



MINDSET COACHING

WORKBOOK

Heal your inner self | **Grow** your inner self | **Love** your inner self

BY MAKAYLA MILLER

W E L C O M E

Welcome!

Thank you so very much for being here with me and trusting me with your healing journey. I am excited for you to learn how to heal, and create a new way of life.

Within this workbook, you will learn how to complete self-inventory of yourself by giving a good, hard look at who you truly are. You will also develop soul-aligned goal-setting skills, and learn ways of healing.

I spent my entire life struggling with anxiety and chronic depression; I had dark days, constantly missed out on life, and really grappled with functioning to my best ability. So, I started studying psychology and learning how to work through the pain and hardships.

Fast forward many years later, I am now a graduate student for Clinical Mental Health Counseling, a peer counselor, a life coach, and a NLP practitioner. I am here to change your life, as I have learned to change mine.

Makayla Miller

ABOUT ME

Mindset Coach | NLP Practitioner

I am a mom to three wonderful kids, a wife to the greatest husband, an influencer, a coach, and a little extra boujee. I love to enjoy life and create fulfilling lives for others. Let me share my secrets with you.





Self-Care Quiz

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

	Yes	S	No
1. I ask for help when I need it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am happy with my physical fitness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have taken care of my body today	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have plenty of sleep and feel well-rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I take regular breaks from my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I say "No" to others when I need to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have forgiven my past mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know what I am passionate about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have things to look forward to in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your total score _____

What did you learn about yourself?

Self-Care Plan



GOALS FOR MY MIND

- ▶
- ▶
- ▶
- ▶

GOALS FOR MY BODY

- ▶
- ▶
- ▶
- ▶

GOOD RULES & HABITS I WANT TO LIVE BY

● MIND

Mental health

Mindfulness and self knowledge

Soul

Stimulation and fulfillment

● BODY

Self-care

Basic hygiene and body care

Improvement

Exercise, sleep and healthy food

WEEK 01

Self-Inventory & Self-Awareness



01 Who are you to others? What defines you? Tell me ALL about YOU.

02 Tell me all about the "dark" sides of you (these are what we consider "shadows") What breaks you? What triggers you?

03 Now tell me about the things that motivate you, inspire you, make you who you are.... the "bright" parts of you.

MY STANDARDS

Go through the list and write down what your standard is for the item. (Ex. Environment: clean, fresh, organized, bright, spacious)

What are your standards in each of the below areas?

Thoughts:

Words:

Food:

Sleep:

Fitness:

Purpose:

Environment:

Relationships:

Money:

MY STANDARDS

Go through the list and write down what these areas actually look like right now. (Ex. Sleep: wake up at 7am instead of 5am, go to bed at 11pm instead of 9pm..)

What do these areas currently actually look like?

Thoughts:

Words:

Food:

Sleep:

Fitness:

Purpose:

Environment:

Relationships:

Money:

WEEK 02

Limiting Beliefs



01 WRITE OUT (and then read aloud) your "worst case scenario." What is your goal and what is the thought/limiting belief that's telling you "you can't have this?" How much space are you letting it take up in your mind? What have you sacrificed as a result of letting that mean voice take up so much space?

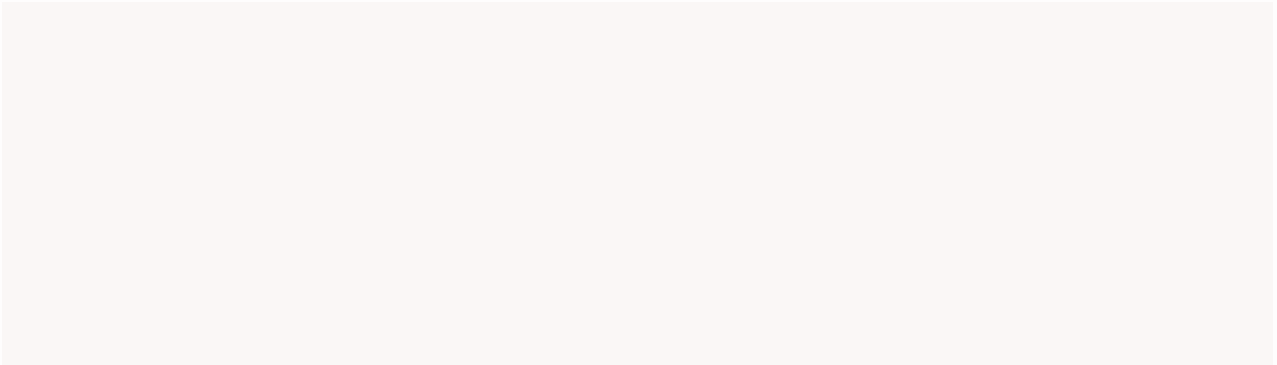
02 What was the voice telling you that you're not good enough? Is that voice speaking true? Is the conclusion you made up in your mind about that negative voice ultimately true for all? For example: "All rich people are bad" (and therefore if I'm rich, I'll be bad too). Is every rich person actually bad? Is it written on a chalkboard in the sky that if you are rich you are bad too! Does the Universe want you to struggle and fail?

