

SELF-COACHING

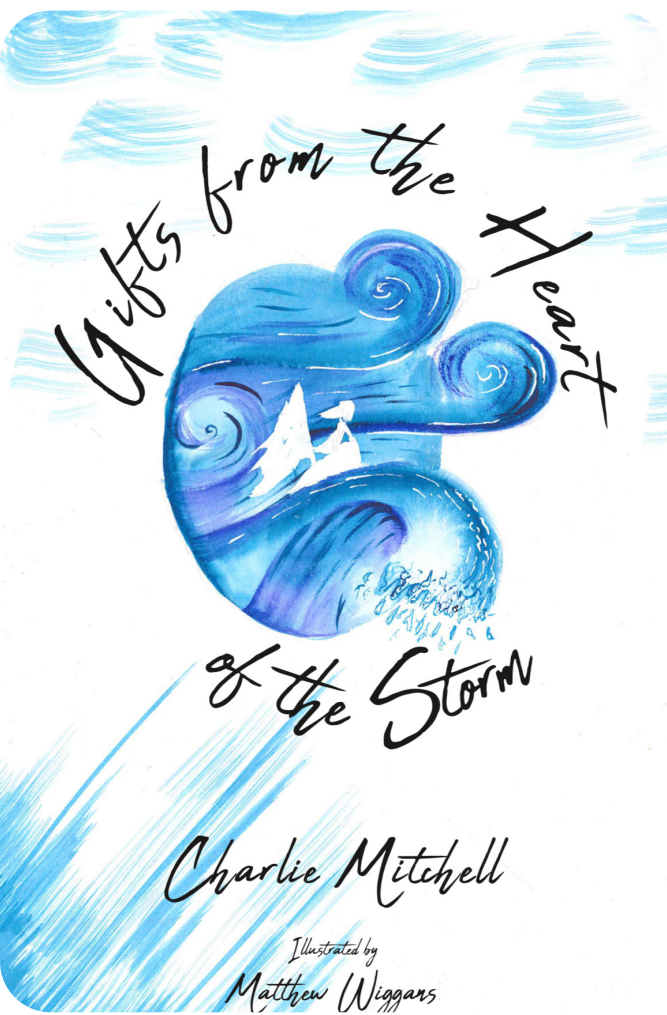
ACTIVITIES



CREATED BY

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Welcome!

Thank you for being here! Deciding to take our own healing journey seriously can be one of the most liberating things we can do!

That doesn't mean it is easy, and yet some of the most valuable things in life take a little time, unfold when they are ready and are easier when we make space for them.

I look forward to walking this path with you. Remember the Facebook support group is always open if you'd like to share where you are at and get a different perspective.

www.facebook.com/groups/starseedparenting

Warmest wishes!

Charlie



How to use these activities

These activities have been designed to be used alongside the Gift Journal, and works best when you can do a little every day. Print this out and have it to hand, as there are helpful reminders that will support you as you go.

Make a little space each week to review how your week has been and notice what has come up that is different from last week, and what you would like the focus to be next week.

And keep us up to date in the Facebook group with your progress however things unfold for you!

www.facebook.com/groups/starseedparenting



STEP ONE

What would you like to get out of this time together?

We have been on quite a journey so far. We have explored our healing, know more about emotional first aid, have read the book 'Gifts from the Heart of the Storm' and done some meditations.

On this final stage of our journey together, it is really helpful to spend a moment thinking about where we would like to get to or what we would like to get out of this review experience.

With healing it is not always straightforward, it doesn't always happen in the way we would expect, and I'm not suggesting it will have 'gone to plan'.

That being said there may be some things that would really help you from here, or specific things you'd like to be different in another 30 days time.

This is the space to give that some thought and write down some notes on the next page.

***Healing yourself is the best gift you
can ever give to your children***



WHAT WOULD YOU LIKE?

Complete this before you begin this journey, take some time to write out what you would like for yourself. What is the vision you want to make a reality?

I WOULD LIKE...

A large, empty rectangular box with a light gray background, intended for writing a personal vision statement.



STEP TWO

What's holding you back?

As we get to know ourselves better we can notice there are things holding us back.

