Affirmations to read daily.
- Start and maintain a daily Gratitude Journal.

♥ Stop being STUCK! Stop back sliding! ♥ If you're ready to move forward, and invest in YOU, complete this **Checklist** then let's explore how I may be able to help you get back on YOUR PATH! ♥ I am super happy you are considering how I might play a part in your journey to more success! ♥

Every day of my life, if I want to, I can and will, because I deserve to:

DO * SEE * FEEL * LEARN * TEACH * SHARE

♥ "I can set Goals for myself. I will set small, manageable goals. This will help me to **Get and Stay Motivated!** If the thought of doing anything starts to feel overwhelming, I'll simply start small. As I meet my goals, I can add more if I want or need to, until I achieve all of my goals!" ♥

Helping People Create a Life of Balance by Removing the Chaos

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