03 List all the things you think you SHOULD do, that you don't want to do.
Or the opposite: what you SHOULD NOT do, that you do. Why?

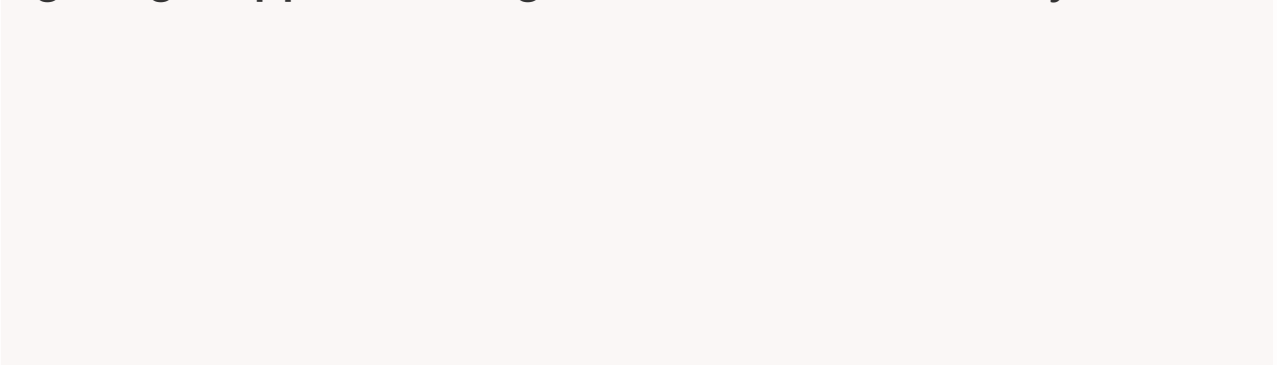
CHILDHOOD EXPERIENCES

Childhood experiences shape us far more than we believe. Our upbringing is NOT responsible for who we become - we are. Healing from these experiences, changing belief systems, and changing these learned behaviors is vital to your growth.

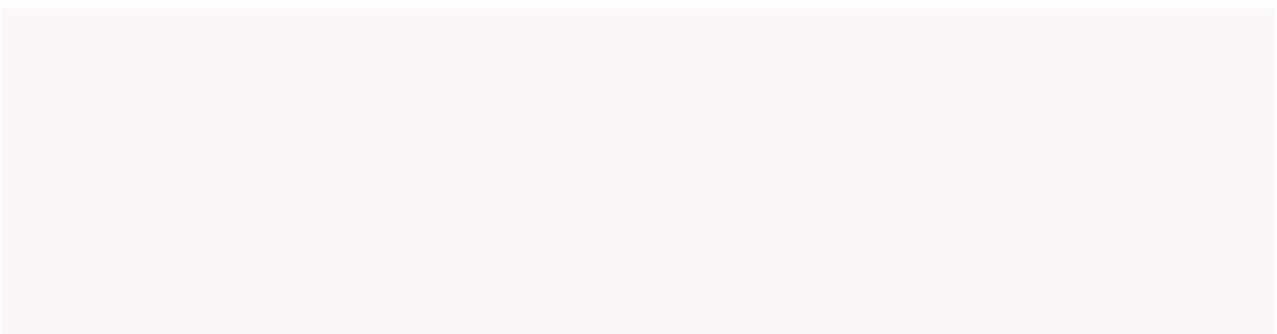
Describe how your parents viewed money, love, and happiness:



What was your upbringing like? Was there yelling, fighting, happiness, laughter? Was it clean/dirty? Detail!



