

The Abundant Health Coach

Training Call Worksheet: The Mindset Shift to Attract More Clients & Income

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Warm-Up: Vision & Desire

1. If you could have any amount of income coming in monthly and any number of clients, what would that look like?

💬 Write your dream numbers below:

💰 Monthly Income Goal:

👤 Clients Per Month:

2. When you think about actually making that happen, what is the FIRST thought or feeling that comes up for you?

😬 Doubts / Resistance / Worries:

Identity Discovery

3. Let's explore what you currently believe about yourself and your business.

Fill in the blanks:

- ♦ When it comes to feeling like a business owner, I feel...
- ♦ When it comes to having a successful business, I feel...

4. How often are you thinking these thoughts during the day or week?

🧠 Frequency:

Awareness of Limiting Beliefs

5. What are some beliefs or stories you notice are holding you back?

☁ Common examples:

"I'm not a business person."

"I'm not good at marketing."

"This can't work for me."

📝 Write 1–3 limiting beliefs you've noticed:

Celebrate your powerful insights 🧡

Identity Upgrade

6. Choose ONE belief above. Now flip it to a belief that supports your goals.

🔄 Limiting belief:

✓ Empowering belief:

7. Decide to believe this new story now. Say it out loud and write it here:

💡 I now choose to believe that...

Reflection & Integration

8. What was your biggest ah-ha or breakthrough from this session?

9. How does your body feel now, compared to when you joined this call?

10. What is ONE aligned action you want to take in your business after this call?

Get New Clients & Make 5K Every Month (Without a Big List)



Doors Open Friday, June 26th.

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