



The Fabulous You
in Life & Business

WWW.TERESAHAWTHORNE.LIFE

The Coaching Lounge



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DITCH THE
STINKIN' THINKIN'
& change
THE
TRAJECTORY
of your
LIFE

www.teresahawthorne.life

35

Truth Statements
Soul Shining Beauty

A F F I R M A T I O N S

35 Truth Statements

I am an illuminating soul shining beauty.

I am funny and amazing.

I am worthy of all things good, all things beautiful, and all things peaceful.

I have everything within me to succeed.

I'm not perfect and that's okay.

My peace is a non-negotiable priority.

I have time to do things I love.

My thoughts matter.

I embrace every moment with gratitude.

My mistakes do not equate failure.

I like me.

I love me.

I no longer allow excuses to keep me stuck.

I love my body.

I forgive myself for past mistakes.

I am grateful for my loved ones.

I am so loved

I am someone deserving of love, safety, and happiness

I am allowed to say NO.

Mindset matters in everything I do.

The gateway to happiness is not between my legs. My body is a temple worthy of respect just like I am.

I ditch the stinkin' thinkin' that keeps me stuck.

I am so freaking awesome and I accept that about myself.

I embrace my God-given gifts, blessings, and good within.

I am not afraid to be ME.

I am worthy of all good things.

I am the conductor, artist, and driver of my own path.

I am exactly where I need to be right now.

I let go of the things I cannot control.

I am calm and peaceful.

My goals are in alignment with my truths.

I embrace the process of spiritual, personal, emotional, and financial growth.

I don't compare myself to others because I am enough.

I believe in my own abilities.

My feelings matter.

SELF-CARE WORKSHEET



For a healthy & happy
mind, body, and soul!

Worksheet

SELF-CARE

mind

CURRENT PRACTICE:

NEW PRACTICE:

emotion

CURRENT PRACTICE:

NEW PRACTICE:

body

CURRENT PRACTICE:

NEW PRACTICE:

soul

CURRENT PRACTICE:

NEW PRACTICE:

A still life composition featuring a spiral-bound notebook, coffee beans, a wooden pencil, and a white mug of coffee on a wooden surface. The notebook is open to a blank page, and the coffee beans are scattered on the page. The pencil is positioned diagonally across the page. The mug is filled with coffee and sits on a small wooden tray. The background is a light-colored wooden surface.

DAILY LIFE JOURNAL

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Daity Life Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED

[Green shaded area for writing challenges]

What inspired me today:

HOW I WILL IMPROVE TOMORROW:

[Purple shaded area for writing improvement goals]

Daity Life Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED

What inspired me today:

HOW I WILL IMPROVE TOMORROW:

SPIRITUALITY

FAMILY

VISION BOARD

Worksheet



WEALTH

CAREER

*believe
it
to
see
it.*

HEALTH

LOVE

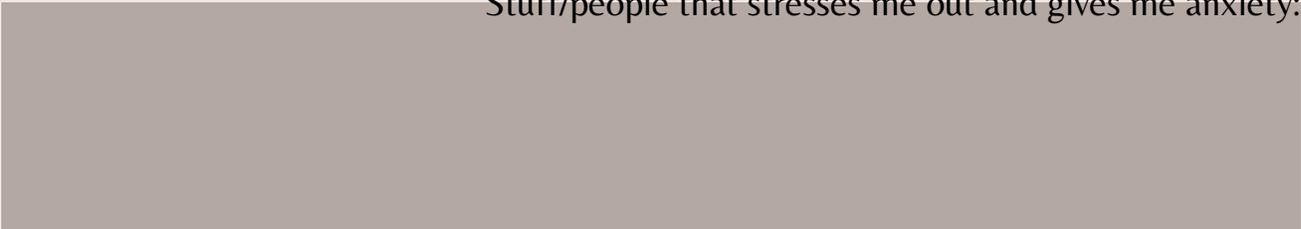
KNOWLEDGE

MY NOT-TO-DO LIST

Stuff that distracts me and wastes my time:



Stuff/people that stresses me out and gives me anxiety:



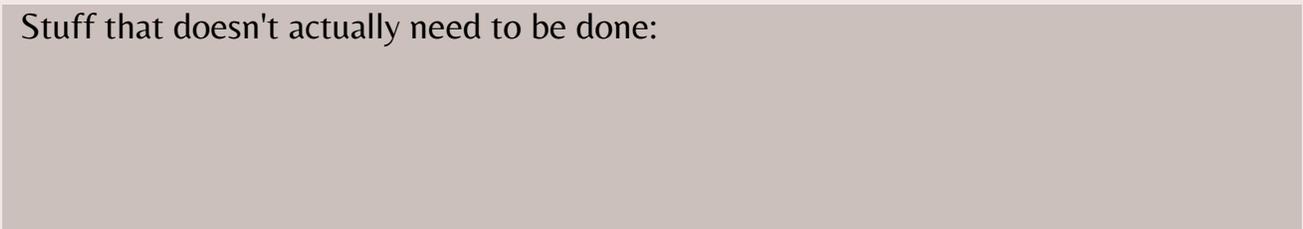
Stuff/people that drains my energy:



Stuff I feel obligated to do:



Stuff that doesn't actually need to be done:



Stuff I can't control or isn't my responsibility:





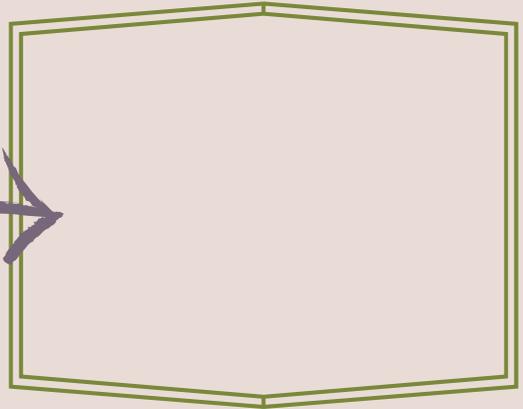
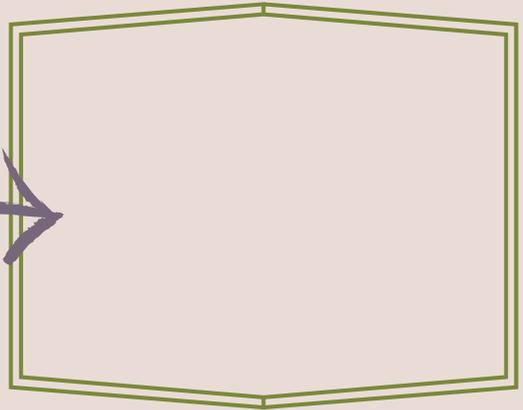
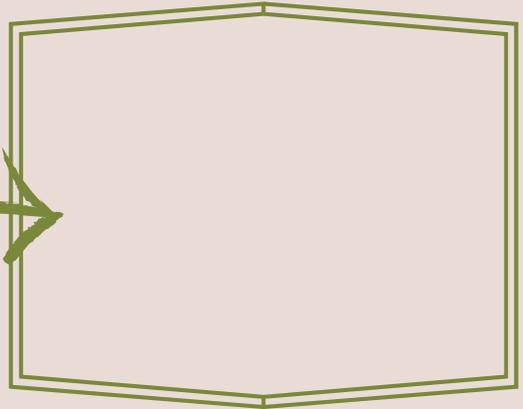
"ONLY COMPARE YOURSELF TO YOURSELF OF LAST YEAR, LAST MONTH, AND YESTERDAY AS YOU STRIVE TO BE YOUR BEST SELF OF TODAY".

~Teresa Hawthorne

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ANXIETY VS. TRUTH

Worksheet



5 minute
SELF-ESTEEM
JOURNAL

SOMETHING I DID WELL TODAY:

TODAY I HAD FUN WHEN:

I FELT PROUD WHEN:



READY! SET! GOAL!

**The amazing achievement is not only hitting your milestones.
It's who you have to become in order to get there.**

MY DREAM LIFE WOULD CONSIST OF (BUSINESS OR LIFE):

1

2

3

I COMMIT TO THE FOLLOWING THREE STEPS
TO GET ME THERE:

1

2

3

BY THIS DATE (INSERT DATE), I COMMIT TO
COMPLETING (WHICH STEPS):

Milestone Date:



WEEKLY REFLECTION

WEEK OF: / - /

Accomplishments:

WHAT I WANTED TO GET DONE, BUT DIDN'T





Heyyy Soul Shining Beauty! I'm Teresa Hawthorne - certified business and life coach, transformation speaker, author, and professional vocalist. I absolutely love helping new and aspiring women entrepreneurs release toxic behavior that keeps them stuck, so that they can create impact, soar in their truth, and build wildly successful coaching businesses.

I'd love to help you strategize your next steps to soaring in your truth and building your bank. Learn more about me and The Coaching Lounge at www.teresahawthorne.life.

Follow me on social media @turnupyourlifemotivation

Remember - YOU GOT THIS!!

www.teresahawthorne.life