

90-Day

Reset



with

Sakinah B.

Reset...Reclaim...Renew

Holistic Healing for Women

HOLISTIC COACHING WITH SAKINAH B.

Program Overview

3 Steps to Success

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5 Pillars of Wellness

MENTAL

Cultivating the right mindset to enhance the environment that will bring about wellness.

PHYSICAL

Working toward balance within the 3 main physical aspects of well-being food, exercise, and sleep.

SPIRITUAL

Setting aside quiet time each day to pray/commune for spiritual health.

SOCIAL

Interacting with others to promote improved social health. We all need to feel noticed, valued and appreciated on some level.

EMOTIONAL

Focusing each day on those things for which we are grateful. This will assist in dwelling on the positive and elevating our emotional wellbeing.



3- Steps to Reset Success:

Do the Work

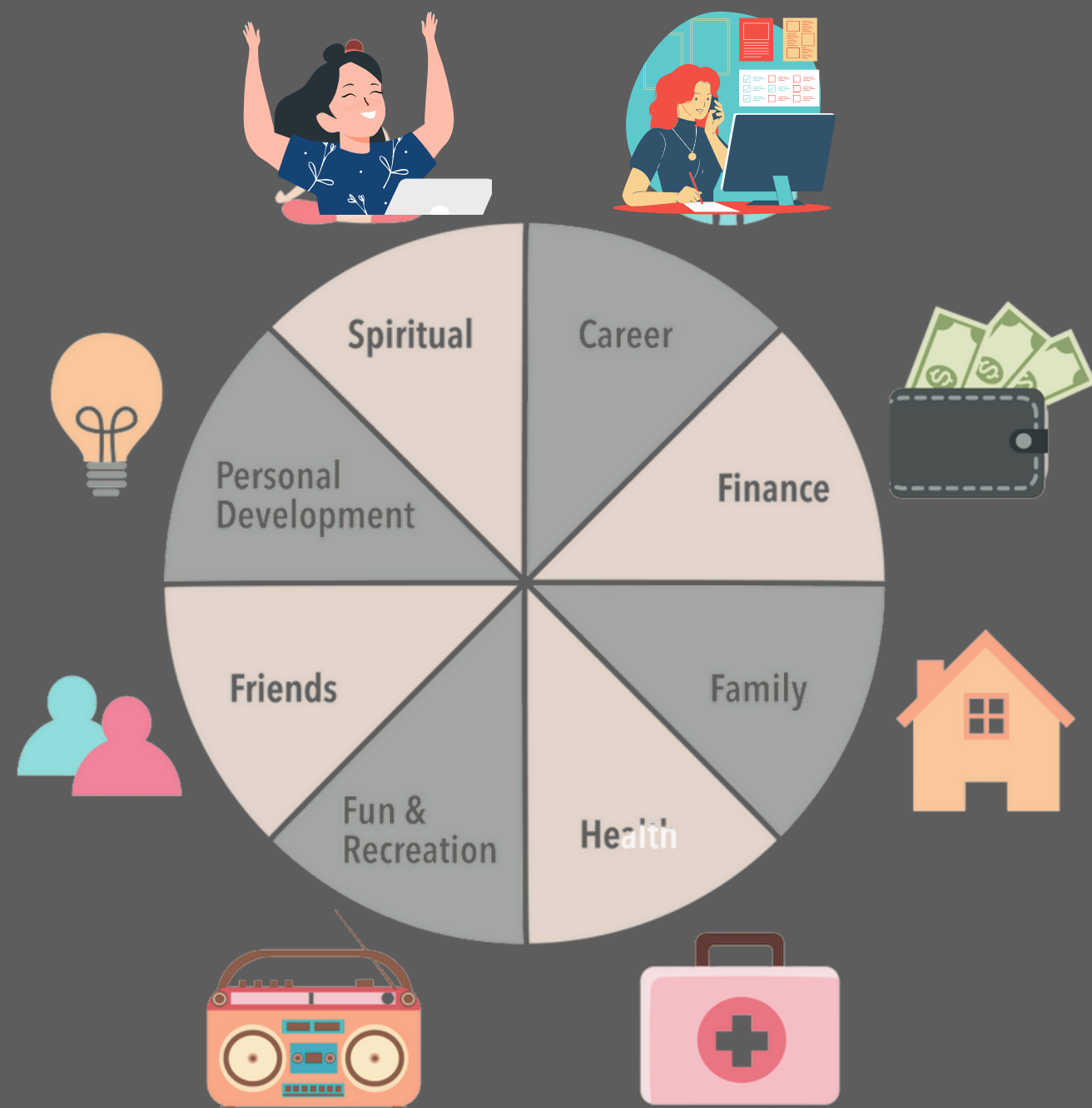
- All the knowledge in the world won't change your condition until you do.
- Implementing what is learned is imperative for success.

Attend Meetings

- Learn the next step
- Learn how to implement the concept with hands-on activities

Partner Connect

- Social interaction is a key contributor to lasting success.



Sphere of Life

Facets of Life for Accountability

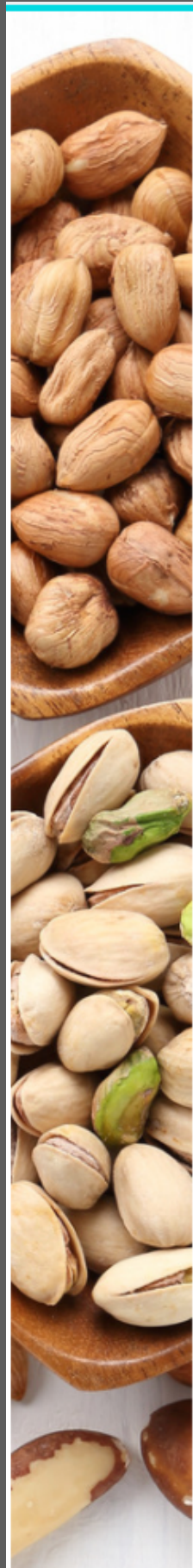
Place a dot on each triangle to indicate your level for this week. If you are feeling good about that aspect of your life place the dot closer to the edge. If you feel it needs work, place the dot closer to the middle.

Did you connect with yourself and accountability partner?

Facets of Life for accountability

We can do so much more when we know who we are, what we want, and have others to encourage us and others to encourage along the way.

We reach our goals much faster and retain the knowledge longer.



Your Accountability Partner

Have you contacted your accountability partner this week?

How are they doing with their goals this week.?

How can you support those goals?

SB

Goals for the Week...

Where there is no vision the people will perish.

When we fail to plan we plan to fail. We are not about failing here. Write down your goals each week. Keep them ever before you. When they are in constant view motivation is higher and they are more easily achieved

Goals for this Week>..

- Go over the 5 Pillars of Wellness
- Review the 3 Steps to Reset Success
- **Begin to develop a morning routine (meditation/quiet time, stretch/movement, hygiene)**

