

GIFTED MIND STATE

LIFE COACHING

WORKBOOK



**A JOURNEY TO SELF AWARENESS,
ACCOUNTABILITY, AND PLANT BASED WELLNESS**

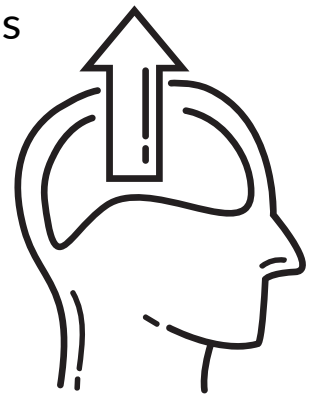


INTRODUCTION

This workbook is designed to guide you on a journey of self awareness and accountability, helping you uncover your strengths and achieve your goals. It also provides practical tools for adopting a plant based/healthy vegan lifestyle to enhance your overall well being

OVERVIEW OF NICHEs COVERED:

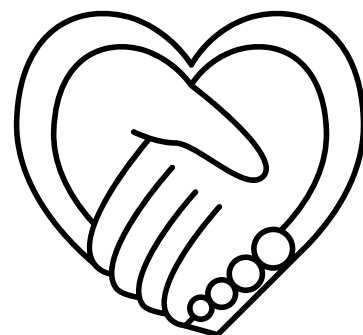
Self Improvement: Focus on self awareness and accountability to achieve your personal and professional goals



Health & Wellness: Emphasize plant based/healthy vegan nutrition for a sustainable, balanced lifestyle.



Relationships: Build stronger connections by fostering trust, communication, and understanding.



ROLES & **RESPONSIBILITIES**

Purpose: To establish a foundation of trust, commitment, and clear boundaries.

COACH RESPONSIBILITIES:

- Provide a supportive and confidential environment for the client to explore their goals.
- Share tools, strategies, and actionable steps to facilitate client growth.
- Encourage accountability and provide constructive feedback during sessions.
- Maintain professional boundaries and adhere to the agreed upon coaching structure.

CLIENT RESPONSIBILITIES:

- Actively engage in sessions and be honest in communication.
- Complete exercises and tasks agreed upon between sessions.
- Provide feedback on the coaching process to enhance its effectiveness.
- Commit to the session schedule and strive to follow through with the agreed upon goals.



AGREEMENT

Confidentiality Agreement: All information shared during coaching sessions will remain confidential unless:

Required by law (e.g., threats of harm to self or others).

Written consent is provided by the client to share specific details.

This confidentiality agreement extends to emails, texts, and any supplementary coaching materials.

SESSION SCHEDULE:

Place "X" for weekly or bi-weekly

Weekly	Bi-weekly

Place "X" on specific days

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Both parties commit to being punctual and prepared for each session.

In case of cancellation or rescheduling, a notice period of 24 hours is required.



SIGNATURE SECTION:

• Coach's Name :

• Signature :

• Date :

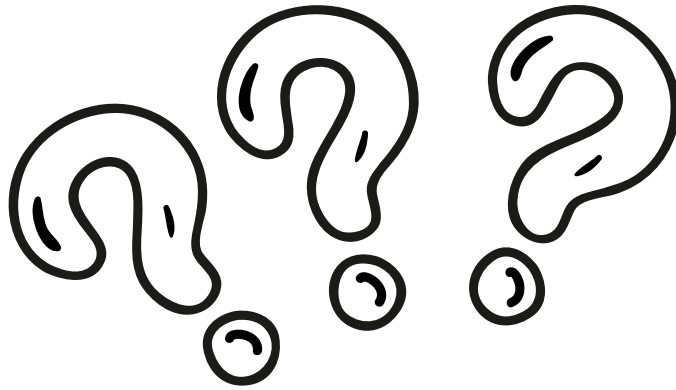
• Client's Name :

• Signature :

• Date :



QUESTIONNAIRE



To understand your starting point and tailor the coaching process to your needs.