Sometimes there are things we are aware of and sometimes there are things that we don't even realise are causing us challenges.

This is some space to reflect on what might be a barrier going forward and what we can do to overcome it.

There is often a way round things, over them, through them or even exploding them so that they no longer stand in our way.

*"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."
Christopher Reeve*



RELEASE YOUR OBSTACLES

What are you ready to release, as you continue your journey? Take some time to fill in the spaces below with all the things you are ready to release.

MY BIGGEST OBSTACLES

A large, empty rectangular box with a light gray background, intended for writing the user's biggest obstacles.

HOW I WILL OVERCOME MY OBSTACLES

A large, empty rectangular box with a light gray background, intended for writing the user's strategies for overcoming their obstacles.

STEP THREE

What would you love
to reclaim?

When we are having a tough time it can be difficult to imagine it being any different, and yet sometimes to get a different perspective can make all the difference in the world.

We often forget about the things that we enjoy, what makes us tick and what's important to us. This is a space to remind ourselves about what we would like to reclaim, even if they are things that are out of our reach right now. .

*"The pain of yesterday is
the strength of today."*

Paulo Coelho





RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to focus on and who you want to become...

HOW DO YOU WANT TO **FEEL**?

Empty space for writing answers to the question: HOW DO YOU WANT TO FEEL?

WHAT DO YOU WANT TO **FOCUS ON**?

Empty space for writing answers to the question: WHAT DO YOU WANT TO FOCUS ON?

WHO YOU DO WANT TO **BECOME**?

Empty space for writing answers to the question: WHO YOU DO WANT TO BECOME?



*“Life isn't about finding yourself.
Life is about creating yourself.”*

— GEORGE BERNARD SHAW

STEP FOUR

Where are you at right now?

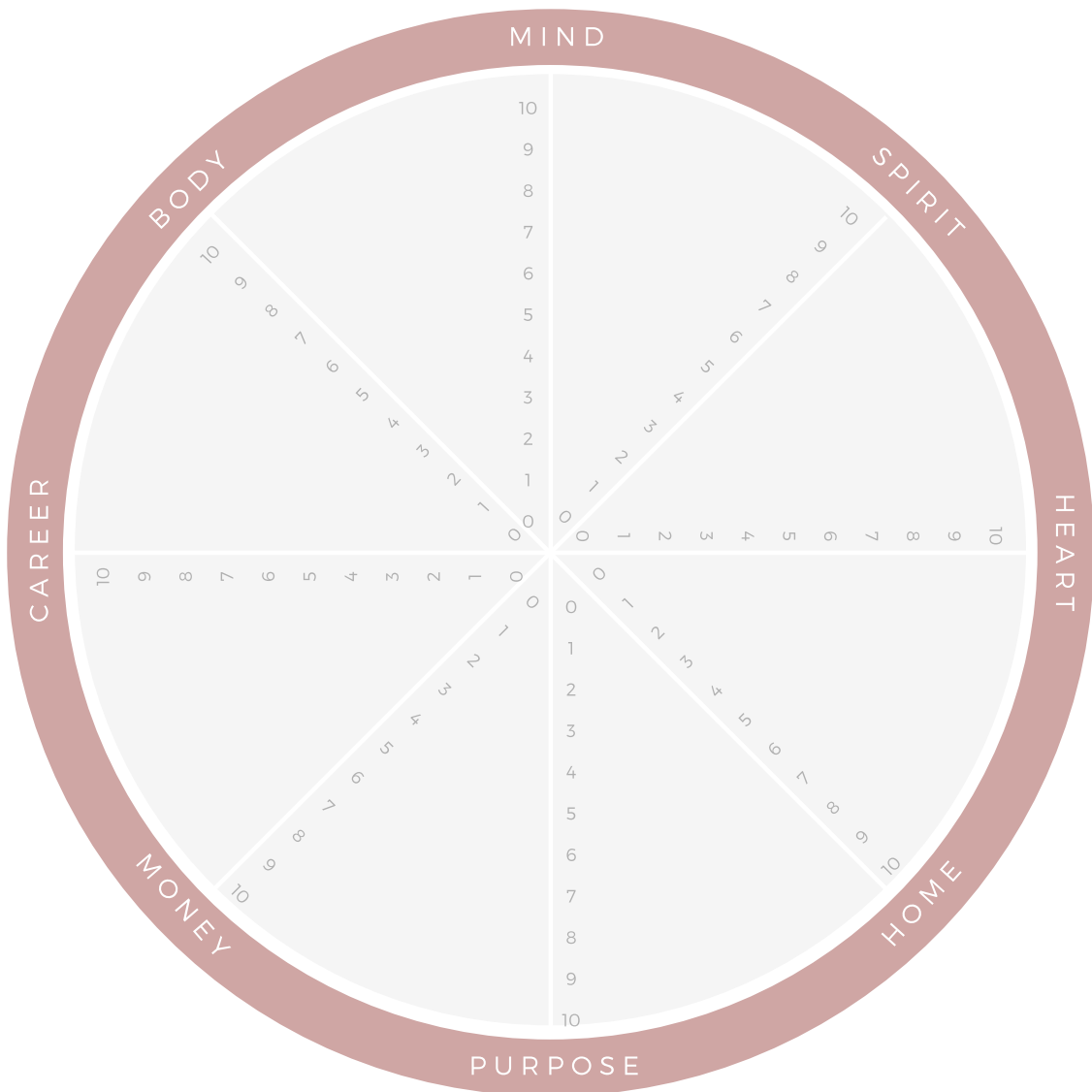
Sometimes we are so interested in getting on with life that we don't even really notice where we are, what is working and what areas of our life we could do with some extra support with.

