

The Abundant Health Coach

Training Call Worksheet: Unlock the Mindset to Attract More Clients & Income

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Warm-Up: Vision & Desire

1. If	you could ho	ave any	amount o	of income	coming i	n monthly	and an	y numbe	1
of cl	lients, what w	ould the	at look lik	e?					

- Write your dream numbers below:
- Monthly Income Goal:
- Representation 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:

- **M** 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?

Earn 5K Per Month Consistently as a Health Coach

Without a Big Email List or Social Media Following



Live group coaching calls each week for 9 months.

Doors Open September 30th

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