

Balance & Empower Bootcamp

FOR WOMEN



Mainly Coaching
for Life, Business & Relationships

“Growth Knows No Limits”
- Coach K

January 2025

BALANCE & EMPOWER BOOTCAMP

www.mainlycoaching.com

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Welcome

A huge congratulations on taking this bold step toward a more balanced, confident life! Life can feel like juggling flaming torches on a unicycle (we've all been there!), but guess what? You've already taken the first step by showing up, and I'm here to help you every step of the way.

Over the next few weeks, we'll dive into building your confidence, creating balance, and tackling your goals. Remember, this journey is all about progress, not perfection. By the end, you'll leave with real tools, stronger connections with amazing women, and a whole lot of "you got this" energy!

Remember *GROWTH KNOWS NO LIMITS, let's get started!*



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Week 1

Self-Discovery & Building a Balanced Foundation

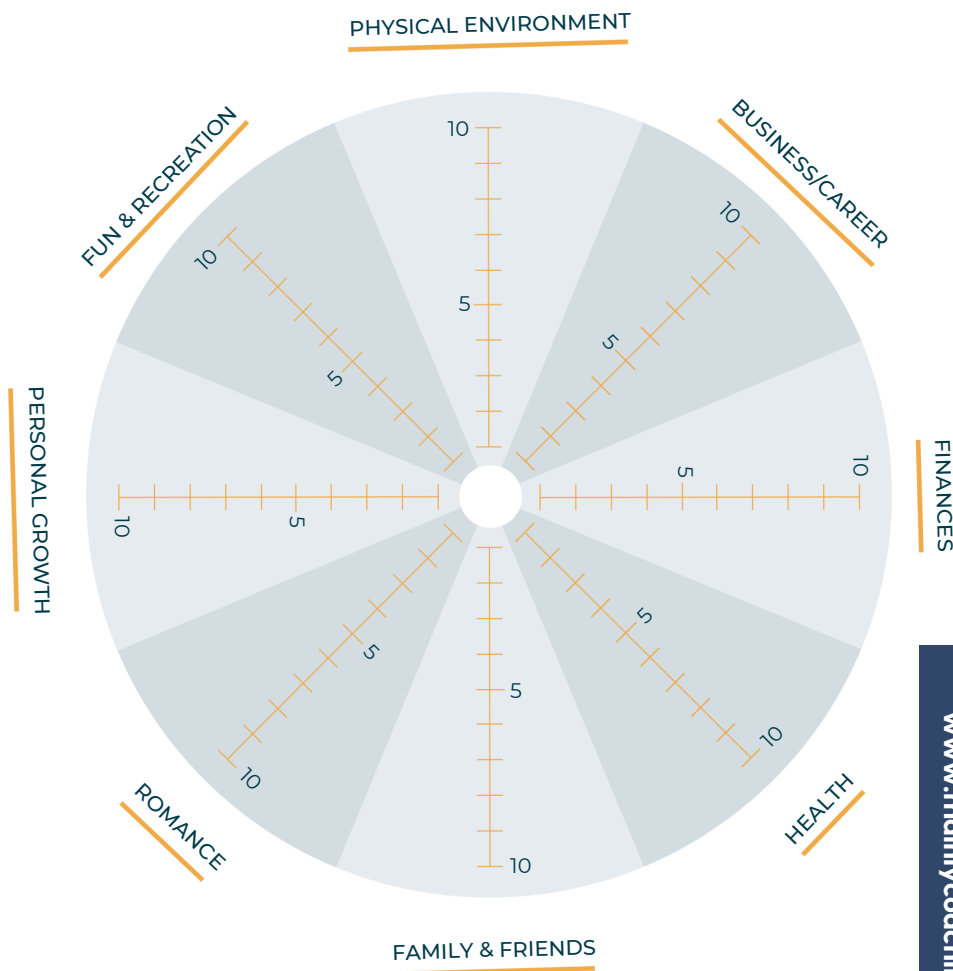
Core Value Exploration Questions:

1. What are the most important principles that guide your life?
 - What values do you consistently prioritize when making decisions?
 2. Think of a time when you felt deeply fulfilled or proud of yourself. What was happening, and what values were you honoring?
 - How did those values shape your actions or choices in that moment?
 3. What causes or issues are you most passionate about?
 - How do these causes align with your personal values?
 4. Who do you admire most in your life (personally or professionally), and why?
 - What values do they embody that resonate with you?
 5. What motivates you to get out of bed each morning?
 - What values are driving that motivation?
 6. When faced with a difficult decision, what are the top 3 values you rely on to guide your choice?
 7. Think of a time when you felt conflicted or frustrated. What values were being challenged?
 - How did you resolve the situation, and did it align with your core values?
- 

Wheel of Life

05

By rating your satisfaction in each area on a scale from 1 to 10, you can quickly visualize where you feel balanced and where improvements are needed. The goal of the exercise is to bring awareness to areas that may need more focus and set actionable goals to create a more harmonious and fulfilling life.