This quick activity will give you a snapshot of where you are at and give you an opportunity to decide what you want to focus on next.

- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)

RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is.



You can repeat this activity at the end of the month and see what is different. It'll help you decide on your focus for next month..

STEP FIVE

Where would you like to be?

Now we have had a look at different areas of your life, you can start to explore what you would like to be aiming for in each area.

It could be something really small that you decide is the change you would like to see.

It doesn't have to be a major change, and you can review it in a month and see if it still feels like a good aim to have.

*"Your future is created
by what you do today
not tomorrow"*





RESET YOUR INTENTIONS

Let's get clear on what you want each area of your life to look like instead. So take some time to fill in the spaces below.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

STEP SIX

Let's get even clearer!

We have explored different areas of your life and you have thought about what you would like for each area.

Now is the time to get even more specific.

Pick one of the areas of your life that you would like to focus on right now.

Write out the focus in the middle section on the next page.

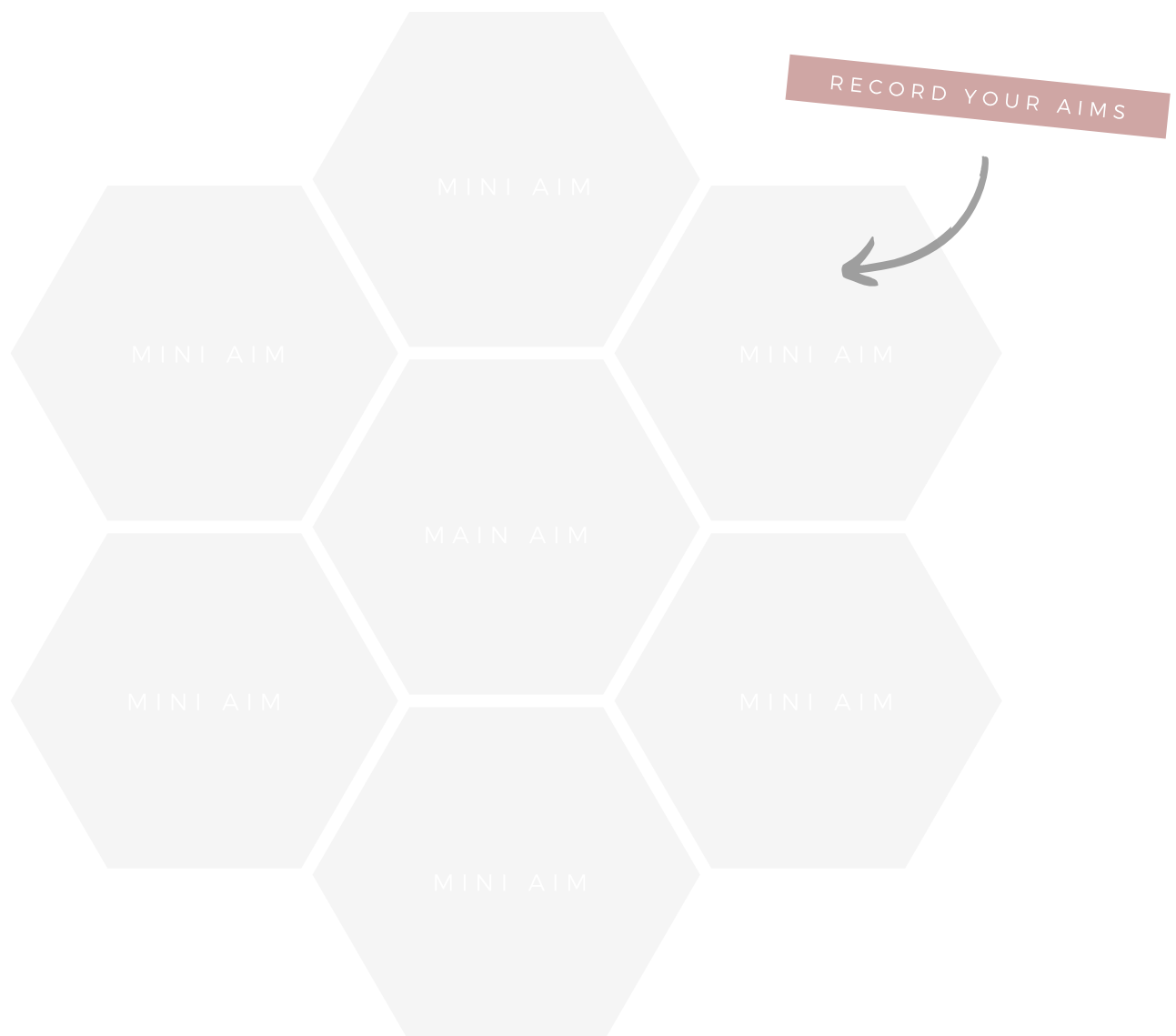
Then write out 6 aims that will help you to achieve the main focus.

Still not sure what your focus or aims should be? Then post in the Facebook support group and get some advice.



REDEFINE YOUR FOCUS

