



Final Session Homework



Please complete the following tasks before your final coaching session (use the Google Form for your answers):

- ☐ Final session Reflection questions
- ☐ Write your Affirmation (see instructions and sample below)
- ☐ Write your Mission Statement (see instructions and sample below)



Affirmation

The purpose of an affirmation is so you can keep focusing on the positive and set the wheels in motion for the future; the power of intention can be amazing and really powerful.

An affirmation is a plan or description of your life that has been set in the present tense. You will be describing your life, what it will look like, what it will feel like and what you will have achieved in your life, 12 months from now. However, when you write it, it will be as though it has already happened.

Don't hold back – ideally use your imagination and explore all possibilities of what you want your life to look and feel like in 12 months ahead.

Here is an Affirmation example:

My name is Jamie – it is _____ (the date one year ahead), and I have had an amazing year, and these are the reasons why*:

I am running my own successful business, and I love waking up each day knowing that I made my dream a reality. I finally quit the part-time corporate job that I was hanging onto (my safety net income), and I now feel more fulfilled and happy as a full-time photographer; I am earning more now than I was when I was in my corporate job.

I have a healthy work-life balance, and I exercise 3 times a week and have lost 1 ½ stone, so I'm feeling healthier, fitter and more like my true self.

continued....



I set aside time each weekend to do fun stuff with the kids, and I put my phone away during this time so they get my full attention and I am not distracted by emails and social media. I have also stopped taking my phone into the bedroom, which means I am sleeping much better now and don't feel so fraught first thing in the morning.

I am looking at moving to a more rural area, and I have earmarked several houses and areas I'm interested in moving to; they are all close to the area I like to go walking in and exercise in, and I've put my finances in place to be able to move.

I have implemented plans to collaborate with other business owners and sell an online photography course. I feel like I am fulfilling my life purpose and have a deep sense of contentment.

I know there are still so many ambitions and dreams I'd like to pursue, but I enjoy every day as it comes, so I don't miss special moments because I'm waiting for the next thing to come along. I feel like nothing is impossible now, and I can't wait for the next 12 months ahead!

** Please start your affirmation with this opening sentence, on page 2, and write the correct date, one year ahead, from when you write your affirmation.*

Please write your Affirmation in the correct section in your Google Form – you may prefer to write it in Word and then cut and paste it into the form.



Mission Statement

Your mission statement will be a sentence or a saying that will help and inspire you to stay motivated as you move forward and take the next steps of your journey.

Here are some examples of Mission Statements:

- Onwards and Upwards
- Nothing is impossible
- Don't stop me now
- You can do it
- Trust in yourself
- Feel the fear and do it anyway
- I'm Worth it

Please write your Mission Statement in the correct section in your Google Form.

