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strategies, processes, techniques, exercises, games,
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is suitable for those who would like to do work
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SOWING THE SEEDS OF LOVE

A THIN PROTECTIVE LAYER

I think we'd all love to say the world is a safe and joyous place, but the truth is you need to have a little bit of a guard and protection up when you're out there.

NATURE'S CANDY

This is an important layer, both before you find your lover and after the fact.

This layer needs to be sweet, juicy and succulent to attract the right kinds of people into your life, and very importantly, to keep attracting your lover to your honey pot.

This layer must also provide nourishment and nurturing to the people that draw from it – ongoing in the case of a romantic entanglement.

ADAPTABILITY TO CHANGE

Ancient knowledge teaches that one of the reasons that animals eat and disperse seeds in nature is so that the seed can gather genetic information from the host's gut and generate fruits that meet the host's specific dietary needs in terms of nutrients and minerals.

Is your protective layer thick enough?
Is your protection so thick no one can see past it to the juicy feast that lies inside? *
How do you take care of your outside?

Is what you have to offer succulent and juicy enough to lure a lover in?

What do you do to ensure you remain attractive to your partner?
How do you sweeten your honey pot?
How do you change things up? *
How do you make each other feel attractive?

How do you nourish and nurture yourself?
Physically? Mentally? Emotionally?
Spiritually?
How do you do that for your lover?
How do they do that for you?

How adaptable are you in your relationship?
How willing are you to compromise? *
How often do you put your lover first?
How often does your lover put you first?
Have you ever discussed the compromises you make in your relationship?



A HARD PROTECTIVE SHELL

Inside the very heart of the fruit lies the delicate baby plant embryo. Wrapped in a hard, protective layer, because it the most delicate and precious part, it's a tough nut to crack. *

In order for the seed to grow, the shell eventually has to crack to allow the whole new plant to burst forth.

INSIDE THE SEED

The perfect example of a hologram in nature, this smallest part of the plant contains the entire plant.

The seed contains enough internal nourishment to spring forth an entirely new plant, even after years of dormancy.

Eventually the hard little bud breaks through, undergoing a complete metamorphosis to become a strong, sturdy tree in its own right. *

How selective are you about who you let in to your precious parts?
Do you have enough protection here?
What do you keep sacred?
What are you holding sacred for a special relationship?
How do you and partner each protect each other's deepest, most delicate parts?

How do you and your partner support each other when you are breaking through to new levels of understanding?
How do you support each other through pain?

What small and big ways do you and your partner show each other how much you care?

How do you and your partner revitalize your relationship, especially after life has happened and it has fallen dormant?
How do the two of you nourish yourselves internally to ensure that you can always spring forth anew?

How ready are you to undergo metamorphosis to become the best version of yourself?
How do you support change in yourself? And in your lover?
How does your lover support change in you?
Can you change and grow together, pulling each other with you?



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