



Week Two: Self-Care & Self Love for Spiritual Entrepreneurs

Elements Overview

Spiritual Wellness

Spiritual Wellness is the ability to connect with something greater than yourself. When you are spiritually well, you are capable of finding balance, harmony, and purpose in your life and you are able to manage daily stress and set-backs in a healthy manner. Our spiritual coaching is designed to help clients connect with the highest version of themselves. Our coaches will guide clients through connecting with their own personal purpose.

What do I believe it means to be healthy in this area?

What do I need to work on in order to be healthy in this area?





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Emotional Wellness

Emotional Wellness is the ability to understand and cope with all of life's challenges. Our coaching will help people understand what is holding them back in their lives and guide them to the right resources and education to overcome these obstacles. Our coaches will be equipped to help clients cope with fear, anger, sadness, stress, love, joy, and happiness.

What do you believe it means to be healthy in this area?

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Financial Wellness

Financial wellness is very important when trying to reach wellness goals. When a person's finances are in order, the rest of their life is more manageable. We provide our clients with education and assistance to help them meet all of their financial goals. From credit education to investment opportunities, our coaches will help them create a financial plan so that they can live an optimal life.

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Entrepreneurial Wellness

Entrepreneurial wellness is the ability to create one's own business and still remain balanced and fulfilled. Whether clients want to start a business and need assistance or they are already in business and need to grow, we have the right resources to offer them. Our coaches will guide clients to achieve all of their business goals.

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Nutritional Wellness

Nutritional wellness is the ability to provide one's body with only good quality nutrition. Our expert coaches are trained in many dietary theories and will help clients find which ones work best, while providing guidelines and tools that work for everyone.

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Physical Wellness

Physical Wellness is the ability to live each day in a state of physical progression. The path to physical wellness is extremely individualized to incorporate specific client needs.

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Occupational Wellness

Occupational wellness is the ability to get personal fulfillment from one's chosen career field while still maintaining his or her life. Our education platform, currently in the final stages of development, will provide one with all the resources he or she needs to live out career dreams. Whether they are an artist, lawyer, or musician, we can aid them in making the right career choices. It is never too late to enhance one's skill set or change directions completely. Trainings and guidance are the tools we provide to take clients to a place where the gifts and talents they possess can be cultivated and shared with those who need them.

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Intellectual Wellness

Intellectual wellness is the ability to open one's mind to new information and education. The desire to learn new trades, improve skills, or get a college degree are intellectual goals. Clients and coaches will be provided with education and resources they need to achieve their life goals.

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Social Wellness

Social wellness is the ability to relate and connect with people in one's world. Connection with other people is the greatest gift we can give ourselves. Coaches will learn how to host to a variety of networking events to help themselves and clients feel more comfortable around new and professional people. Strategies will be provided which will allow coaches to educate clients on how to have more meaningful and fulfilling relationships.

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Goal Setting Notes:

Divine Days & the Power of Routine Notes:



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Journal Prompts:

What self-care rituals do I need to create this week?

In order to be an amazing coach, I need. . .