



© 2019 Coach With Blaze LLC, some concepts and formatting used with permission from ©Heather Alice Shea, Inc. All Rights Reserved

# INTUITIVE 1:1 SESSION COMPANION WORKBOOK

Turn your insights into an  
actionable plan for  
success!

If you're reading this, you and I have an intuitive coaching session coming up soon.

Hooray!

Whether this is your first experience or your hundredth working with a coach and/or receiving an intuitive reading and energy work, I want to welcome you and let you know how glad I am to work with you. My goal is to help you turn your hopes and dreams into more than just wishes.

The purpose of our work together is to not only realign your beliefs and energy with the results you want to achieve, but to help you devise a down-to-earth plan that has the power to turn your goals and aspirations into the reality that you wake up to everyday.

With that in mind, this workbook is designed to help you to first solidify your intentions into a clear vision, and then to help you turn the insights you gain from your session into actions that will help you shift your reality forever in the direction of your choice.

But before we begin, let's take a moment to talk about why many energy-based sessions don't yield results that "stick," and how you can avoid that with this session by using this workbook.

## Has this ever happened to you?

You get excited and get your hopes up about a great intuitive, psychic, or coach that everyone is raving about. You take the leap and book the session, and it turns out to be pretty awesome! You leave the experience with incredible paradigm-altering insights. Your energy is up, your spirits are high, and you feel confident that your life will now reflect all the awesome energetic shifts you just co-created and worked for. You expect your happiness index to skyrocket and stay there.

## But that's not what happens.

You feel good for few days, maybe even weeks. But after a while, things more or less go back to the way they were before. The buzz you had now feels 'blah' and soon you find you're back to the same day-in and day-out routines and emotions you were trying to escape. In fact, the only thing that feels lighter about you is your bank account.

## How can this be?

Aren't mind-blowingly awesome changes supposed happen lightning-quick and permanently last when you work on the energetic level? Isn't that what all the leading healers and spiritual experts promise? Isn't that whole point of working with energy in the first place?

No. Because that's not how it really works – and here's why.

You can shift your energy and remove blocks until you're blue in the face, but if you don't create behaviors that support the new state you want to live in, then it's almost guaranteed that you will recreate your old reality all over again.

Have you ever heard about how people who win the lottery often end up bankrupt and right back where they started within mere years of hitting it big? Why does that happen? They were able to let in the money, the riches and the wealth – but they didn't have habits or structures in place to help them keep, nurture and maintain all the new money.

This is an apt metaphor for how energetic changes behave. While you can instantly alter a belief, remove old emotional energy, and create room for a fantastic and bountiful new reality – if you don't simultaneously construct the physical and grounded routines, containers and rules for your new reality – you will just end up re-creating what was familiar. And what's familiar? That's right – it's the way you've been living already.

So, you must learn how to embody the shifts and insights you get.

Not for a day or week, but forever. You've got to change the way you act in the world, to support the new beliefs, or you'll put those negative patterns right back where they were before you started (and be confused about why it's all happening this way.)

In order to help you learn how to embody your energetic shifts, I offer you this workbook to give you space to write down an actual plan with steps you'll take, starting today, to make it all last.

I use a four-part session structure that eases you into energetic and mental shifts, while simultaneously giving you insights you can turn into actions for lasting results.

Intuitive energy work is by nature non-linear, messy, and a little chaotic. It's beautiful, but we also need to stay grounded and apply the information here in the present in realistic and creative ways. This structure allows us to capture the best of both worlds.

Below you'll find instructions on what to do before, during and after your session to capitalize on the clarity and maintain the momentum you'll receive in your session.

### BEFORE YOUR SESSION, PLEASE...

Read your "Private Session Prep Kit" PDF and follow the instructions there.

Read and review this Workbook so that you are ready to take notes and action when it counts.

Print this workbook or set aside space in your own notebook to take notes during or immediately after your session.

The following pages will break-down actions to take before during and after each phase of your session for the greatest results.

## PART 1: INITIAL INTUITIVE IMPRESSIONS

WHAT TO DO BEFORE: Be ready for your session, in a relaxed space where you feel safe. Come in with an open mind and heart, ready to receive.

WHAT TO DO DURING: State your intention for the session and then, take everything in. Relax, listen, take notes if you like, and leave worries and anxieties at the door, (or out on the table, to be shifted in session!)

## PART 2: QUESTIONS & CONVERSATION

WHAT TO DO BEFORE: Get your questions ready.

Take a few moments to jot down a handful of questions or areas of your life you most want to discuss. Your questions can be as broad or as specific as you'd like! Really, there's no wrong way to do this, so just have fun with it.

"My questions and areas of interest are..."

---

---

---

---

---

---

---

---

---

---

---

## PART 2: QUESTIONS & CONVERSATION

WHAT TO DO DURING: Take note of your insights and the actions you are being guided to take. Jot down everything that you feel a strong connection to or emotion around. There may be a few “ah-ha!” thoughts that come to mind early on here, so taking a quick note will help you remember it later on.

And, you may return to this section of the workbook to add any additional insights you gain at the end of the session, that can help you form your action-plan afterwards.

“My session notes, ah-ha’s, and potential actionables are...”

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





## PART 4: RETURN TO CENTER

WHAT TO DO DURING: As your awareness returns to the here and now, it is time to turn all of the insights you gained into a streamlined and easily executable plan that helps maintain, nurture, and grow your new energetic structure.

