



My Life-X Self Help Coaching Workbook

Introduction

The objective of the Life Extraordinaire (Life-X) Self Help Coaching Workbook, is to assist you in getting a kick-start to self-development. The intention is to guide you through all the areas of holistic coaching unleashing the coach within you. At the end you will be able to complete the Self-help Coaching Summary to guide you on your journey and/or connect with one of our coaches to grow even more.

MY SELF-HELP COACHING Summary

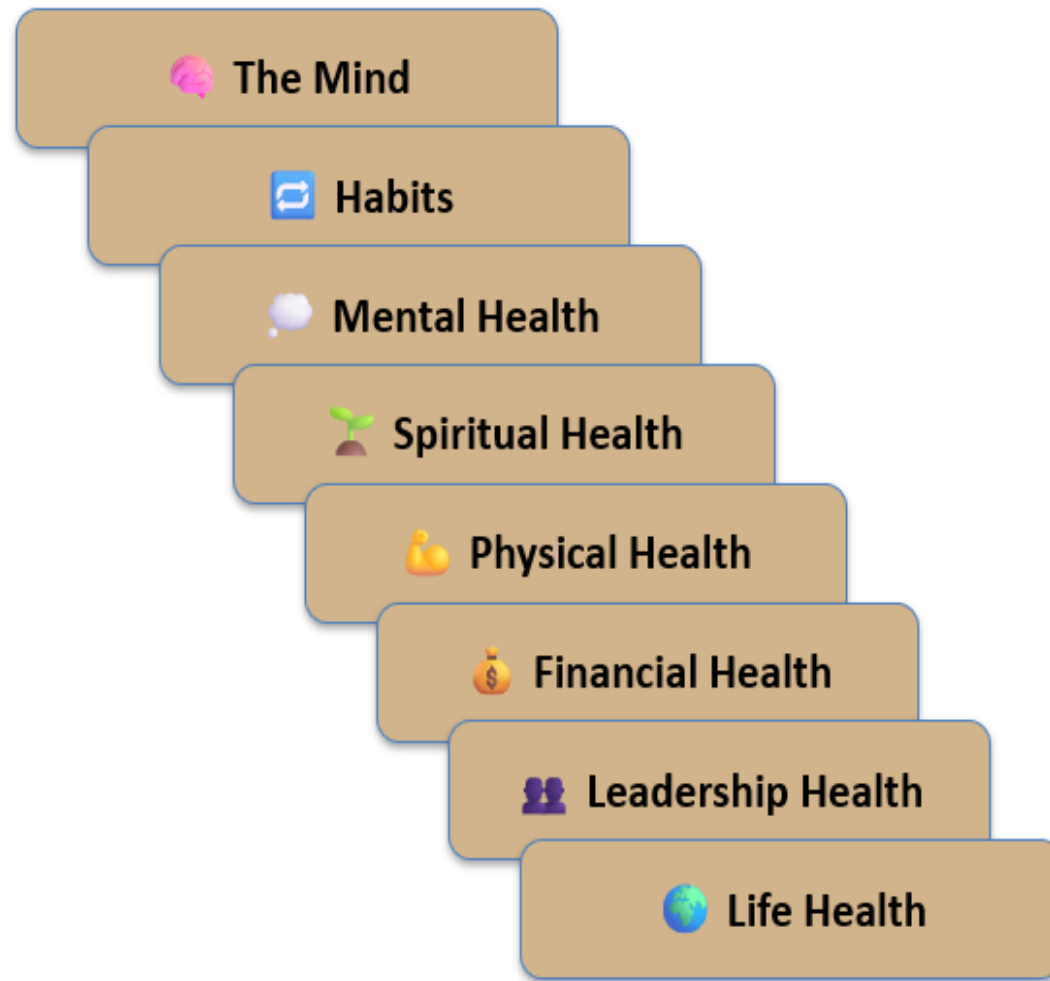
Health Dimensions	ONE Old Habit to stop	ONE New Habit to start	My FIRST Step to change
The Mind			
Habits			
Mental Health			
Spiritual Health			
Physical			
Financial Health			
Leadership Health			
Life Health			



The Coaching Approach




The Coaching Approach



ONE Old Habit to stop

ONE New Habit to start

My FIRST Step 1



Self-Assessment “Where do you think you are?”



