



# BECOMING EMOTIONALLY HEALTHY

WHO DOESN'T NEED A LITTLE SUPPORT ALONG THE WAY...

TOPICS COVERED IN THIS SAFE **INTERACTIVE 5 DAY SESSION** ARE:

- ♥ Discover Your Unique Personality Type
- ♥ The 5 Agreements
- ♥ 7 Communication Challenges
- ♥ 6 Pillars of Self-Esteem
- ♥ Self-Esteem/Self-Image/Self-Talk /Self-Compassion
- ♥ Signs of Emotional Manipulation
- ♥ Establishing Healthy Boundaries
- ♥ Emotional Intelligence
- ♥ Body Language
- ♥ Anxiety
- ♥ What Are Your Personal Values, Principles, Beliefs, & Getting Solid With Them
- ♥ Happiness - Resilience
- ♥ 6 Mood Thieves
- ♥ Good vs. Bad Habits, How to Make Good Habits Stick
- ♥ Creating Your Own Personal Board of Directors
- ♥ Life Lessons
- ♥ 7 Grandfather Teachings & 7 Powerful Beliefs
- ♥ Forgetting What Others Think
- ♥ Etiquette & Dress
- ♥ 20 Signs You Are Evolving Into Your Own Person
- ♥ Stress - Use it - Beat it
- ♥ Make Your Own Vision Board