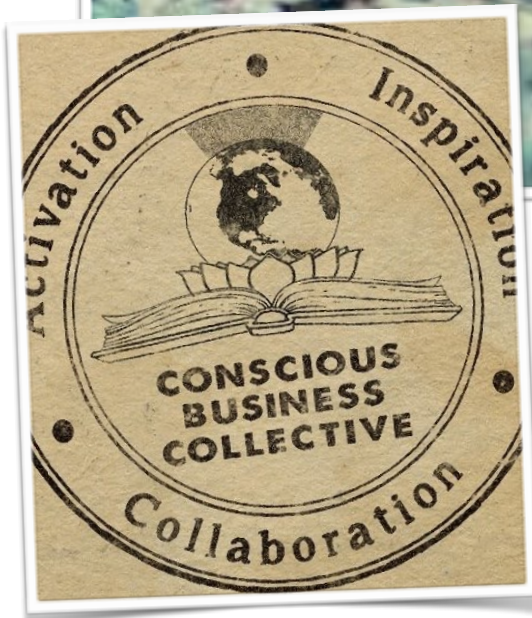


Amazing & Empowered

In 30 Days or Less. Workbook



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Workbook

Welcome to the program, Amazing & Empowered in 30 Days or Less. What your about to learn is so much about yourself.

The journey of your life up until this very moment has been a lesson of self discovery.

At times the discovery process can make you feel challenged and question this thing we call life. At times it has been uncomfortable and can have a very negative, sad or life changing experience. And for the positive on the most part.

All in all, we are unique and what happens to you will have a different effect on us individually. I can't say that because I have survived and pulled through a situation without to much pain or disappointment, that you will also. But what I can tell you is that where you are now, will be totally different 5 years from now. What you may experience now, will be different tomorrow.

Let's take a little trip down memory lane, let's create some nostalgia. Remember a time in your life where you where struggling? How did you feel? What action did you take? Who was there to support you? Where were you at the time? Why did you choose to make the change to a. Take control of the situation and the way you

allow the situation to affect you, or b. Allow the situation to control you and affect you by seeing the negative of the situation.

Remember the moment when you woke up from your sleeping slumber, the day you realised that you want something DEEPER, something where your LIVING your TRUTH, and you have a sense that there is something MORE to my life? That from this moment on you are taking a stand and not settling for second best. Your not taking a step back to allow others to move forward. Where your not putting others needs ahead if your own needs and finally trusting the signs that have come through to you to create an Amazing & Empowered person. Realising that if you don't do this now, you will most likely never will. Realising that if you don't back you up, no-one else will. That if you don't BELIEVE in YOU and follow YOUR PASSION and DREAMS, then no-one else will do it for you.

From that experience you will come to understand, that issues, situations, challenges etc in our life are not permanent if we don't want it to be. And I know for a fact that YOU are different and want to be Amazing and Empowered, otherwise you wouldn't be joining me on this program.

This workbook is for you to acknowledge your growth and the processes that you will be going through. Take your time to process, and be 100% honest with your self.

Once you have completed one task, sit with that for 1 week. It's important to process the learning so that you can implement and reflect this into your life.

1. Make a list of 10 things you have accomplished, for each item, write down the skill used to reach the goal. i.e. You didn't just graduate, you needed skills. Something happened. Write down

any challenges you remember such as time factors, family dramas etc. The emotion that you felt upon completion.

Accomplishment	Skill Required	Challenges	Emotion Felt
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

2. What did you learn about yourself from this exercise?

Find words of inspiration based on this topic. You may come across an affirmation, a scripture, or another form such as lyrics of a song. Example (I achieve great things in my life or "a miracle is a universal blessing from God through me to ALL my brothers").

3. Identify your Amazing & Empowering Passions in your life and work / career. List 10 things that you are passionate about.

Take this time now to identify the top 5 passions that you can integrate into your life.

4. Identifying limiting beliefs that keep getting in your way of

1. List your 10 passions

- | | |
|---|----|
| 1 | 6 |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | 10 |

Being Amazing & Empowering. Areas were you may be struggling:
- health and fitness, - career and job prospects, - love and relationships, - wealth and success.

1. List your top 5 passions

- 1
- 2
- 3
- 4
- 5

What did you learn about yourself from this exercise?

Find words of inspiration based on this topic. You may come across an affirmation, a scripture, or another form such as lyrics of a song.

Identify an area were you are struggling.

Write down what it is you want your life to look like?

Do you recall anyone who has been successful in this area, either celebrity or someone you know personally?

Reasons why you can't have this life?

5. Amazing & Empowered Vision & Mission to create the life you Desire. Your Vision: what does your purpose look like? Your Mission: how are you going to create this vision? Core Values: what do you value in yourself and in life.

What did you learn about yourself from this exercise?

Find words of inspiration based on this topic. You may come across an affirmation, a scripture, or another form such as lyrics of a song.

Vision

Mission

Core Values

6. Identifying how you can Be Amazing & Empowered in your life.
Create your ideal life by drawing a picture or writing a story on how you would like to imagine your life to look like. Start with something like.... I remember the day the phone rang when I got my first big sale. I felt amazing, inspired, successful and motivated to follow my dreams.....

What did you learn about yourself from this exercise?

Find words of inspiration based on this topic. You may come across an affirmation, a scripture, or another form such as lyrics of a song.

Congratulations for making it this far. I am so proud of you and your ability to create change in your life. You are amazing, you deserve everything, plus more than what you desire. There is just one more thing.

This is really important. Do this right now and every single day from this moment on.

1. You must give yourself permission to be Amazing & Empowered. Allow it into your life. A daily affirmation is essential.

"I give myself permission to be Amazing and Empowered. I allow all good and Amazing experiences into my life. I create the outcome, and I choose to be Empowered".

For all of this information to really have an affect on you really feeling Empowered and Amazing 100% of the time, is by having someone to coach or mentor you.

This is why I am here. My purpose is to point you back towards your amazing self. And I do that by challenging you to explore your most amazing self to be empowered. I have the tools, you have the desire, let's do this together....

For continued coaching / mentoring, please email me amanda@amandabate.com or call 0402310587

To Being Amazing,

Amanda xo

P.s There is an added Bonus I didn't tell you about! What follows from here is a log book for 30 Days which I'd like you to copy so that you use it for 60 Days to really increase your growth potential.

For the next 30 Days, you must find words of inspiration to document. Words can come from any source, as long as they lift you up and give you clarity.

Day Words of Inspiration

Day	Words of Inspiration
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
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27	
28	
29	

Day Words of Inspiration

1

30