



Healing the Wounded Heart

9 Steps to Freedom

CREATED BY MATT WOOD

WWW.MATTWOODCOACHING.COM

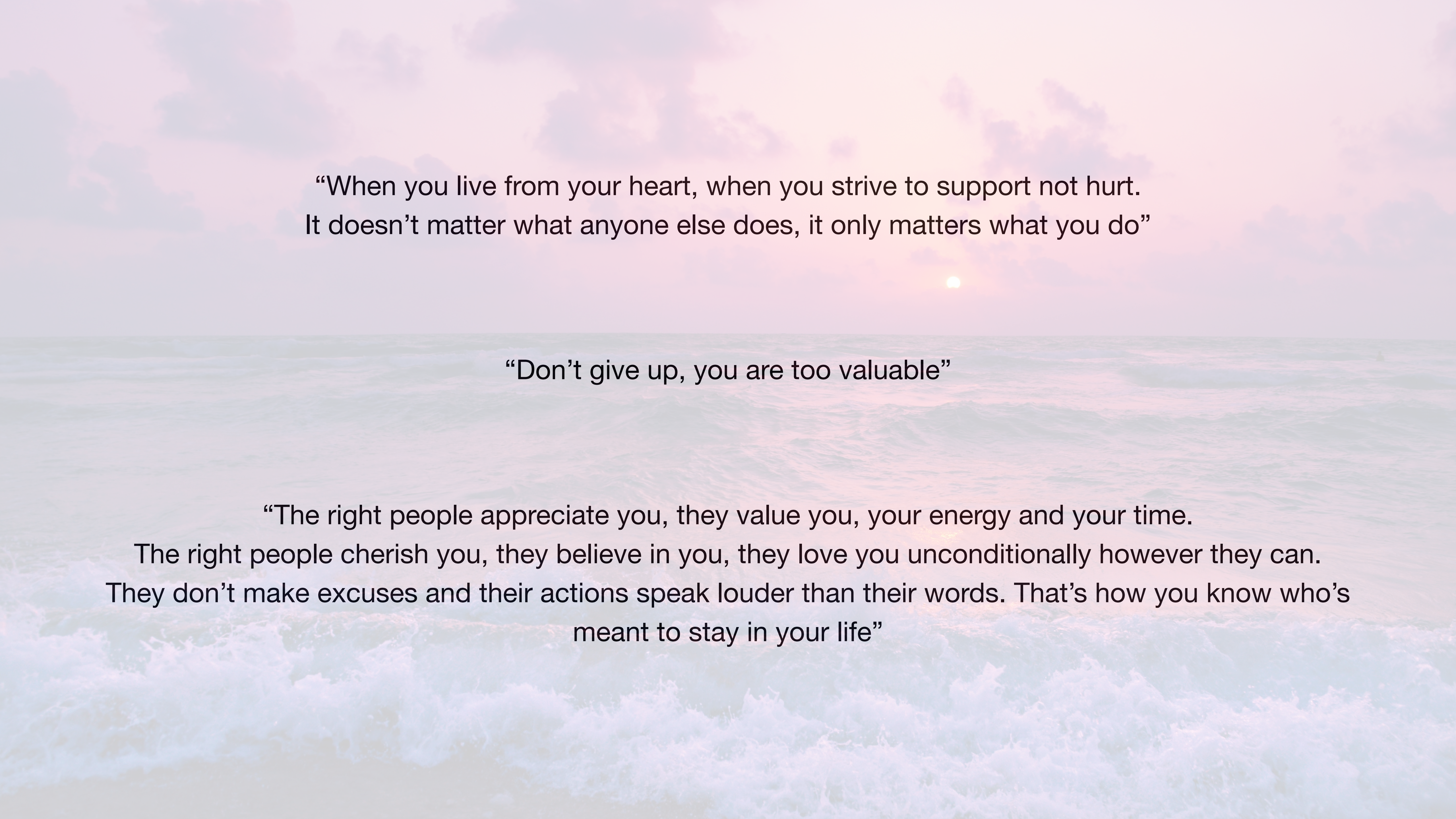
A serene sunset scene over the ocean. The sun is a small, bright orb on the horizon, casting a warm, golden glow across the sky. The sky is filled with soft, wispy clouds in shades of pink, orange, and light blue. The ocean is a deep blue-green, with white-capped waves breaking in the foreground, creating a sense of movement and texture. The overall mood is peaceful and inspiring.

Step.Two - Module.Two

Creating Strong Foundations

CREATED BY MATT WOOD

WWW.MATTWOODCOACHING.COM



“When you live from your heart, when you strive to support not hurt.
It doesn't matter what anyone else does, it only matters what you do”

“Don't give up, you are too valuable”

“The right people appreciate you, they value you, your energy and your time.
The right people cherish you, they believe in you, they love you unconditionally however they can.
They don't make excuses and their actions speak louder than their words. That's how you know who's
meant to stay in your life”

Making your List

Step.1: What is Important to you ?

- In your Relationship
- In your workplace
- In your Personal Life

Step.2 : What Matters to you ?

- In your Relationship
- In your workplace
- In your Personal Life

Describe in as many words as you can for each Section:

- How you currently Feel
- What you currently See
- What you currently Hear from others
- What you currently Tell yourself in each example

Step.3 : What are your Values ?

- In your Relationship
- In your workplace
- In your Personal Life

Step.4 : What are your Goals ?

- In your Relationship
- In your workplace
- In your Personal Life

Now describe the same list:

- How you like to Feel instead
- What you like to See instead
- What you like to Hear from others instead
- What you like to Tell yourself instead

Homework

What is it you are an absolute YES for ?

What is most important and matters to you in your life, relationships, home, work, income, values, communication, etc

Be as specific as possible. Write how you Feel, what you See, what you Hear from others and what you are Telling yourself in these moments.

Write your answer below

I AM A YES FOR.....

A serene sunset scene over the ocean. The sun is a small, bright yellow circle on the horizon, casting a warm glow across the sky. The sky is filled with soft, pinkish-purple clouds. The ocean is a deep blue-green, with white-capped waves breaking in the foreground. The overall mood is peaceful and contemplative.

End of Module.Two

A serene sunset scene over the ocean. The sun is a small, bright yellow circle on the horizon, casting a warm glow across the sky. The sky is filled with soft, white and pinkish clouds. The ocean is a deep blue-green, with white-capped waves breaking in the foreground. The overall mood is peaceful and contemplative.

Click to your Third Module

Creating Balance

CREATED BY MATT WOOD
WWW.MATTWOODCOACHING.COM