What lessons did you learn from your childhood? List all.



WEEK 03

Pattern Disruption & Habit Forming



01 Pick a part of your morning routine, and do it BACKWARDS this week. How do you do your routine now? What are you going to switch up?

02 What areas of your life are you holding back for fear of being too much/being criticized, or feeling like in order to be successful you have to do it "that way?" What behaviors do you need to change? What behaviors/qualities do you need to amplify?

03 How and when will you begin to disrupt your current way of showing up in order to live into the new way of showing up?

DAILY SUCCESS *Habits*

This tool helps you build a simple personal framework around which the rest of the day's activities fall into place. Create an infrastructure so that no matter what happens, you feel calm and assured.

My Top 3 Priorities in Life

My Top 3 Stressors in Life

What supportive daily habits could you introduce?

(Write up specific and measurable actions that best support your life)

Habits

Benefit to Me

Which 3 Habits will you commit to?

I will start tomorrow
I will start next week
I will start next month

WEEK 04

Next Level You



01 Describe to me your higher self:

02 Get super clear on the vision of you. GET SPECIFIC. Where do you see yourself in 6 months? A year from now? What does he/she look like? Think like? What type of income are they making? How are they making income? What does their hair/clothes/makeup look like? Remember: getting clear on this creates the neuro pathways (the map) required to get your destination (the vision).

03 How are you going to get there? Tell me all of the steps to creating your next level self and life.

WEEKLY SUCCESS *Planner*

My Top 3 Priorities

My Quarterly Goals

What I Must Remember

-
-
-
-
-
-
-
-

Obstacles:

Distractions:

Action Steps:

Productivity Accelerators



WEEKLY REVIEW

What have I achieved this week?

What have I learned this week?

What could I do differently next week?

WEEK 05
Soul-Aligned Goals



01 How do you speak with your soul? Tell me about your intuition:

02 Describe to me your goals for: love, money, and career. How can you cultivate more self-confidence and self-belief in yourself to align your goal with yourself?

03 What are three short-term goals that I have? What can I do to ensure I meet my short-term goals?

What are three long-term goals that I have? How can I ensure I meet my long-term goals?

Soul-Aligned

This section will make it easier for you to identify the core problem, and chart a way forward. Write down the goal you'd want to achieve and write why is it important for you.

Goal 1 :	Why it's important :
	Why it scares me:
Goal 2 :	Why it's important :
	Why it scares me:
Goal 3 :	Why it's important :
	Why it scares me:

Soul-Aligned Goals POA

S

What do you want to achieve?

M

How do you know that you have achieved your goal or that you are on the right path?

A

What steps do you have to take to accomplish the goal?

R

What is this goal important to you? How does this impacts others?

T

When will you accomplish the goal? What's the timeline?

Action Steps

My goals that I want to achieve?

Here are the first 5 steps I'm going to take:

What habits do I need (things I have to do regularly) to achieve this goal?

What habits might slow me down in achieving my goals?

WEEK 06
Inspiration = Motivation



01 What was your childhood dream and why? What happened to that dream and why?

02 How do you spend your time? On a weekday? On a weekend?

03 Who has profoundly affected you:

8 WAYS TO GET INSPIRED



Take a walk - nature is sooo inspiring and can give you the motivation that you are looking for.



WRITE. Write and write until you can't anymore. Write out thoughts and feelings, they lead to great inspiration and motivational ideas.



Start small. This is one of the most important tips in motivating yourself toward a goal.



Practice Self-Compassion. The fear of failure looms large in our minds, sabotaging our motivation to move ahead. being kind to ourselves gives us the strength to face our fears, both real and imagined.



Manage Your Energies. if we were to focus on maximizing our four sources of energy, we would reach the summit with zest and gusto.



Tweak Your Habits. When we take on something new, old habits may no longer help us - even actively work against us.