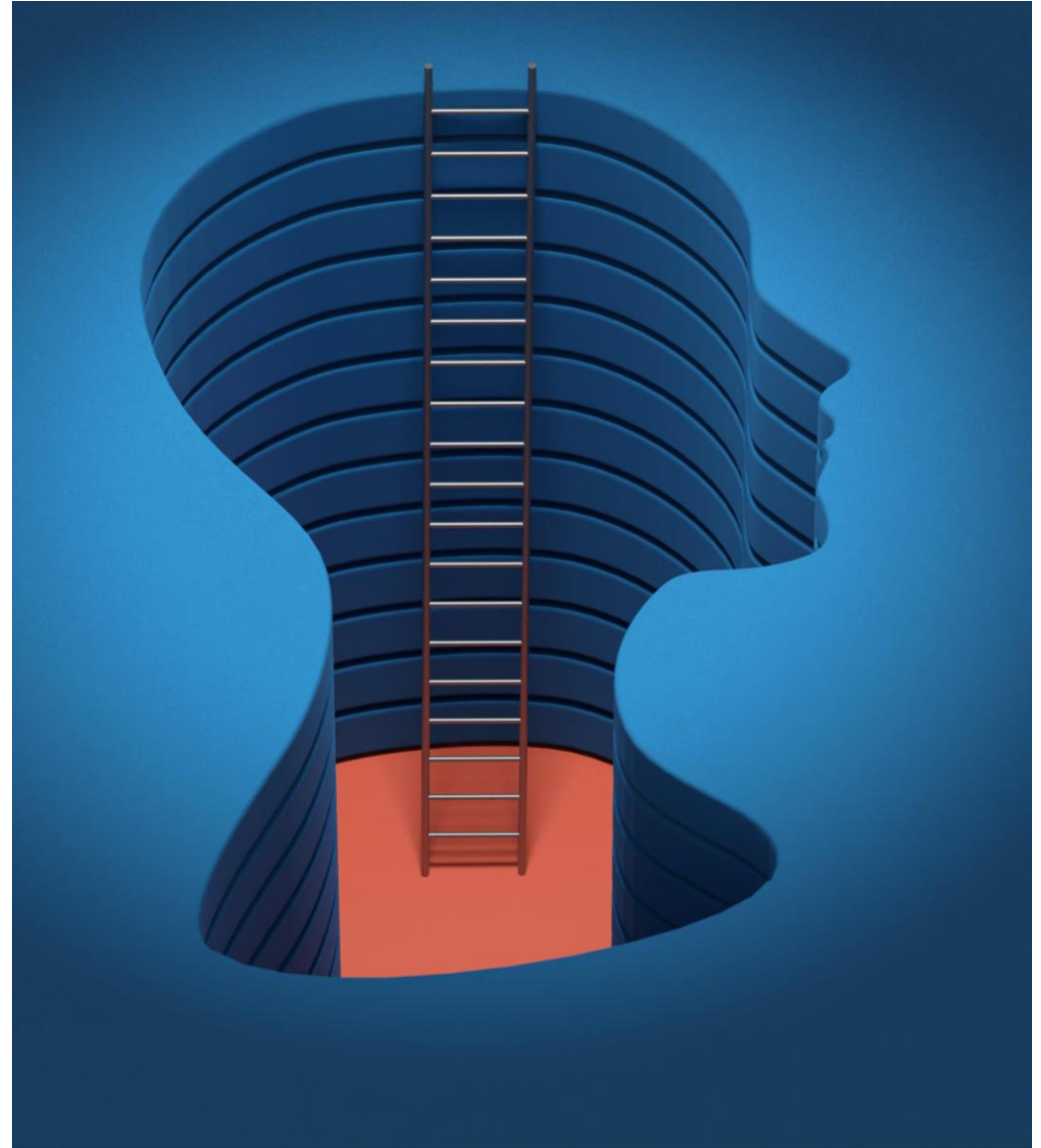
Self-Assessment

CONTENT	I am ok	I am not sure	I am not ok
1. Understanding how the mind works and its impact on my life			
2. Understanding the importance of habits and how to build new habits			
3. Understanding the impact of mental health on my overall well-being			
4. Understanding the importance of spiritual health in living a meaningful life			
5. Understanding the importance of physical health throughout my life span			
6. Understanding that financial health is within reach of all			
7. Understanding how I can improve my leadership capabilities at work and home			
8. Understanding what in life is holding me back			

The objective of this self-assessment is to guide you where to place the most emphasis in developing yourself further. To further assist you, slides for each of the 8 health topics above will follow to provide further context for you to consider. The objective is then to leave you with sufficient knowledge to further guide your self-development journey and to capture your development objectives on slide 33.



The Mind



Why is it important to understand Mind?

Understanding your mind is one of the most important and most overlooked investments a person can make in themselves.

Most people spend their entire lives living inside their mind without ever really understanding how it works. They experience its moods, its fears, its chatter, its patterns — but they never step back and ask the most important question of all: what is actually going on in here, and why? Here is why understanding your mind changes everything:

- Your mind creates your reality.
- You cannot manage what you do not understand.
- Your thoughts shape your behaviour far more than your intentions do.
- The mind focusses mostly on negativity, and it is mostly on auto pilot.
- Most suffering is created by the mind, not by circumstances.
- Self-awareness begins with understanding your own mind.
- Your mind is the source of both your greatest limitations and your greatest possibilities.
- Understanding your mind makes you better for everyone around you.

The good news is that understanding your mind is a skill, not a gift. It is developed through practice — through honest self-reflection, through stillness and quiet, through therapy or coaching, through reading and learning, through paying attention to your own patterns with curiosity rather than judgment. You do not need to have it all figured out. You simply need to become genuinely curious about what is happening inside you — and willing to look honestly at what you find.

