



Mind Body Spirit Life Coach

Coaching with Amanda Probst

Day 1

Feelings: What are you feeling?

Thought: What thought is causing this feeling?

Actions: What actions are you doing because of this feeling?



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Day 2

Feelings: What are you feeling?

Thought: What thought is causing this feeling?

Actions: What actions are you doing because of this feeling?



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Day 3

Feelings: What are you feeling?

Thought: What thought is causing this feeling?

Actions: What actions are you doing because of this feeling?



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Day 4

Feelings: What are you feeling?

Thought: What thought is causing this feeling?

Actions: What actions are you doing because of this feeling?



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Day 5

Feelings: What are you feeling?

Thought: What thought is causing this feeling?

Actions: What actions are you doing because of this feeling?



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Day 6

Feelings: What are you feeling?

Thought: What thought is causing this feeling?

Actions: What actions are you doing because of this feeling?



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Day 7

Feelings: What are you feeling?

Thought: What thought is causing this feeling?

Actions: What actions are you doing because of this feeling?
