

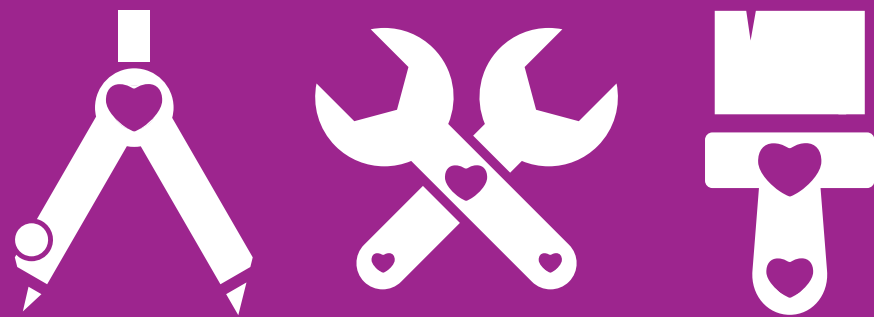
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Life Coaches Toolbox is a collection of
160+ modern Life Coaching Processes to help you
reset your body, mind, heart or soul.

A big resource of NLP-based Life Coaching
strategies, processes, techniques, exercises, games,
question sets, scripts, rampages & affirmations
to help you overcome physical, mental, emotional
and spiritual challenges, Life Coaches Toolbox
is suitable for those who would like to do work
on their own, coaches, mentors, trainers and
managers who would like a ready-built Coaching
Toolkit and a go-to toolbox you can always
turn to as your next step in a crisis.



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Use the questions and statements below to learn more about yourself, your partner and your relationship.

Working on these exercises with your partner, you can compare notes and see where conflicts and misunderstandings lie.

If your partner doesn't buy into 'this kind of stuff' you can just ask them the questions and compare their answers to your notes.

If you're single, use this exercise on past relationships to gain insight into yourself and the challenges you face.

An a-ha moment is always the best kind of breakthrough to have, usually because it solves or changes the situation permanently.

The fastest way to an a-ha moment is almost always the revelation of new information information you can only gather by asking.

By learning more about yourself and your partner you open yourself up to moments of revelation which could turn your relationship around.

For singles, the revelation can change how you approach relationships, and your levels of success in obtaining and maintaining a relationship.

ASK YOURSELF

When I say I love you, what I mean is...
When I say I trust you, what I mean is...
When I say I respect you, what I mean is...

I feel loved by you when...
I feel supported by you when...
I trust you when....

What I find loveable in you is...
What I find attractive about you is...
What I find irresistible about you is...

If you really knew me you'd know that...
If we'd never met this is how I'd introduce myself...
This is what I tell other people about you...

When we argue, it most frustrates me when you...
When we argue, it most frustrates me when I...

When I feel lonely, scared, hurt, traumatized or frustrated, what I most want is...
When I feel lonely, scared, hurt,traumatized or frustrated, what I least want is...

When I feel happy, excited, passionate, joyful and hopeful, what I most want is...
When I feel happy, excited, passionate, joyful and hopeful, what I least want is...

ASK YOUR PARTNER

What is my love language?
Which love language expressions mean very little to me?
Does my partner have any of those love language expressions?

What is my partner's love language?
Which love language expressions mean very little to my partner?

Do I have any of those love language expressions?
<http://5lovelanguages.com>

5 things I'd love to change about you are...
5 things I'd love to change about myself are...

5 things I'd never change about you are...
5 things I'd never change about myself are...

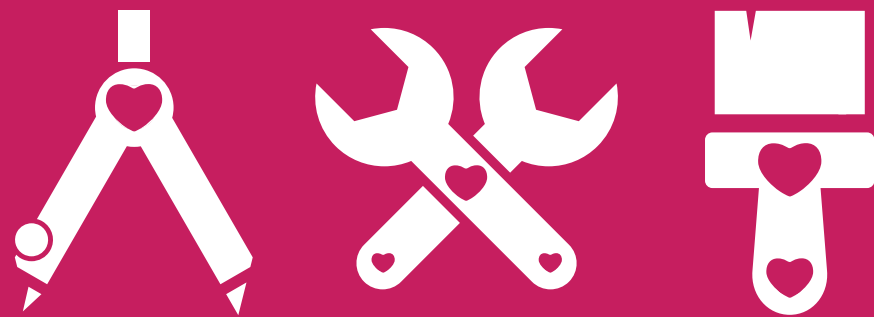
You make me laugh when...
You make me happy when...
You make me worried when...
You make me scared when...

My favourite thing about being single is...
My least favourite thing about being single is...
My favourite thing about being involved with you is...

The first time I laid eyes on you...
The moment I knew I was in love with you was...
I first fell in love with you because...
I love falling in love with you because...



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