It's time to redefine what you want to focus on. Set one main area to focus on in the next 30 days and then break it down into 6 smaller aims that will help you reach it faster!





FINAL REFLECTIONS

Complete this after you finish your activities. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE



FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

Helpful Resources

01

Starseed Parenting Website

Get the full updated list of free resources from:
www.starseedparenting.org

02

Morning pages by Julia Cameron

Learn more about a different approach to
journaling here: [Morning Pages | Julia Cameron Live](#)

03

FreeMind App

The FreeMind App has a range of different healing
mediations to support your healing journey

04

Facebook Support Group

Make sure you access the Facebook support group
regularly, connecting with others on this journey
www.facebook.com/groups/starseedparenting



MEET CHARLIE

Charlie Mitchell
Starseed Parenting
Email:
charlie@starseedparenting.org

Learn more at
www.starseedparenting.org

Charlie has 3 amazing children who experience the world differently. One has Down Syndrome and Leukaemia, one has autism and anorexia and the third gets caught up in the storm himself at times.

Charlie loves turning her experiences into opportunities to support other parents through writing, developing courses and intensive one to one support.

MAZA DOHTA

*"Healing is an art.
It takes time,
it takes practice.
It takes love."*

JOIN OUR

Exclusive Membership



This is a unique opportunity to take your healing further within a supportive group of parents who want to explore their healing together. Your journey starts here!

FOR MORE INFORMATION AND TO
BOOK VISIT:
[WWW.STARSEEDPARENTING.ORG/
SERVICES](http://WWW.STARSEEDPARENTING.ORG/SERVICES)