



Reclaim & Redesign your life

You are born to bloom

"Everyone is a star and deserves a chance to shine!"

Hi I'm Asmita, by background I'm a software professional transitioned into an empowerment coach. coming into life coaching world was not my plan, I got redirected this work because of own life challenges, my mentors, seeking spirit, and different empowerment practices.

As I was my own evolution journey and was in search of my own life answers specially regarding empathetic nature and up downs. when I got those I can't resist myself but sharing it with others. I'm lifecoach and healing practitioner.

My coaching aim is to empower you by working on your self compassion, self esteem, self love, forgiveness, self confidence areas and help you to access your inner potential

Mission :- I'm on a mission to help sensitive people/empaths, specially women who feel lost/overwhelmed/ stressed/empty while going through life's priorities, transitions (25-35 yrs age) and willing to live their dream life they deserve .



This workbook is designed to go hand in hand with my coaching to empower yourself to get unstuck and build holistic self esteem:

Come back to these pages whenever you need. Let them remind you of your strength, clarity, courage and ability to create the future you wish to have.



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ARE YOU EMPATH?

- Have I been labeled as “too emotional” or overly sensitive?
- If a friend is distraught, do I start feeling it too?
- Are my feelings easily hurt?
- Am I emotionally drained by crowds, require time alone to revive?
- Do my nerves get frayed by noise, smells, or excessive talk?
- Do I prefer taking my own car places so that I can leave when I please?
- Do I overeat to cope with emotional stress?
- Am I afraid of becoming engulfed by intimate relationships?

According to Dr. Orloff - “If you answer ‘yes’ to 1-3 of these questions, you’re at least part empath. Responding ‘yes’ to more than 3 indicates that you’ve found your emotional type.”

Dr. Orloff says. Once you begin to understand your empathic nature, you can learn to take better care of yourself emotionally.

ANALYSIS

Why to analyze Self and values ?

Personality :-‘Knowing yourself, your strength and able to build life on what drives you’ is a way of life but we generally lost in outside demands and market trades.

Asking ourself right questions and being aware of our moves is really important to lead yourself and enjoy the fulfilled life.

Values : - Values are foundation of one’s life. To know your personalized value system and building a life based on it will be so powerful instead of just following it out of common, cultural, tradition pressure. You will able to find detailed about it in my program.

This booklet will assists you to see reflection of your inner self and to know what is stopping you to create your dream life.

Know yourself

Let's reflect on self by answering through simple questionaries :

What you love doing?

What are your strengths?

What skills and knowledge you acquired?

What you browse or search the most on internet? or you are all time ready to talk on that topic.

Name:

Date:

Score:

Let's find what's your passion of your life

Write down top 10 things of your ideal life.

My life is ideal when I am doing/being/having

e.g. owning business , Meditation, Contribution

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Rewrite with priority and rate yourself each point out of 10 how much you are doing it now.

	Task	Score
1.		
2.		
3.		
4.		
5.		
		Total score :

Let's find whats stopping you from getting what you want.

If your score is less 20 -

Need to work on courage.

Someone else is deciding your life. See where you need more courage.

If your score is 20-30

Distraction! They know where to go but they are not doing it. They are not having command over life.

If your score is above 30

Happy people. They know where they are going .Just need guidance, willpower is not a problem.

Whats stopping you to get more score ?

What can you do?

1. Stuck where you are now 2. work on yourself 3. get help of experts.

WORK WITH EXPERTS

- A simple & clear steps to reach to your destination
- Save your long route,
- Proven tools and system
- Community support
- Getting support from like minded people



CONCLUSION : WHAT NOW?

"Knowledge is not power, applied knowledge is power."
Real magic is in implementation!
Let's connect & see whether we are good fit for each other.

Website : www.coachasmi.com

Do join our Facebook group :
<https://www.facebook.com/groups/440446190502667/>

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