Week 2

Confidence & Overcoming Limiting Beliefs

Limiting Beliefs

Limiting beliefs are the deeply ingrained thoughts or ideas we hold about ourselves that restrict our potential. They often stem from past experiences, societal conditioning, or fear, and they shape the way we perceive ourselves, others, and the world around us.

Limiting beliefs can sound like:

- "I'm not good enough to succeed."
- "I always fail at everything I try."
- "I don't deserve to be happy."

These thoughts may seem harmless, but they create invisible barriers that prevent us from pursuing opportunities, stepping out of our comfort zone, or fully embracing who we are. The good news is that limiting beliefs are not facts—they are perceptions that can be changed.

Common Limiting Beliefs

Here are a few common limiting beliefs that might resonate:

- Perfectionism: "If I can't do it perfectly, I shouldn't do it at all."
- Fear of Judgment: "People will think I'm not capable."
- Self-Worth: "I don't deserve success, happiness, or love."

Reframing Limiting Beliefs

The first step to overcoming limiting beliefs is recognizing them. Once you identify a limiting belief, you can begin to reframe it into something positive and empowering.

For example:

- Limiting Belief: "I'm not good enough to apply for this job."
- Reframed Belief: "I have valuable skills and experience that make me a great fit for this role."

Reframe Your Limiting Beliefs

What are some of the limiting beliefs you may be carrying?

Write them down, then challenge yourself to reframe each belief into something positive and empowering.

By regularly challenging and reframing these thoughts, you'll start to develop a more positive, empowered mindset that allows you to take action with confidence.

1. Limiting Belief

2. Reframed Belief

Week 3

Setting Goals & Taking Action

Setting meaningful goals is one of the most powerful steps toward personal and professional growth. Goals provide direction, motivation, and a clear path to move forward. However, without a solid plan and actionable steps, goals can feel overwhelming or unattainable. In this section, you'll learn how to set effective goals and take consistent action to bring them to life.

Goal Setting gives you:

1. **Clarity:** Knowing what you're working toward brings focus and purpose to your actions.
2. **Motivation:** Clear goals keep you energized and committed, even when challenges arise.
3. **Measurable Progress:** Goals allow you to track your success and celebrate milestones along the way.
4. **Accountability:** When you set goals, you create a sense of responsibility to follow through.

Goal
setting

R relevant
realistic
results

T timely
tractable
tangible

A attainable
achievable
adjustable

M measurable
meaningful
motivational

S specific
strategic
significant

Smart Goal Setting Framework



S – Specific: What exactly do you want to achieve? Be clear and detailed.

Example: "I will spend more quality time with my family by scheduling one weekend activity every two weeks."

M – Measurable: How will you track your progress? Define criteria for success.

Example: "I will track each activity on a calendar."

A – Achievable: Is the goal realistic and within your capabilities?

Example: "I will set aside 4 hours every second weekend for this activity."

R – Relevant: Does the goal align with your values and long-term vision?

Example: "This will improve my work-life balance and strengthen my family relationships."

T – Time-Bound: What's the deadline for achieving your goal?

Example: "I will have completed 6 activities over the next 3 months"

Breaking Down Your Goals



Breaking Down Your Goals: Creating an Action Plan

Big goals can feel overwhelming, but when broken into smaller steps, they become manageable. Think of your goal as a journey—each action you take is a step closer to the destination. Here's how to create an effective action plan:

- 1. Identify Milestones:** Break your goal down into smaller, manageable milestones.
 - Example: If your goal is to write a book, a milestone could be completing one chapter each month.
- 2. List Action Steps:** For each milestone, write out the specific actions you need to take.
 - Example: To write one chapter, you might need to dedicate 1 hour a day to writing.
- 3. Set Deadlines:** Assign deadlines for each action step to keep yourself on track.
 - Example: "Outline the first chapter by [date]," "Write 500 words per day."
- 4. Prioritize:** Focus on one or two key actions at a time to avoid feeling overwhelmed

Create Your Action Plan

Goal:

Milestone 1:

Action Steps for Milestone 1:

-
-

Milestone 2:

Action Steps for Milestone 2:

-
-

Overcoming Obstacles & Staying Committed

- **Anticipate Challenges:** Identify potential obstacles before they arise. This way, you can create strategies to overcome them.
- **Celebrate Small Wins:** Acknowledge every milestone or achievement, no matter how small. Celebrating progress keeps you motivated.
- **Accountability:** Share your goals with a trusted friend, mentor, or accountability partner. Knowing someone else is rooting for you can help you stay on course.
- **Adapt When Needed:** Life happens. If your timeline or actions need adjusting, that's okay. Just make sure you stay focused on the bigger picture.