This will require some contemplation of your part, but it's worth the effort! During our session I will get you started by offering my perspective on what I think would be some great solutions for you. But ultimately, you're the expert at being you – so it's what you want to do, and what you are willing to do for the long haul that will create the best possible path forward.

Below is a section to write down any actions or habits that you may have been inspired to incorporate into your life as a direct result of your session.

Remember, it is much easier to add a new healthy and productive habit than it is to eliminate one – so by taking action and adding supportive new routines to your life, you are kick-starting your success.

Write down 1-2 Actionables in the section below, and complete them after your session so that you keep the momentum going strong and make changes that last! (If you would like to add more, feel free to print more pages and use this sheet as a nice way to keep track of any new habit you'd like to add to your life!)

## ACTIONABLES

Here, you can explore what the action or habit you would like to add looks like, when you will make it happen, what you might need to do to make it a reality, and the potential stumbling blocks in the way of getting started or making it stick.

Once you have a clear idea of the What, Why, and When, the How will be much easier, and you will be able to make lasting changes.

THE ACTION I WILL TAKE THAT WILL HELP SOLIDIFY MY TRANSFORMATION IS:

---

---

*What will this action help you overcome and accomplish? Why do you want this for yourself? How will attaining it make you feel?*

I find it especially effective to list 10-20 reasons why this new action or habit enhances your life in every area.

For example: When I brush my teeth every morning, my life is better because:

My teeth and mouth feel better.

My dentist visits are more pleasant.

I spend less on dental repair and avoid painful drilling.

Adding tooth-brushing to my morning routine gives me a sense of accomplishment that starts my day off on a good note.

My relationship is better with my partner because I smell better.

I enjoy the taste of my toothpaste.

My daughter doesn't complain about my morning breath.

[illegible]

When will you do this?  
(Daily? Weekly? Once? Every Month?)

Knowing WHEN you will take action and how often is important because if this is something important to you, you must make the time for it. And you can't do that if you haven't considered what this action looks like in your life and when you will do it.

Sometimes you will try a habit out in the morning, and later find out it works better for you at night or in the afternoon. Adjustments are cool - but start somewhere, and write down WHEN you will do this, and put it in your calendar.

---

---

What steps do you need to take and are  
willing to take to fully execute this  
action?

---

---

---

---

Are there any foreseeable roadblocks to  
taking those steps?

---

---

---

---

What are the things you can do to deal with, mitigate, or eliminate the roadblocks?

---

---

---

---

Who can help support you as you make the changes?

Friends, family, teachers, and even therapists or other professionals can be great resources of strength and support as you incorporate a new change into your life. Identify who your allies will be in your quest toward awesomeness.

---

---

What reward will you give yourself once you've reached your goal?

It is important that you take the time to acknowledge your wins and celebrate your successes! It is all too easy to make a change, and once it has become your new normal, forget that it was ever a big deal to begin with. But as humans, we need encouragement and celebration to keep our momentum and stick to our plans. Take this into account, and decide now what you will reward yourself with after you have successfully implemented your new habit.

---

---

---

## WHAT TO DO AFTER: STICK WITH SPIRIT AND TO YOUR PLAN

To make this process move as smoothly as possible it's imperative to keep your soul goals "top of mind."

Reviewing your plan for your actionables at least once a week will help you stay grounded and committed to living your soul's purpose through living the life you want to live!

### Ask your Higher Self and Guides for help!

It might seem ridiculously simple, but this easy action has the power to shift so much. Asking for help from a higher power, and even from your own divine self, lets you relax and remember that you only ever have to do your 10%. The Universe will take care of 90% of it if we just get out of our own way.

So if you feel overwhelmed, remember to feel into it, offer it up, and let it go by asking your expanded self and guides to take the parts you can't handle off your plate for now. And then, go on with your day, knowing that you only have to take the inspired action that came to you when you asked for help.

Sometimes that action is to just take a nap, go for a walk, or play – and YES, it really can be that easy, fun and awesome. Follow that inner nudge, and trust that while you are playing and letting it all go, the Universe has got your back and is coming up with something even better than you could have imagined. Just let it in, and you will be surprised at how much can flow to you!

Speed bumps happen and  
that's ok.

Instead of feeling frustrated, see them as a sign that you are making progress! No goal is ever accomplished without facing obstacles, From this perspective, then you're moving right along! Allow yourself to feel how you feel and work with whatever comes up.

Say "No!" to everything that hinders  
your progress, path and plan you've put  
in place.

Seriously. If something contradicts or is counterproductive to your actionables then just say no to it! And if it's something that you can't flat out say no to, then revise your strategy to include such responsibilities. Above all, keep moving.

Work for the goal but  
enjoy the journey.

Who says you can't have fun while you working towards what you want? Happiness and contentment are gifts that can only be found in the present moment. It's OK to relax and appreciate the journey.

Congratulations! You are on your way to keeping your hard-earned transformation! Thank you for doing this soulful work, and for taking the time you need to truly take care of yourself.



With Love and Joy,

*Blaze*

© 2019 Coach with Blaze LLC

some concepts & formatting used with permission from ©Heather Alice Shea, Inc. All Rights Reserved

This private document is meant for the personal use of Blaze Schwaller and her private clients. You are not permitted to package, retransmit, or distribute, or sell this privately licensed copy for use or redistribution by your clients or any other person, company, or entity. In other words, you are allowed to use it, but you do not have the authority or legal permission to allow other people to use it in any capacity. Failure to comply will result in legal indemnification. Thank you, Coach with Blaze LLC and Heather Alice Shea Inc.