



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 four 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?

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:

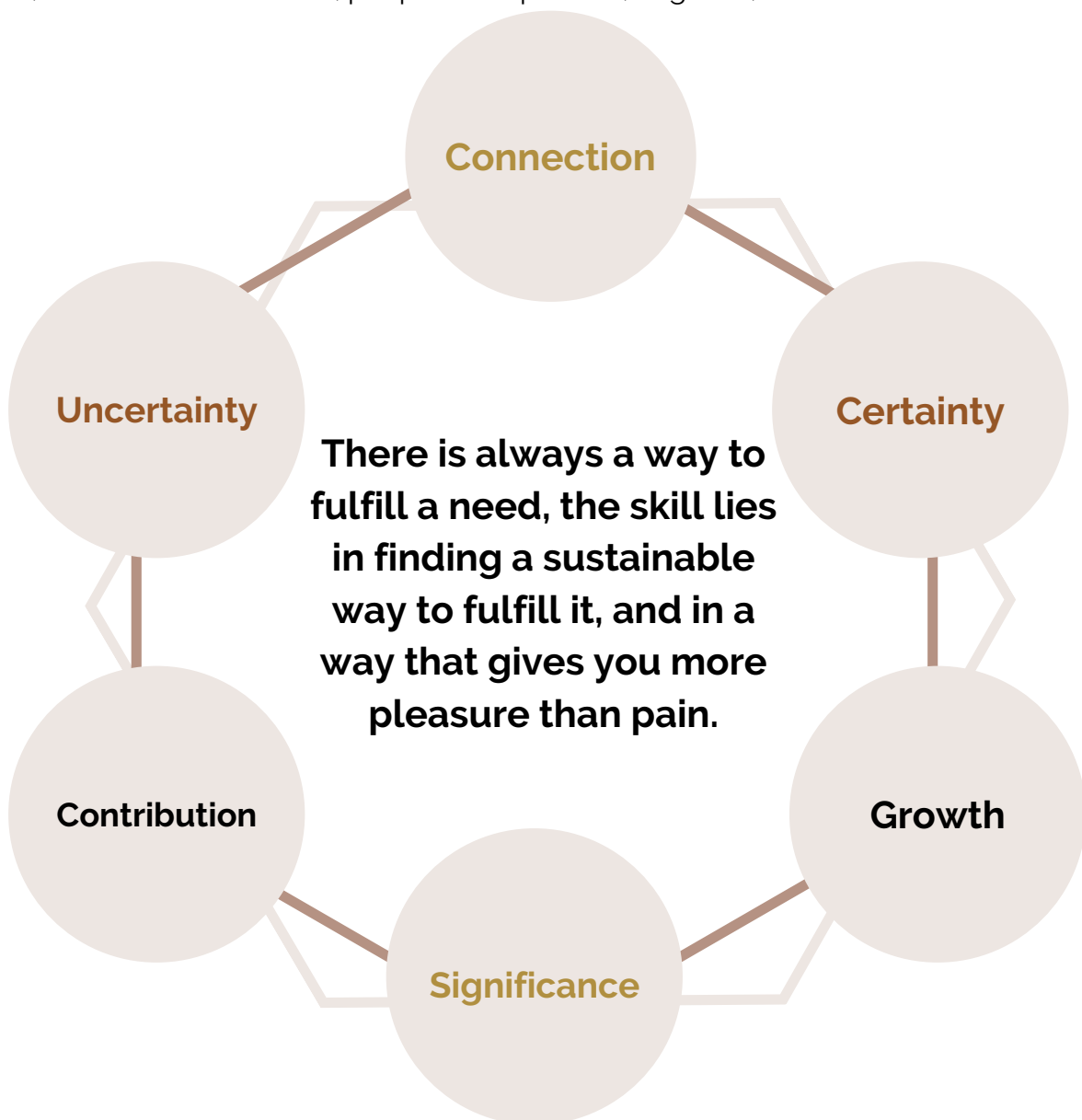
What was your upbringing like? Was there yelling, fighting, happiness, laughter? Was it clean/dirty? Detail!

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

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.



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?

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?

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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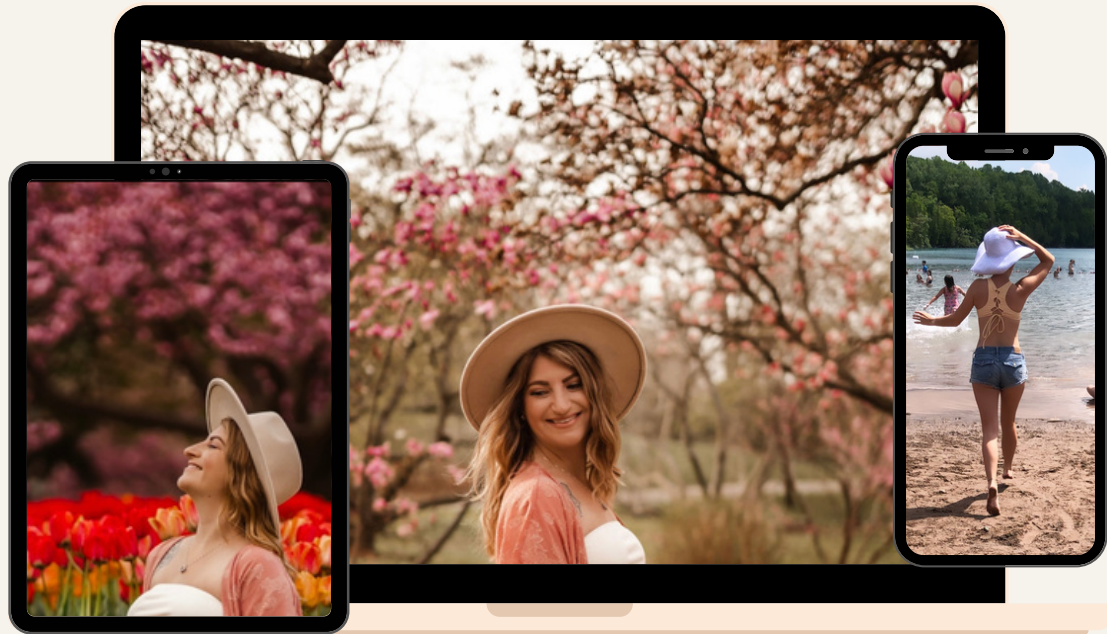
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TAKE CARE OF YOURSELF



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.

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