Week 4

Sustaining Growth & Building a Support Network

Congratulations! You've made it to Week 4 of the Balance & Empower Bootcamp. This week, we're focusing on maintaining the momentum you've built, continuing your personal growth, and creating a strong support system that will help you stay empowered in the months to come.

Reflection on Growth

Before we move forward, let's take a moment to reflect on your journey over the past few weeks. You've worked hard to build balance, set goals, and develop confidence. Now, let's look back at what you've achieved.

1. What has been your biggest achievement or breakthrough during the bootcamp?
2. Which goals have you started working on, and how do you feel about your progress?
3. How has your confidence grown since Week 1?
4. What challenges did you overcome, and how did you do it?

90-Day Action Plan

Goal #1:

Milestone 30 Days:

Milestone 60 Days:

Milestone 90 Days:

Action Steps to reach Milestones:

-
-
-

Goal #2:

Milestone 30 Days:

Milestone 60 Days:

Milestone 90 Days:

Action Steps to reach Milestones:

-
-
-

Building & Nurturing a Support System

14



Emotional Support

Having people to lean on during tough times helps build resilience

Accountability

Friends, family, and mentors can help keep you accountable to your goals.



Shared Growth

Surrounding yourself with people who are also growing can create a sense of community.

Strengthening Your Support System

Relationship #1:

How will I nurture this relationship?

Action Steps:

-
-

Relationship #2:

How will I nurture this relationship?

Action Steps:

-
-

Accountability

Accountability is key to maintaining long-term growth. Whether it's through a trusted friend, a mentor, or an accountability group, having someone check in on your progress can make all the difference.

Accountability Partner Guide:

- **Choose an Accountability Partner:** Think about someone who will help motivate and encourage you. Share your goals with them.
- **Set Regular Check-ins:** Schedule a weekly or bi-weekly check-in to discuss progress and challenges.
- **Celebrate Wins Together:** When you hit a milestone, celebrate with your partner to keep the momentum going.

Reflection

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What have been your biggest breakthroughs during this journey?



Reflection

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What goals have you started working on, and how do you feel about your progress so far?



Reflection

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How has your confidence and mindset shifted since starting the bootcamp?



Reflection

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What are the three things you are most proud of from this journey?



Reflection

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What is your biggest takeaway from this experience?



Week 1: Self-Discovery & Building a Balanced Foundation

- What areas of your life feel out of balance right now?
 - Which core values are most important to you, and how do they influence your decisions?
 - How do your personal values align with your current lifestyle?
 - What steps can you take to bring more balance into your life in the next month?
-

Week 2: Confidence & Overcoming Limiting Beliefs

- What beliefs are currently limiting you from achieving your goals?
 - How would your life change if you let go of those limiting beliefs?
 - What is one action you can take today to begin overcoming self-doubt?
 - How can reframing negative thoughts help you build confidence?
-

Week 3: Setting Goals & Taking Action

- What is the most important goal you want to accomplish in the next 3-6 months?
 - What are the first 3 actions you can take toward that goal?
 - What is one challenge you anticipate in pursuing this goal, and how can you overcome it?
-

Week 4: Sustaining Growth & Building a Support Network

- How has your confidence and life balance improved since the start of this program?
- Who can you trust to be your accountability partner for the next 90 days?
- What steps will you take to build or strengthen your support network?
- What will you do if you face a setback, and how will you stay committed to your goals?



Week 1: Self-Discovery & Balance:

- "I'm in control of how I spend my time, and I prioritize balance in all areas of my life."
- "I am capable of finding peace and balance, even in the busiest moments."
- "I trust myself to make decisions that support my well-being and happiness."

Week 2: Confidence & Overcoming Limiting Beliefs:

- "I am worthy of success, love, and happiness, and I embrace my true potential."
- "I trust in my abilities to overcome challenges and grow stronger with each step."
- "I replace self-doubt with confidence and trust in my journey."
- "I am enough, just as I am, and I deserve to pursue my goals fearlessly."

Week 3: Goal-Setting & Taking Action:

- "I am committed to taking bold actions toward my dreams."
- "My goals are achievable, and I am equipped with everything I need to succeed."
- "I take small, consistent steps every day that bring me closer to my goals."
- "I am focused, disciplined, and determined to turn my goals into reality."

Week 4: Sustaining Growth & Building a Support System:

- "I attract positive, supportive people who help me grow and succeed."
- "I deserve to be surrounded by a community that uplifts and inspires me."
- "I am resilient, and I know that setbacks are only stepping stones to success."



Thank You!

Congratulations on completing the Balance & Empower Bootcamp! You've worked hard to build confidence, create balance, and set actionable goals for the future. Remember, personal growth is a lifelong journey—keep challenging yourself, seeking new opportunities, and nurturing your support system.

What's Next:

Keep Journaling: Reflect regularly on your progress and adjust your goals as needed.

Join my Newsletter: Get the latest updates and workshops.

Consider 1:1 Coaching: If you're ready for even more personalized support, consider working with me as your coach and take your development to the next level.

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