



Sarah Seed

Awaken the Woman within

'Awaken the woman within'
Online Coaching

Knowing and understanding the impact the seven deadly sins have on our life is a powerful catalyst for change.

As I became aware of these, everything started to shift and my life now feels worlds apart from how I felt when I had lost all connection with who I truly was and what I deeply wanted.

How we make consistent changes is by beginning to understand and apply the seven empowering ways of being required to replace the sins for lasting change and inner happiness.

These are:

Self Awareness

Self Acceptance

Self Care

Self Respect

Self Nourishment

Self Empowerment

Self Love

This process takes courage and be proud of yourself for choosing YOU!

Its challenging at times to acknowledge and become aware of what's holding us back. Be patient and kind with yourself, this is the beginning of a beautiful journey of self discovery, of truly understanding you and your life.

Sarah x



*'You are
the
person
you have
been
waiting
for'*

Week One Reflections



Reflect on the following questions:

What would I like to gain from doing this self discovery journey?

How am I currently feeling about myself and life?

Where would I love to be in a years time?

How would I love to feel by the end of this year?

Am I interested or committed.....on a scale of one to ten....how much do I want my life to change?

*'Knowing
yourself is
the
beginning
of all
wisdom'*

Understanding Self Deception - Week One



Self Deception

is.....
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In what ways am I deceiving myself?

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Realisations and reflections from Video 1:

*'You are
worth
finding,
knowing,
loving.
You and
all your
one
million
layers.
Always
hold that
close.'*