



WOW WORKBOOK 2.0

ULTIMATE CRASH COURSE

by Joana Alberto



Hello there!

Our SELF is our best friend. It's time to take care of ME at a whole new level so we can live a happy, healthy, and abundant life.

But before we begin, remember to take the following:

:

- Respect
- Honesty
- Generosity
- Gratitude
- Positivity
- Self-Mastery

Let's have an amazing learn-by-doing experience!

Coach J





THE ULTIMATE CRASH COURSE

on how to take care of our body, mind, and soul

PROGRAM FLOW



Self-Examen



Enacting Tools



Mindset



Focus & Target Wins



Prototype: Launch a habit



Support System

SELF-EXAMEN



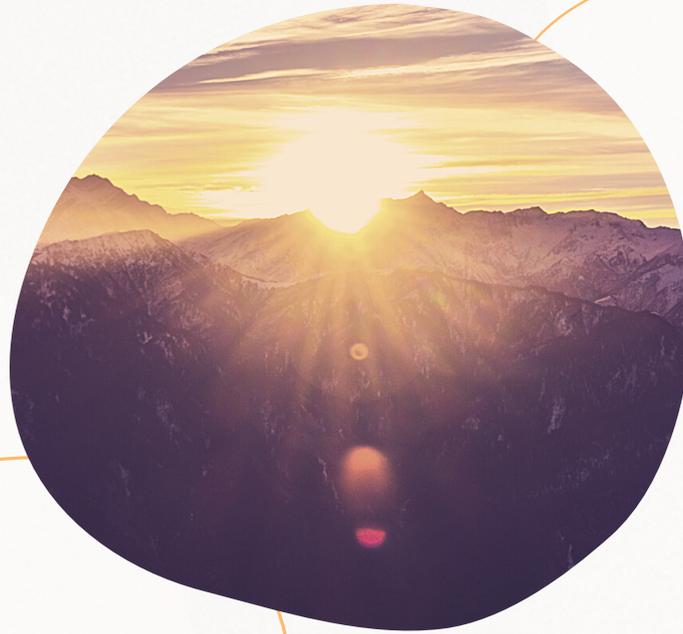
MY CURRENT STATE

BODY MIND SOUL

WELLNESS O'METER

LO  HI

The Wellness O'Meter scale consists of a horizontal line with six colored dots. From left to right, the dots are: light orange, orange, dark orange, brown, and dark brown. The word 'LO' is on the left and 'HI' is on the right.



First Things First

What's my goal?

What's my vision of the lifestyle that I wish to have to achieve the new ME?

How much time am I willing to spend each day, week, or month?

Tools

NOTES: What will work, won't work, and how can I make it work?





Win-Win



MINDSET

Am I ready, willing, and able to make this transformation?
What will stop me from realizing my vision of the new ME?





FOCUS



TARGET WINS

Think of small weekly wins.

1

2

3



PROTOTYPE

Launch a Habit

What habits do I need to create to achieve my target wins?
How will this look like? Describe in detail (e.g. How long?, How often?, When?, How intense?)





SUPPORT SYSTEM

What kind of support do I need? Who are the people who can help me? Do I have an accountability tool? Do I have an active group, coach, mentor, buddy, etc.?



NEED MORE INSIGHT & SUPPORT

Metamorphosis **LIVE** Wellness Tribe

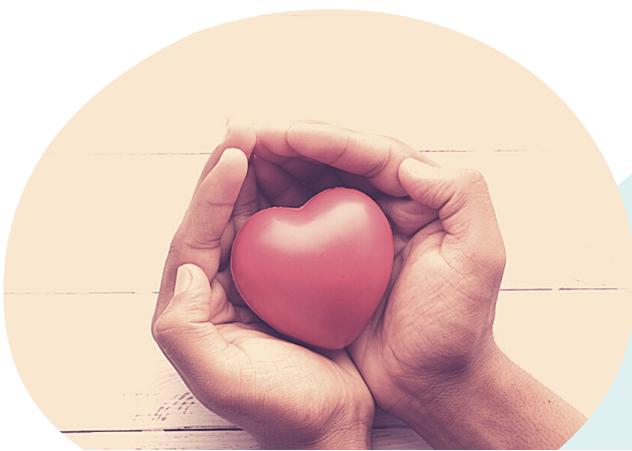
FREE Membership

Continue your life-long wellness journey at a whole new level —
and help build a community of wellness champions

Coaching

Meaningful and proactive conversations with a wellness coach
and kindred spirits for more personalized guidance and a
bespoke approach from wellness to wholeness

Book a 15-min FREE discovery call!
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EFFECTUAL WELLNESS SYSTEM