QUESTIONS:

For Self Awareness and Accountability:

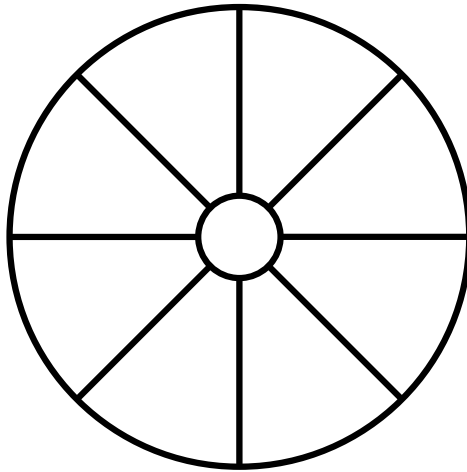
1. What areas of your life feel most out of alignment with your values?
2. What motivates you to become more accountable in your personal growth?
3. How do you currently track your progress or achievements?
4. What specific outcomes do you hope to achieve through coaching?

For Plant Based Nutrition:

1. What are your primary motivations for transitioning to a plant based lifestyle?
2. What challenges have you encountered with plant based eating?
3. What does a typical day of meals look like for you?
4. Are there specific health goals you want to achieve through this lifestyle?



LIFE WHEEL EXERCISE



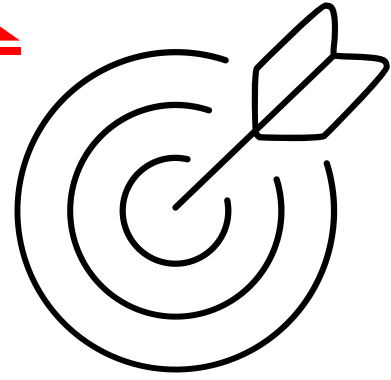
INSTRUCTIONS:

1. Rate each category on a scale of 1-10 and mark your rating on the wheel.
2. Use this exercise to identify areas for improvement.

CATEGORIES:

1. Self Awareness
2. Accountability
3. Physical Health
4. Nutrition
5. Energy Levels
6. Trust and Vulnerability

GOAL SETTING FRAMEWORK



PURPOSE:

Break your goals into actionable steps.

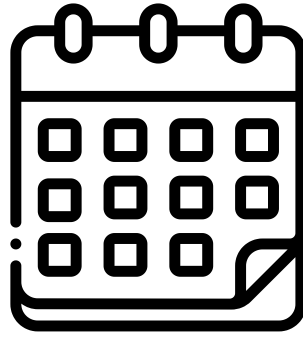
SMART GOALS WORKSHEET:

- **S:** Specific
- **M:** Measurable
- **A:** Achievable
- **R:** Relevant
- **T:** Time bound

REFLECTION PROMPTS:

- Why is this goal important to you?
- What obstacles might you face?
- What support/resources do you need?

WEEKLY HABIT TRACKER



Purpose: Build consistency and track progress.

Check or place an “X” in boxes

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Healthy Eating							
Practice Mindfulness							
Practice Self Care							
Learned something new							

Weekly review space to reflect on successes and areas for improvement.



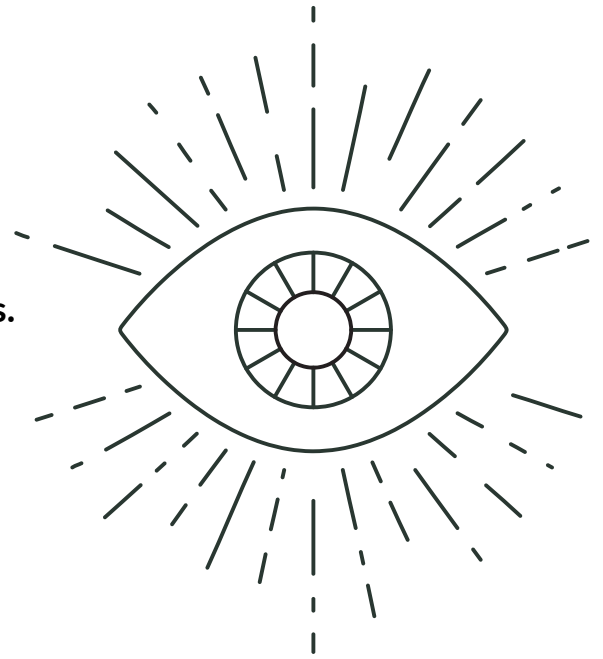
42 IDEALS OF MA'AT

The 42 Ideals of Ma'at represent a way of living in balance, truth, and integrity. Reflecting on these principles can guide your personal journey toward greater selfawareness and ethical living.