What will show when I take responsibility for my mind?

“The true authentic me! The biggest gift I have received being unfolded”

Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do.

Napoleon Hill



Personal
Positivity

Habits



Why are Habits important?

If you want to grow — as a person, as a leader, as a human being — stop focusing only on your goals and start looking at your daily habits. Because your habits are quietly building your future self, whether you have given them permission to or not. Make sure the person they are building is someone you actually want to become.

- You become what you repeatedly do.
- Willpower runs out. Habits do not.
- Small and consistent beats big and occasional every time.
- Bad habits grow just as quietly as good ones.
- Action comes before the feeling.

"The seed you plant today is the person you meet tomorrow."

What will show when I break habits holding me back and build habits which will serve me?

Breaking generational shackles holding me back from becoming my true self and elevating the beauty in generational DNA to pull me up the mountain.

“Genes do not determine your destiny – they determine your areas of opportunity.”





Mental Health



Why is Mental Health Important?

How you think, how you feel, how you treat people, how you handle pressure, how you make decisions, how you sleep, how you love — all of it flows from the state of your mental health. And yet most people pay almost no attention to it until something goes seriously wrong. Here is why it matters so deeply:

- It affects absolutely everything.
- You cannot perform well when your mind is struggling.
- It shapes how you treat other people.
- Ignoring it does not make it go away.
- Seeking help is a sign of strength, not weakness.
- It determines the quality of your life itself.

Taking care of your mental health is not a luxury for people who have time for it. It is the most important investment any person can make — in themselves, in the people they love, and in the life, they are trying to build.

What will show when I
nurture my mental
health?

**My true identity will shine for the world to
embrace – “A human truly becoming”**



Spiritual Health



Why is Spiritual Health important?

