

how do you

TAKE CHARGE

of You?



dr Nadine



webinar action guide

Be SELF-ish

- Bring you!
- Turn off your phone
- Close down your browser tabs
- Hang a Do Not Disturb sign
- Allow yourself to have this for YOU!

Make it Personal

- I am here for _____
- I claim this time for _____

What would you like to walk away with today?

Roadblock 1 - _____

Feels like:

- _____
- _____
- _____
- _____
- _____

Roadblock 2 - _____

Feels like:

- _____
- _____
- _____
- _____
- _____

Roadblock 3 - _____

Feels like:

- _____
- _____
- _____
- _____
- _____

Roadblock 4 - _____

Feels like:

- _____
- _____
- _____
- _____
- _____

Roadblock 5 - _____

Feels like:

- _____
- _____
- _____
- _____
- _____

Becoming Masterful

- How we _____
- _____ set up our day
- Create _____ conversations
- Manage what is our to own and _____
- Becoming Masterful is _____ and Empowering

No Bearings is resolved by _____

- **Being Grounded Allows:**

Noisy Mind is resolved by _____

- **Center of Your Head Brings:**

Exhaustion is resolved with _____

- **ROSE as a Boundary allows:**

The TAKE A BREATH Tool brings me:

Knee-jerk reaction is resolved by _____

- **INSIDE my ENERGY Field:**

Habits Rule is resolved by _____

- **Filling In Allows:**

Things I would like to have in my life include:

REAL LIFE RESULTS that can happen:

- **Having an activated Grounding Cord:**
- **Owning the Center of MY Head:**
- **Being behind my boundary Rose:**
- **Clearning/Managing the INSIDE my ENERGY Field:**
- **Filling In with Gold Suns:**

My main take-away from today is:

My favorite saying from today:

One step I can take for me is: