JENNINGS
HOLISTIC HEALTH COACHING

Bloom Where You're Planted

Workbook
September 2022

Introduction

Bloom Where You're Planted

This workbook is designed to be used alongside the monthly coaching lesson.

Blooming where you're planted may be something you've never considered before, because it's tempting to get caught up in chasing future goals and looking forward to when things will be 'better.'

Goals are fantastic things and so rewarding when you reach them, but we can't forget that often we can be on the path towards those goals for a long time.

So it's a good idea to enjoy the journey as best we can, even if things aren't exactly as we might want them to be just yet. There's still a lot to appreciate and have fun with!

Blooming where you're planted can make all the difference between a joyful existence and a ho-hum one!

Allow yourself at least 30 minutes to complete this workbook, but take as long as you need.

This exercise is an important step in becoming the best version of you!

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Question 1

What do you wish were different in your life right now?

Question 2

What feelings do these thoughts create? Be specific

Question 3

What are some ideas to help you enjoy the 'now'?

Question 4

How can you show up as your best self now?

Question 5

What are the things you are grateful for?

Question 6

What questions can you ask to set yourself up for a good day?

Question 7

What thoughts do you have now about your current reality?

Question 8

This month, which area of your life will you focus on to bloom where you're planted?

Notes

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