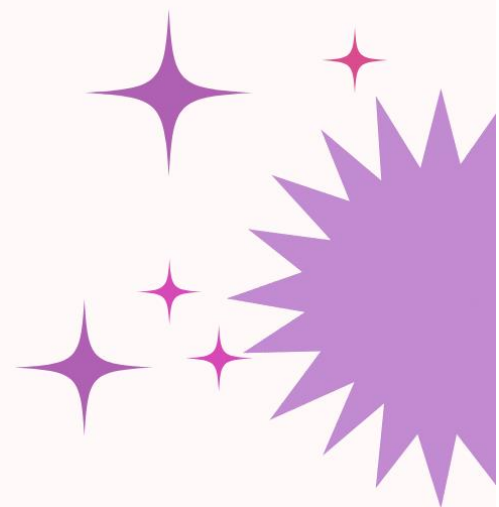




# *3 Essential Steps to Create a Fulfilling Life*

*The life you want is out there waiting for you, are you  
ready to go grab it with both hands?*

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# Hi

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WELCOME!

*I'm Caron, a Life Coach, Reiki Practitioner and Reiki Teacher with a passion for helping others achieve fulfilling lives, make positive life changes, gain confidence, and achieve emotional balance and stress relief.*

*I've created this workbook for anyone recognising they want something different/better and are ready to make changes and take control of their life. For so many of us, our fears, doubts and worries hold us back - we know we want to achieve more, do more, be more, but we just can't seem to take the first step, or maybe we're not even sure what the first step is.*

*If this sounds familiar you're not alone. This workbook will help you gain real clarity on what you want, what needs to change and what's been holding you back.*



**Are you ready?**

LET'S BEGIN!

*Caron*  
*xx*

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**YOU MUST MAKE A CHOICE  
TO TAKE A CHANCE, OR  
YOUR LIFE WILL NEVER  
CHANGE**

# Three Simple Steps

STEP ONE

1

## VISUALISES WHAT YOU REALLY WANT

These thought provoking statements take you on a journey of exploration . They're an opportunity to dive deep into what YOU really want (not what you think you 'should' do, how others want you to be, or what you believe you're capable of)

STEP TWO

2

## DEFINE YOUR GOAL

Determine what needs to change for you to experience real benefit and transformation, and how you're going to get where you want to go, be who you want to be, and do what you want to do

STEP THREE

3

## IDENTIFY WHAT'S HOLDING YOU BACK

This is the key to successful transformation - you'll increase your self-awareness, gain an understanding of your mindset and learn how it's holding you back

***Ready to get started?***

1

# Step One

## VISUALISE WHAT YOU REALLY WANT

Complete the following statements with what YOU really want,  
don't play safe and small, be honest and get creative

✦ If I knew I would succeed I would....

✦ If money was no object I would....

✦ I would love to learn to....

✦ If I had more time I would prioritise.....

✦ If I had more energy I would prioritise.....

✦ I would love more ..... in my life

✦ I would love less ..... in my life

✦ I secretly dream of .....

✦ I would benefit from being more/less.....

✦ If nothing was holding me back, the 3 things I would change, or do, in the next 5 years are .....

# 2

## *Step Two*

### DEFINE YOUR GOAL

What's going to get you where you want to go, be who you want to be and do what you want to do? Prioritise the most important area needing to change and create a goal to help get you there



What are your answers to Step One telling you is most important for you to change?



Are there any recurring themes?



How could you bring more joy, fulfilment and balance into your life?

✦ How would life improve if you changed, or did, just one of the 3 things you listed at the end of Step One?

✦ What goal will you set for yourself to help you achieve what's most important to you?

✦ What one thing are you going to commit to this week to move you closer to your goal?

3

## Step Three

### WHAT'S HOLDING YOU BACK?

So now let's unpick what's holding you back. What are your biggest fears, doubts and worries and how do they hold you back?

What are you most afraid of?

*I can't....*

*I'll never....*

*It's hard  
to ....*

*I've always  
been....*

*People like  
me don't....*

*I'm not ....  
enough*

*I'm not good  
at....*

*I worry  
that ....*

*I'm too ....*

## **WHAT'S HOLDING YOUR BACK?**

Your subconscious fears, doubts, beliefs, habits, emotional responses and behaviours, most of which you developed in childhood.

## **HOW DO THEY WORK?**

You make decisions to do something different in the conscious 5% of your brain. However, the subconscious 95% of your brain stores your fears, doubts etc, and wants the complete opposite. It hates change and wants to keep you stuck in your comfort zone, always doing what you've always done. So it kick-starts your inner critic and the negative self-talk starts to flow, telling you what you're not capable of, what you're not worthy of, and what might go wrong.

## **WHAT'S THE SOLUTION?**

The only way to achieve successful, lasting, transformation is to align the subconscious and conscious parts of your brain. That's why willpower and motivation just don't last, because they're formed in the conscious part of your brain. You're not a failure, you're not doing something wrong, you've just not aligned the two parts of your brain.

Using proven coaching and NLP (neuro linguistic programming) techniques you can adjust your subconscious beliefs, thoughts etc so they align with, and support, whatever you consciously want to achieve, to give you the best chance of success.



**OVER THE NEXT WEEK NOTICE YOUR  
NEGATIVE SELF-TALK AND CONSIDER HOW IT  
PREVENTS YOU FROM MAKING CHANGES (ESPECIALLY  
THOSE IDENTIFIED IN STEPS ONE AND TWO)**

✦ My self talk includes:

A large, empty white rounded rectangle with rounded corners, intended for writing the user's self-talk observations.



Do you notice any recurring themes?

For example, are they mainly based around your capability or your self-worth?



What are your fears your negative self-talk is trying to protect you from?

For example, fear of failure/rejection/commitment/not being liked/confrontation



*Every time your  
mind shifts,  
your world shifts*

I really hope this workbook has helped you gain clarity on what you want out of life, what you'd like to change, and what's been holding you back. Taking the first step to create change in your life can open up so many exciting possibilities and take your life in wonderful directions.

If you're ready to free yourself from your fears, doubts, habits and beliefs to become who you want to be, do what you want to do, and get to where you want to go, I'd love to hear from you. Contact me to book your FREE 30 minutes consultation call to see how we could work together

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*Coaching is the bridge that takes you  
from where you are now to where you  
want to be* ✨

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