

Know Yourself AGAIN

► Five-Week Program



Transform with Swinder

Know yourself AGAIN

+1-778-241-2967

info@transformwithswinder.com

transformwithswinder.com

The purpose of this course is to empower women to live their life to their fullest potential by enhancing their life skills, self-esteem, self-love; eliminating their self-limiting beliefs and fears.

So, they can GROW and fulfill their dreams along with nurturing their families; RATHER than sacrificing their dreams and left behind in the process.

WEEK 1

- What is positive Mindset?
- Why its important to have positive mindset?
- Importance of discipline in positive mindset.
- Creating Healthy habits.
- Strategies for positive mindset.

WEEK 2

- What is fear and where it come from?
- Impact of fears on your self-esteem/self-worth and decision-making process of day today's life.
- What are the triggers of fear?
- How our body and mind respond to fear?
- Homework sheet
- Identify your fears work sheet

WEEK 3

- Turn your fears into your fuel
- Techniques of releasing fears, emotions and triggers
- 4 R Process / Good fears and bad fears
- Identify how fear is serving you in life
- Rewriting your old stories, what positives came out of these incidents(strengths)
- If not serving well, then release it/ let it go
- Visualization

WEEK 4

- What is Self-Esteem?
- Low self-esteem and High-esteem
- Impact of life experience on self-esteem
- Impact of low and high self-esteem
- Techniques of improve self-esteem, self-worth and self-confidence
- Homework Sheet
- List your accomplishment, skills and talents

WEEK 5

- What is Self care?
- Importance of Self-care to
- Stay healthy
- Self care and techniques
- Create healthy Daily routine of Self-care
- Techniques and importance of Deep breathing exercise

Know Yourself AGAIN

► Five-Week Program



Transform with Swinder

Know yourself AGAIN

+1-778-241-2967

info@transformwithswinder.com

transformwithswinder.com