These ideals can serve as daily affirmations, reflection points, or guiding principles in the workbook.



1. I honor virtue.
2. I benefit with gratitude.
3. I am peaceful.
4. I respect the property of others.
5. I affirm that all life is sacred.
6. I give offerings that are genuine.
7. I live in truth.
8. I regard all alters with respect.
9. I speak with sincerity.
10. I consume only my fair share.
11. I offer words of good intent.
12. I relate in peace.
13. I honor animals with reverence.
14. I can be trusted.
15. I care for the earth.
16. I keep my own counsel.
17. I speak positively of others.
18. I remain in balance with my emotions.
19. I am trustful in my relationships.
20. I hold purity in high esteem.
21. I spread joy.
22. I do the best I can.
23. I communicate with compassion.
24. I listen to opposing opinions.
25. I create harmony.
26. I invoke laughter.
27. I am open to love in various forms.
28. I am forgiving.
29. I am kind.
30. I act respectfully of others.
31. I am accepting.
32. I follow my inner guidance.
33. I converse with awareness.
34. I do good.
35. I give blessings.
36. I keep the waters pure.
37. I speak with good intent.
38. I praise the Goddess and the God.
39. I am humble.
40. I achieve with integrity.
41. I advance through my own abilities.
42. I embrace the All.



REFLECTION QUESTIONS:

1. Which of these ideals resonate most with you?
2. How can you apply these principles to your daily life?

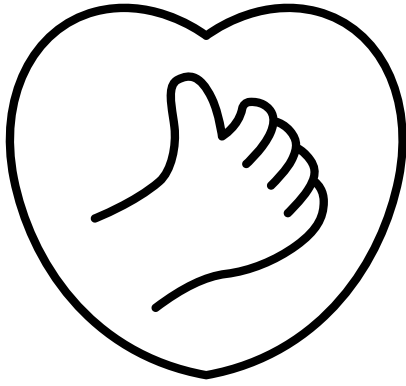
WEEKLY PRACTICE EXERCISE (OPTIONAL):

- Choose 1-3 ideals to focus on each week.
- Reflect on actions taken to embody these ideals.

Week	Ideal of Focus	Actions Taken	Reflections on Progress
Week 1			
Week 2			
Week 3			
Week 4			



GRATITUDE PRACTICES



PURPOSE: Foster a positive mindset.

DAILY GRATITUDE PROMPTS:

- What am I grateful for today?
- What small wins did I achieve today?
- How can I show appreciation to someone in my life?

WEEKLY REFLECTION PROMPTS:

- What were the highlights of my week?
- How has practicing gratitude impacted my mindset or relationships?

PROGRESS CHART



PURPOSE: Measure and celebrate milestones.

- Use the chart on the next page to help you track your monthly progress in self improvement, and health & wellness. Use the spaces provided to note milestones, challenges, and achievements.

REFLECTION & FEEDBACK

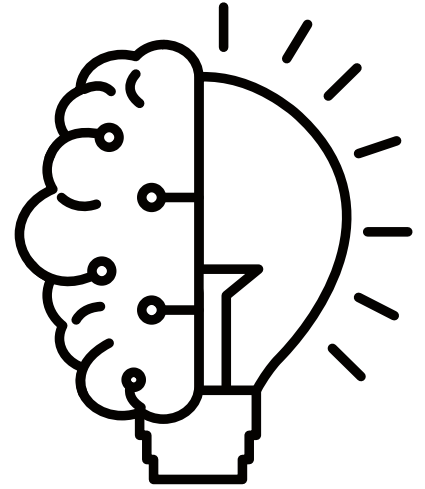


PURPOSE: Encourage self awareness and gather client insights.

PROMPTS FOR CLIENTS:

- What have I learned about myself through this process?
- What am I most proud of achieving?
- What steps will I take to maintain my progress?

INSPIRATIONAL **MESSAGE:**



Remember, progress is a journey, not a destination. Stay aligned with your truth, and trust in your ability to grow and evolve.

READY FOR YOUR NEXT STEP?

Congratulations on completing this workbook! You've taken a meaningful step toward self awareness, health, and transformation.

But true, lasting growth happens with personalized guidance and accountability.

Book Your Coaching Session Now

Visit: giftedmindstate.com/lifecoaching to schedule your first session today!

“Transformation is a journey. Take the next step with confidence!”