Laugh out Loud. Laughing out loud releases stress hormones and it shows us the insignificance of things and distances us from the fear of failure that immobilizes us.



Savor Success. Unless we take the time to sit back and relive our achievements, applaud our efforts, and allow the warm glow of a job well done, we will not be able to build the kind of memories that give rise to competence and resilience.

WEEK 07
Manifesting Goals



01 Make your manifestation list!! Have fun with this! Don't just do it this month, do it every month! See what happens as you do!

Morning gratefulness, mindfulness, and journaling:

What things in my life can I be grateful for today?

A large rectangular area with a light beige background and horizontal white lines, intended for journaling. The lines are evenly spaced and run across the width of the area, providing a guide for writing.

Seven days of mindfulness - weekly planner

Sit quietly and just think for five minutes. What thoughts go through your head?

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NOTE:

WEEK 08

Trust and Believe



- 01** If all of my emotions were valid and were not right or wrong, good or bad & I accepted that these emotions will pass, what would I allow myself to feel now?

- 02** Even though my conscious mind is fearful, my intuition knows some answers. When I close my eyes and take a deep breath, what wisdom comes through?

- 03** If my worthiness was not in question, and I believed I was worthy of my deepest desires, what would I ask for now?

Reflection Page

Describe your progress within the last 10 years, 5 years, and 1 year.

DETAIL. DETAIL. DETAIL.

A large, empty rectangular area with a light beige background, intended for writing reflections. It occupies the central portion of the page below the introductory text.

WEEK 09
The Six Human Needs



01 **Certainty:** the need for stability, predictability & reliability.

Uncertainty/Variety: the need for change and excitement.

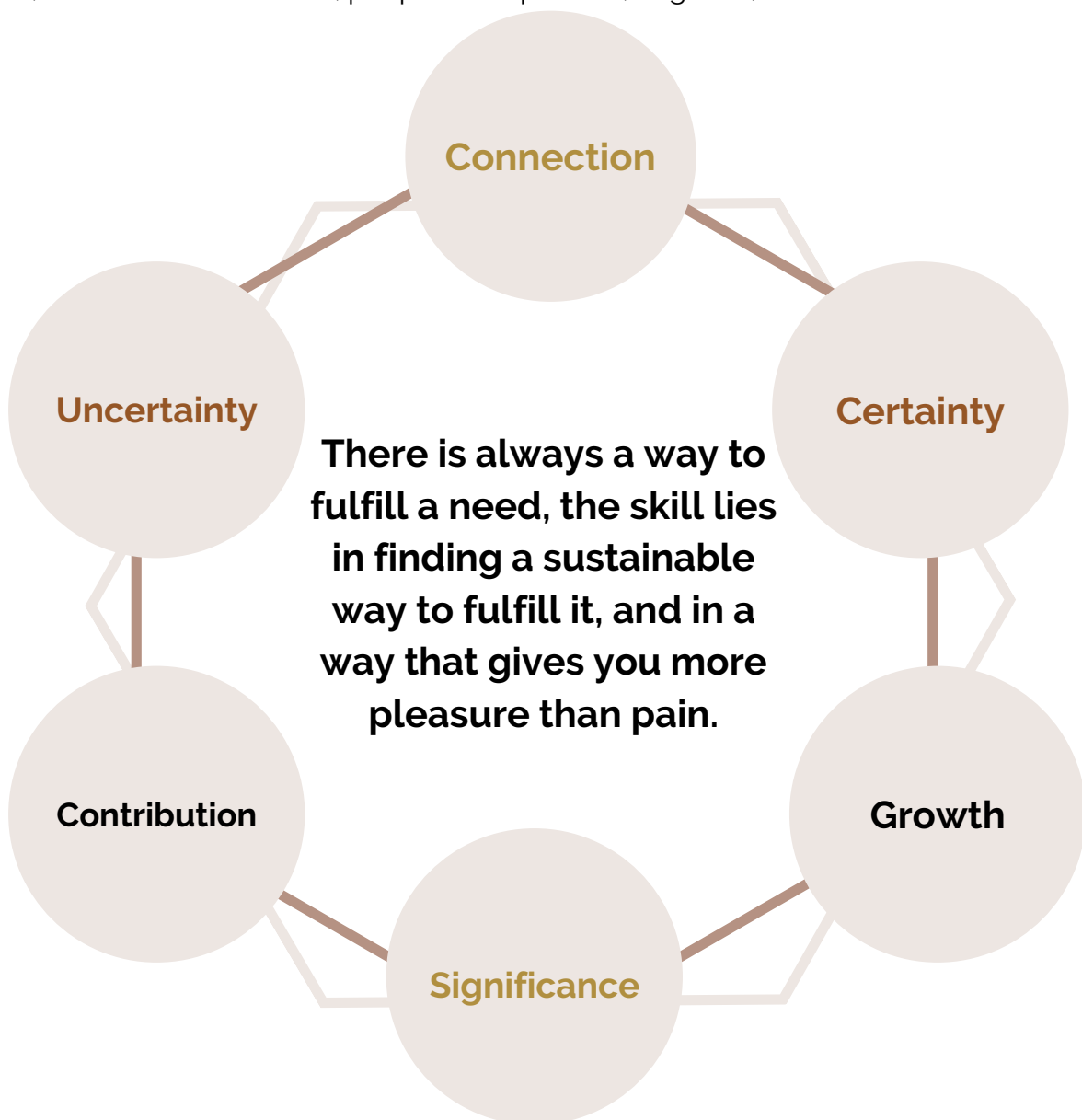
Significance: the need to feel valued and important.

