

Experience 1 week of our coaching material



YOUR PATH TO
BALANCE, PURPOSE,
AND FULFILLMENT

HOW TO USE THIS WORKBOOK:

Step 1: Set Your Intentions

Having clear intentions will help you stay focused and motivated throughout the process.

Step 2: Commit to Consistency

Consistency is key to seeing lasting results.

Step 3: Embrace Self-Reflection

Self-awareness is the first step toward positive change

Step 4: Take Action and Adjust

This process is about growth, and sometimes that means adapting along the way.

Coaches Contact:

Should you have any questions or wish to explore further, Javian Johnson can be reached at jjohnson.createmystory@gmail.com.

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UNDERSTAND AND
CLARIFY
PERSONAL
VALUES TO
CREATE A
FOUNDATION FOR
A BALANCED LIFE.

What are my values?

Day 1

Loyalty
Spirituality
Humility
Compassion
Honesty
Kindness
Integrity
Selflessness
Determination
Generosity
Accountability
Adaptability
Self-Discipline
Forgiveness
Altruism
Sincerity
Fairness
Humor
Responsibility
Honor

Courage
Tolerance
Trustworthiness
Equanimity
Altruism
Appreciation
Empathy
Toughness
Self-Reliance
Attentiveness
Self-Love
Authenticity
Independence
Citizenship
Openness
Risk-taking
Thrift
Vulnerability
Grace
Respect

Which values resonate strongly with me?

DAY 2

TAKE 15 MINUTES OF QUIET CONTEMPLATION

WRITE ABOUT WHICH VALUES MAKE YOU FEEL MOST
ALIGNED AND WHY.

"Happiness begins within."

UNCOVER CURRENT VALUES

DAY 5

Identify aspects of your life where you are currently investing time and energy, even if they don't align with your desired core values.

Write about why you think these activities or beliefs are significant at this moment.

Reflect on the impact of these current values on your life and well-being.

UNCOVER CURRENT VALUES

DAY 6

Identify aspects of your life where you are currently investing time and energy, even if they don't align with your desired core values.

Write about why you think these activities or beliefs are significant at this moment.

Reflect on the impact of these current values on your life and well-being.

UNCOVER CURRENT VALUES

DAY 7

Identify aspects of your life where you are currently investing time and energy, even if they don't align with your desired core values.

Write about why you think these activities or beliefs are significant at this moment.

Reflect on the impact of these current values on your life and well-being.

Thank You for Exploring Transformation with Our Introductory Coaching Session!

You've taken a commendable first step by diving into the essence of what coaching entails through our initial session. It's our hope that you've begun to taste the transformative power of truly understanding your core values. This is just the beginning of a journey that promises much more than insights—it offers a path to real, lasting change.

Embark on a Journey of Professional Coaching

Now that you've glimpsed the potential of what coaching can unlock, imagine the heights you could reach with dedicated, professional guidance. Signing up for our professional coaching services is your next step towards profound transformation. Together, we can delve deeper, helping you to meticulously reorganize your time and align your actions with the transformation you're seeking.

Your Transformation Awaits

Remember, identifying your values is the cornerstone of transformation. This initial exploration is crucial, but it's the ongoing commitment to aligning your life with these values that will catalyze true change. By working with us, you're not just committing to goals; you're committing to a transformed way of living that resonates with your deepest aspirations.

Let's Achieve Transformation Together

We're here to support you every step of the way as you transition from discovery to action. Let us guide you in building a life that not only aligns with your values but also amplifies your potential. Your journey of transformation has begun, but together, we can ensure it blossoms into the life you've always envisioned.