

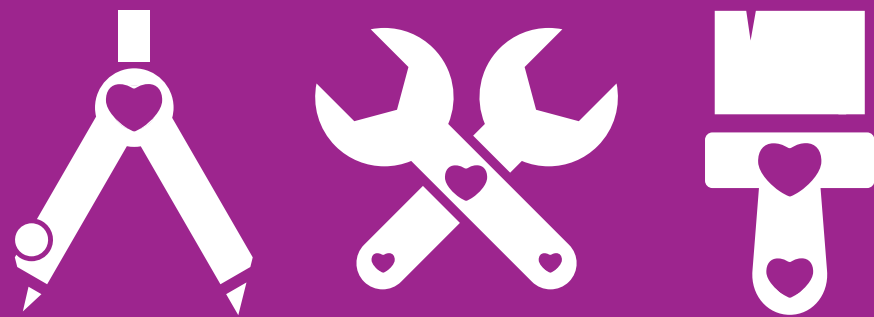
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DRAW UP & SIGN A CONTRACT

In order to anchor the changes you've made, you can draw up and sign a contract with your inner voice about what is acceptable and what is not.

In this case, I would recommend you do the info and contract portion first as an exercise before you launch into the contract signing itself.

Spend time looking at each of the following sections and determine your no go areas, the limits of what you're prepared to hear, what you want to hear in this arena of life and the kinds of vocabulary and words that should be used.

If you want to get fancy, you can even limit certain people's influence from influencing your inner voice in all areas or a certain area – simply instruct your subconscious mind to ignore any thing that they said or did that influenced you or a belief you have around this situation.

Once you've drawn up the contract in real life and on paper, you can either use a reality shifting process or run through a visualization to sign it.

If you feel the need, you're welcome to negotiate with your inner voice before signing. You can also detail punishments for transgressions and rewards for consistent good behavior.

Keep the contract in a handy place and reread it every now and then.

This will achieve two things:

1. You will be able to see if you are on track.
2. You will be able to see how far you've come and which aspects you've already achieved :)



GROUND RULES

1. Only positive self talk during difficult, traumatic or sticky situations.
2. At least a 70/30 split of positive to negative self talk.
3. Always state the obvious.
4. Fill silence with positive self talk.
5. Positivity extends to how we talk and think about others internally.



COMMUNICATION

1. The inner voice is never to drown out practical functionality and thinking.
2. All parties must always reply and answer in detail.
3. Remain calm and moderate your voice tone.
4. Absolute honesty and no white lies.
5. Assume nothing – always ask.
6. We only speak to our self the way we would speak to another's face.



SEX & INTIMACY

1. No disparaging thoughts about appearance and weight.
2. No disparaging thoughts about performance.
3. No mental comparisons to previous partners – mine or my lover's.
4. No reminders of negative sexual experiences.
5. No insulting the person in front of me – if they're good enough to have sex with, then I'll be good when I think about them.



BETRAYAL & CHEATING

1. No obsessive worrying about cheating and betrayal.
2. Cheating is not the only option if someone runs late or does something that could be suspicious.
3. No obsessive worrying that my partner is looking at everything that moves because they're tired of me.



FINANCES

1. No worrying about money if I cannot do anything about it.
2. Nothing will explode if I pay a bill late.
3. No disparaging my self worth if I have a bad or tight month or two or three or four.
4. Remember that my circumstances are not my entire life.



LIVING SITUATION

1. Be grateful that I have a roof over my head, food in my stomach and clothes to wear.
2. Be grateful for paying my bills because it shows that I have money to pay them.
3. Be grateful that somebody loves me enough to ensure that I don't go homeless.
4. Be grateful for every material possession I have.



CONFLICT

1. Believe that a conflict does not mean the person hates me – this is one conflict, it does not define our entire relationship.
2. Offer me supportive and loving statements to make to the person I am in conflict with.
3. Remind me to seek and find forgiveness – even if I have to chip away at it.



FRIENDS & FAMILY

1. Only model people who leave a positive influence on me.
2. Only take on the beliefs and values of those who support and are aligned with me.
3. Show me when I am perpetuating a behavior in my internal dialogue that comes from someone in my environment.



WORK

1. Offer me supportive words when I am going into a difficult situation or one that scares me.
2. Remind me to use mantras to change my energy when I'm around difficult people.
3. Help me find bright, out of the box ideas in meetings and at work.



HEALTH & DIET

1. Offer encouragement and support when I want to make a dietary or exercise change.
2. Remind me of times I have succeeded when I have set goals.
3. Remind me how good I feel when fit



SUBSTANCES & ADDICTIONS

1. Believe that I can kick this habit.
2. Believe that I have strong willpower.
3. Remind me that the feeling will pass soon when I have a craving.
4. Offer me alternative options.



FUTURE

1. Only obsessively worry about things I can do something about or control now.

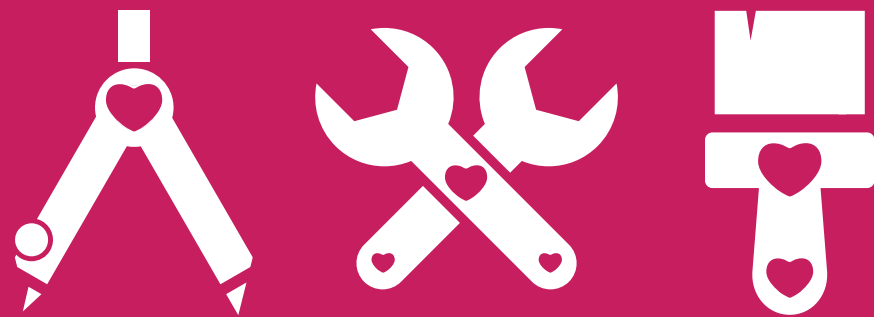


SPIRITUALITY & RELIGION

1. Do not question or doubt my faith when I am in crisis or experiencing trauma.



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
- Physical Spaces
- Relationship Rehab
- Shifting Crises
- Shock & Trauma
- Meditations
- Mudras
- Writing Processes