



HEALTH &  
WELL-BEING  
WORKBOOK



MANIFESTING  
**COACH**  
BLONDIE

- How would it feel to live a life less toxic?

- What does it mean to you to live a healthy lifestyle mentally and physically?

- Do you have any mental issues currently that you would like to change

- What are they?

- Do you have any physical discomforts or illnesses that you would like to heal?

- How would healing and changing these things positively impact your life and lifestyle?

- What was the biggest eye-opener for you in this masterclass?

- Do you feel overwhelmed by all the changes? If so take a deep breath and just set an intention to lovingly start making changes in a way that feels good for you.

- Do you feel frustrated about making any changes? If you do, write down why you are frustrated and see if you can change your own perspective, therefore your alignment so it starts to feel exciting not in resistance.

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- What changes do you feel most excited to make?

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- How can you make these changes feel incredible to you?

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- Take the changes that excite you, now write out how making these changes will positively impact your life? Really fall in love with a healthy mind, body and spirit and create a visual to keep you on track. ie, a vision board to keep you focused.

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