Spiritual health is important because it answers the questions that no amount of money, success, physical fitness, or professional achievement can ever fully answer. Questions like: Who am I, really? Why am I here? What truly matters? What happens when everything I have built is stripped away? How do I find peace in a world that is uncertain, painful, and beyond my control?

These are not questions for philosophers alone. They are the questions that arrive uninvited at every human being's door — in the quiet moments, in the hard seasons, in the middle of the night when the noise of daily life falls away and something deeper stirs. Spiritual health is about how honestly and courageously you engage with those questions — and how well the answers you arrive at sustain you through the full complexity of being alive. Here is why it matters so profoundly:

- Spiritual health gives you an anchor when life becomes a storm.
- It is the source of meaning and purpose that sustains everything else.
- It connects you to something larger than yourself.
- It is the foundation of genuine inner peace.
- Spiritual health shapes the quality of your character.
- It gives you a healthy relationship with your own mortality.
- It is the wellspring of gratitude, compassion, and forgiveness.
- Spiritual health sustains you through the experience of failure and loss.
- It invites you into a life of genuine depth.
- It does not require religion — but it does require honesty.

Physical health keeps your body alive. Mental health keeps your mind functioning. Financial health keeps your life stable. But spiritual health is what makes being alive feel like it means something. It is the difference between existing and truly living. Between going through the motions and being genuinely present for your own life. Between enduring what happens to you and finding in it — even in the hardest of it — something worth carrying forward. Every human being, at the deepest level, is searching for the same things. Peace. Meaning. Connection. A sense that their life matters. Spiritual health is not a luxury added on top of a good life. It is the foundation beneath it — the thing that holds everything else up when the storms arrive, and the thing that fills everything else with genuine warmth and colour when they pass. Tend to it. It is the most important work you will ever do.

What will show when I grow spiritually?

Unleashing my full potential because I understand my place in the world, my purpose, and my reason for having a unique opportunity to exist.





Physical Health



Why is Physical Health Important?

Physical health is important because your body is the vehicle that carries you through every single moment of your life — and the condition of that vehicle determines what is possible for you.

We often treat our bodies as something that will simply keep going regardless of how we treat them — until the day they do not. And by then, the cost of neglect is always far higher than the cost of care would have been. Here is why physical health matters so deeply:

- Your body and your mind are not separate.
- Energy is your most important daily resource. Not money.
- Prevention is always cheaper than cure.
- Sleep is not optional — it is foundational.
- Movement is medicine.
- What you put into your body becomes who you are.
- Your physical health effects everyone around you.

You only get one body. It is irreplaceable, it is remarkable in its resilience, and it responds extraordinarily well to consistent, respectful care. Treat it as the most important asset you will ever own — because it is. Start small if you need to. One walk. One earlier bedtime. One better meal. Small consistent steps, repeated over time, build a physically healthy life just as surely as they build any other kind of good life. The best time to start was yesterday. The second-best time is today.

What will show when I live a healthy life?

A healthy body is key during all the phases of the human's life cycle. It impacts all dimensions of life and is truly a worthwhile investment to make.

CONSISTENCY IS KEY!!!





Financial Health



Why is Financial Health Important?

Financial health is important because money, whether we like it or not, touches almost every dimension of the life we are trying to build and the person we are trying to become.

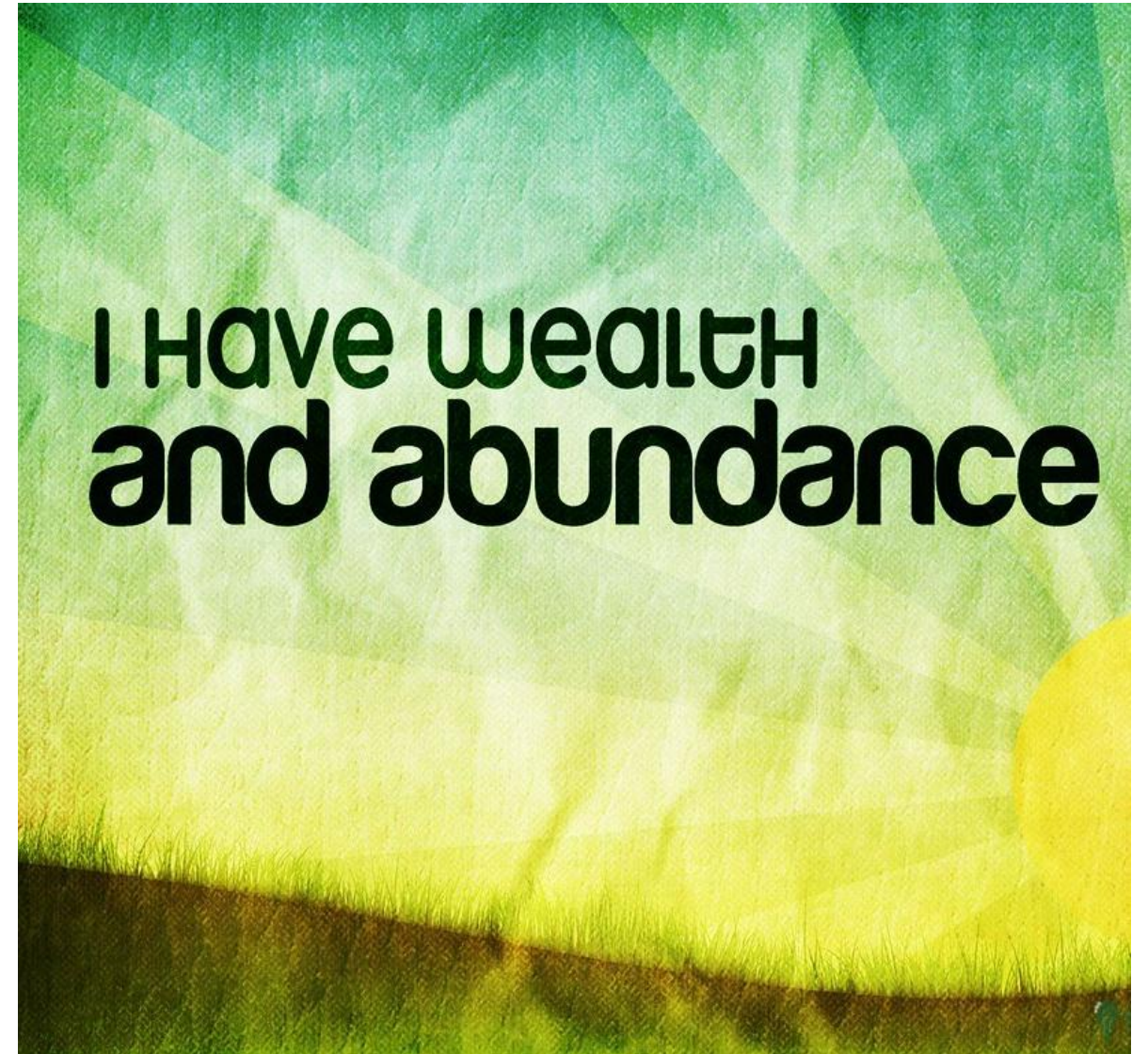
This is not about being wealthy. Financial health is not about having a lot of money. It is about having enough — enough stability, enough clarity, and enough control over your financial life. It is when money stops being a source of constant stress and starts being a tool that serves your values and your goals. Here is why it matters so deeply:

- Financial stress is one of the most damaging forces in a person's life.
- Financial security gives you freedom.
- You cannot build a future without a financial foundation.
- Debt is one of the heaviest invisible burdens a person can carry.
- Financial health requires the same discipline as physical health.
- Understanding money reduces the power it has over you.
- Your financial habits model something important for those around you.
- Generosity requires a financial foundation.
- Financial health in later life is built by decisions made today.

You do not need to be an expert. You do not need to earn a fortune. You simply need to be honest about where you are, intentional about where you want to go, and consistent in the small daily habits that close the gap between the two. Financial health, like every other kind of health, is built one good decision at a time.

What will show when I am in control of my finances?

Wealth creates abundance – an appreciation of life in its fullness, joy and strength of mind, body and soul. Abundance, once shared gives meaning to life. “In the giving there is receiving”.





Leadership Health



Why is Leadership Health important?

We are leaders at work, at home and in the community we serve. Our success is determined by exhibiting more behaviours that drives success being it at an individual, team; community/family and organisational level. In becoming a better leader we need to practice more behaviours that unlocks value and reduce behaviours that limits our ability to unlock value. Behaviours we need to exhibit more off are:

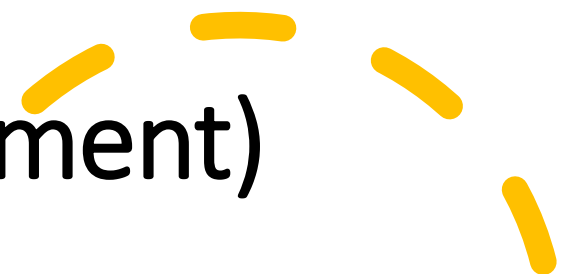
- Relating Behaviours
- Self-awareness Behaviours
- Authenticity Behaviours
- Systems Awareness Behaviours
- Achieving Behaviours

Behaviours we need to exhibit less off are:

- Controlling Behaviours
- Protecting Behaviours
- Complying Behaviours

Asking others to share their experience of how one exhibit behaviours has most value. However, creating an awareness of one's own behaviours is a good start. A self-Assessment Sheet is available on the next slide to assist.

What to Know? (Self-Assessment)



COMPETENCIES/ TENDENCIES	DEFINITION	STOP DOING	START DOING	LESS OFF	MORE OFF
Relating	The Relating competency measures your capability to relate to others in a way that brings out the best in people, groups, and organizations.				
Self Awareness	The Self-Awareness competency measures your orientation to ongoing professional and personal development, as well as the degree to which inner self-awareness is expressed through balanced perspectives and high integrity leadership.				
Authenticity	The Authenticity competency measures your capability to relate to others in an authentic, courageous, and high integrity manner.				
Systems Awareness	The Systems Awareness competency measures the degree to which your awareness is focused on whole system improvement and on community welfare.				
Achieving results	The Achieving competency measures the extent to which you offer visionary, authentic, and high achievement leadership.				
Controlling	The Controlling tendency measures the extent to which you establish a sense of personal security and worth through task accomplishment, personal achievement, power, and control.				
Protecting	The Protecting tendency measures the belief that you can protect yourself and establish a sense of worth through withdrawal, remaining distant, hidden, aloof, cynical, superior, and/or rational.				
Complying	The Complying tendency measures the extent to which you get a sense of self-worth and security by complying with the expectations of others rather than acting on what you intend and want.				