Growth: the need to develop and improve.

Six Human Needs

It is only by meeting the spiritual needs that you will experience sustainable joy versus momentary pleasure! People find ways to meet these needs in positive, negative, or neutral ways, but every person finds a way to meet them in some way!

Any activity, action, or emotion that fulfills at least 3 needs at a high level, becomes, in effect, an addiction. Likewise, people have positive, negative, and neutral addictions.



Understanding Needs

What are the ways you get certainty? Uncertainty?

What are the ways you get significance? Love/connection?

Of the six human needs, which two have you been valuing the most?

What are the consequences of valuing those needs in that order?

What do your top two needs need to be now for your life to transform?

If you made that change, what would transform in your life?

WEEK 10

Fears & Challenges



01

Make a list of your blocks and triggers (money, love, success)

Are there specific people/places/things that really "irk" you or rub you the wrong way? Why? What about it sets you off?

What could this trigger be showing you (they are often the mirror to our shadow work and/or the portal to the core wound).

How can you show up differently, or possibly even see these people/places/things differently in order to serve you?

Be as specific as possible!

Breakthrough: fear.

Figure out what the fear is... whether it is rational or irrational... and what will happen if failure does occur. This three-set breakthrough process will begin breaking down the fear to put the fear in your control.

1

Is this fear a **warning sign** telling me to stop something I am doing or about to start doing? Or is this fear being imposed on me by others or myself in order to keep me from doing what I need to do?

2

Is this fear **rational or irrational**? Is it based on facts or fiction? If it is based on facts, what are those facts? If it is based on fiction, what are the actual facts?

3

If I fail, how will I **recover**? Instead of thinking about failure in vague terms, write out what might actually happen. Then, write out how you can recover from that, coming back stronger and more confident than before you failed.

Escaping Comfort Zone

Why do you avoid going out of your comfort zone? What are your biggest fears about the things that are out of your comfort zone?

How can you reframe/overcome the fears and obstacles you outlines in the previous question?

What new things can you try to solve your problems/achieve your goals?

What kind of things will you be missing out on if you only stay in your comfort & fear zone? How will your life look like in 1/3/10 years' time?

How will your life look like in 1/3/10 years' time when you decide to venture out in the learning and growth zone?

WEEK 11

Shadow Work



01 What was the most painful thing you ever went through? What did you learn from it?

02 What was one time you remember feeling wronged as a child? How did you react? Has this affected you into adulthood? How?

03 Think about one time where you've felt betrayed. What would you say to the person who broke your trust?

Shadow Work

Self-Characteristics

'Modern' shadow work refers to **discovering** these shadow traits, **forgiving** ourselves for them, **healing** from past trauma that may have caused them, and **processing** them in order to grow.

We tend to see shadow traits in other people pretty easily, but when it comes to our own shadow self, it takes a little introspection.