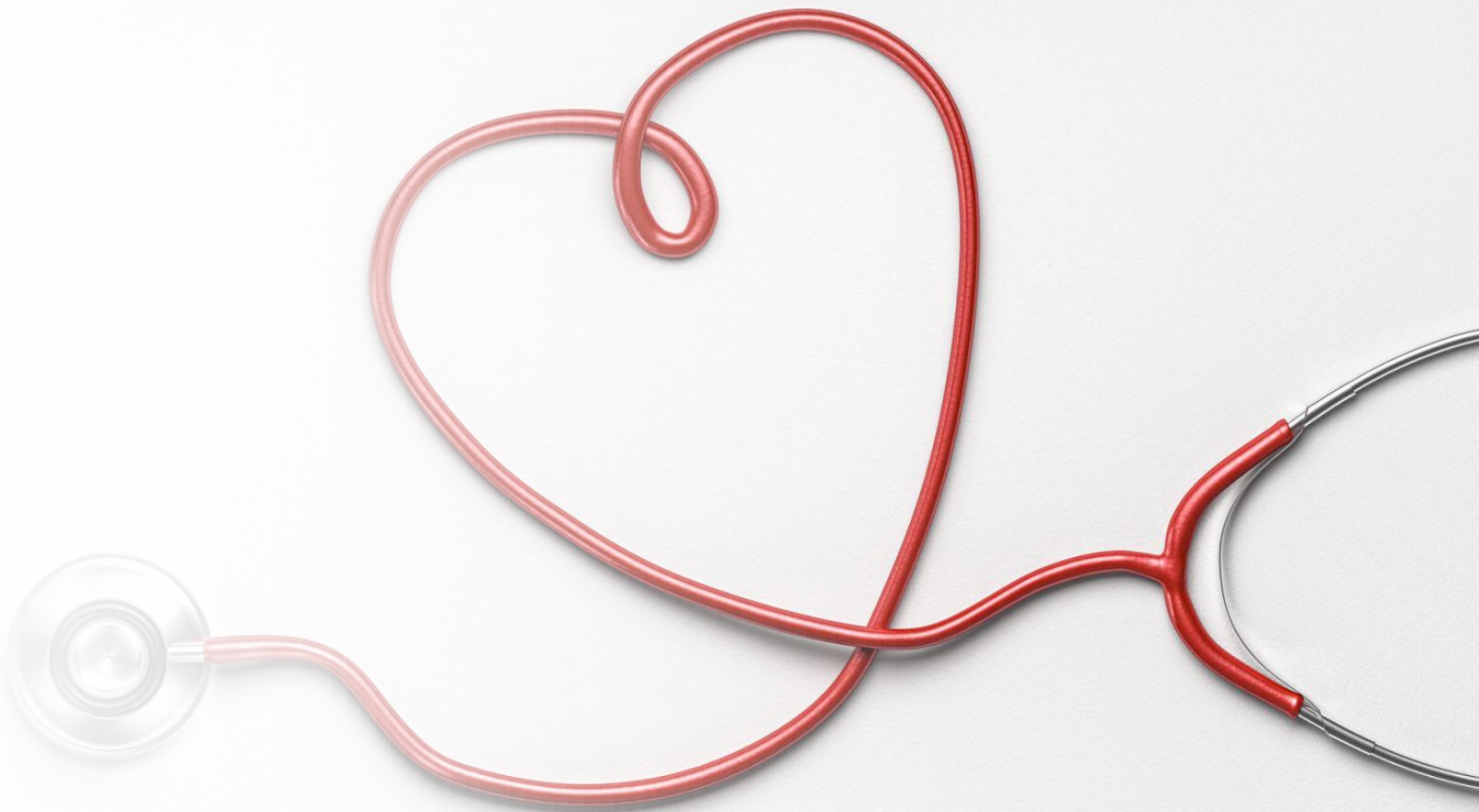
What will show
when I, as leader
start leading by
being significant?

“Receiving the right to lead from
others. Significant Leaders are
chosen – not appointed.”





Life Health



What is Life health and why is it important?

“Life health” are those day-to-day challenges we all as humans encounter. Such challenges are normally labelled as “challenges of life” and we are often made to believe that we all have the ability to deal with them effectively. However, contrary to common belief, these “challenges of life” have the ability to derail all our good intentions of living a healthy and meaningful life. Here is why Life Health matters so profoundly:

- life can look successful on the outside and be deeply unhealthy on the inside.
- Every dimension of your life affects every other dimension.
- Most people optimise one or two areas of life and neglect the rest.
- Purpose and meaning are not luxuries — they are necessities.
- Relationships are at the heart of a healthy life.
- Rest, play, and joy are not indulgences — they are essential.
- Growth never stops — and stagnation always costs something.
- Contribution gives life its deepest meaning.
- Life Health is about integration, not perfection.
- The cost of an unexamined life is paid slowly — but it is always paid.

You have one life. It is not a rehearsal. And it is made up of every dimension simultaneously — your body, your mind, your relationships, your finances, your purpose, your growth, your joy, your contribution. Life Health is the commitment to tending to all of it, with honesty, with intention, and with the deep respect that a single, unrepeatable human life deserves.