Check if your shadow side possess any of the following shadow traits::

	Yes	S	No
1. Anger/Outbursts of rage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Envious/Jealous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Selfish/Self-centered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Arrogant/Egotistical	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Obsessed with appearance/ praise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Judgmental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Defensive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Overly competitive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Stubborn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your total score _____

What did you learn about yourself?

Take stock &

TAKE ACTION!

NOTE: The questions are deliberately vague - so, write down whatever pops into your mind.

- 1. Tolerances** (What are you putting up with at the moment?)
- 2. Shoulds** (What do you think you should be doing right now?)
- 3. Frustrations** (What things are frustrating you?)
- 4. Desires** (What do you really want right now?)
- 5. Feelings** (How do you currently feel and want to feel?)

Review your answers above, then imagine and write down what you will do to address each learning within the next week:

1st Key Observation

Action 1

2nd Key Observation

Action 2

WEEK 12
NLP Experience



01 Anchoring

02 Reframing

03 Dissociation

5 NLP TECHNIQUES FOR ANXETY

STEP	1		anchoring Learning how to respond differently to a triggering situation (similar to classical conditioning)
STEP	2		reframing Identifying adaptive behaviors that can replace maladaptive behaviors while still achieving the same goal.
STEP	3		dissociation The relationship you have with a memory that is unattached to you in feeling or critical importance. If it was a picture, you may see your whole body in it.
STEP	4		belief change Changing beliefs that hold you back from success.
STEP	5		future pacing Integrating goals into your life so that you continue to have achievements after therapy.



GET TO KNOW ME



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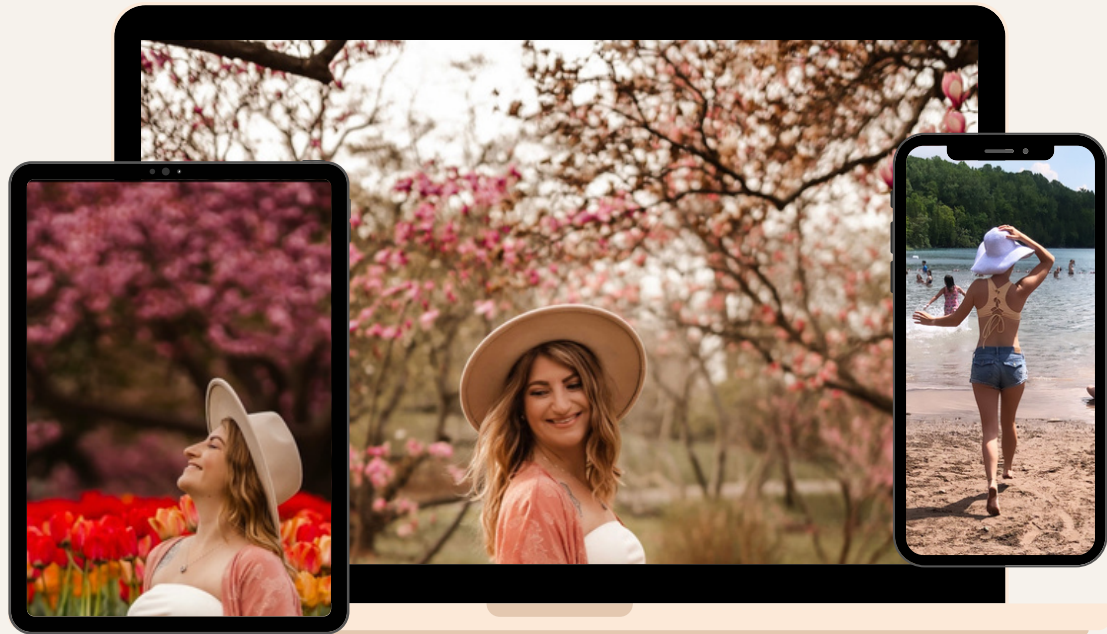
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TAKE CARE OF YOURSELF



JOIN 21-DAY MINDSET *Challenge*

This is such a great course if you're wanting to develop a new habit, or remove one. It takes 21-days to begin forming a new habit, and this course is designed to provide you with all of the tools you need for this habit forming process.

INVEST HERE