Life Health Challenges Examples (1)

1. A festive period is very stressful, but I want more
2. I need to upgrade my sleep. I am not sure what is sabotaging my sleep.
3. How to be kind to myself and where should I start?
4. Getting my life back on track – “feeling overwhelmed”
5. How to manage stress
6. I want to be happier – how to avoid the enemies to happiness?
7. I am a highly empathetic person, and it is holding me back
8. Lost that loving feeling for my partner? Can I get it back?
9. I struggle to beat social anxiety
10. I need to get to grips with my emotional eating
11. My thoughts, feelings and actions are not aligned. I am confused.
12. I need to overcome my negative thought patterns.
13. So much to do but so little time. Where do I start?
14. I need to move on from disappointment
15. I need to optimise my output working from home

16. I need to find my voice and be heard
17. I need to overcome my victim mentality
18. I urgently need to pivot to a new future
19. I am not joyful anymore. My joy is drained.
20. My professional success falls short - what is standing in my way?
21. I need to move on from the past
22. What are you afraid of? Is fear holding you back?
23. What is really causing my irritable mood and what can I do?
24. My attachment style and relationships – how to flourish?
25. I have recently been through a divorce/break-up, and I need to move on
26. I have recently lost a loved one and I need to move on
27. I need to have more honest connections in my life. What to do?
28. I need to optimise the chemicals in my body. Where to start?
29. The role I play in my family is draining me. What can I do?
30. How can I become more hopeful?
31. Anxiety is ever present. How can I soothe my anxiety?

32. I need to discover my intuition – my inner voice of wisdom!
33. How can I cope with seasonal sadness – especially the winter months?
34. I need to become more confident in all I do. Where to start?
35. I need to tackle loneliness for good. Where to start?
36. As I get older, I get more anxious - how can I age-proof my mind?
37. My life is fragmented and lack focus. How do I get my focus back?
38. Relationships is a struggle for me. How can I improve?
39. I need love myself more. Where to start?
40. How to navigate adversity?
41. I have a few phobias. How can I cope?
42. How can I navigate my post-traumatic stress disorder?
43. What are boundaries and how can I set them?
44. How can I network with confidence?
45. How can I take back control from alcohol?
46. How to be happy when in menopause?

Life Health Challenges Examples (2)

47. What is burnout and how can I cope with it?
48. How will I know that I am enough and what to do?
49. Why is meaning in life important and what can I do?
50. What are the twelve rules of life?
51. I can't say no. How to put myself first at times?
52. We talk past each other. How to communicate better in a relationship?
53. Parenthood is harder than I thought. How to adjust to reality?
54. How to go from coping to flourishing?
55. What is important in my child's development – what is important when?
56. I struggle with the Impostor Syndrome – what to do?
57. How to choose LIFE?
58. Is giving and receiving validation such a big deal?
59. Why is it important to get to know yourself really well?

60. How to know when to quit?
61. What to do to feel at my best?
62. What to do to feel that I belong?
63. How do I learn accept criticism calmly?
64. How to align different approaches to parenting?
65. How to build boundaries in relationships?
66. Did I plan sufficiently for my retirement?
67. I struggle to come back from disappointment. What I do?
68. I fear the future. What is the worst that could happen and how to deal with it?
69. How can I strengthen my sense of self-worth and self-belief?
70. I struggle with self-confidence. How do I get it back?
71. How can I encourage my in-laws to give us some space?
72. I am a mother working from home with kids. What to do?
73. How to balance being a mom and working full time

74. I want to become more organised. What to do?
75. I have too many balls I need to keep in the air - how do I cope and prioritise?
76. How to set better boundaries in life?
77. My kids are out of control - How to discipline my kids?
78. Finding my true meaning is hard. Where e to start?
79. How to Get back to working full time after having kids?
80. Adjusting to a new job - how much time do I need?
81. I tend to cope by having a drink after work - what to do?
82. I feel like I am responsible for everything and everyone - how to cope and delegate?

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