THRIVE NOW

Workbook 1

The Get Set Formula

Welcome to The THRIVE NOW video training series. I’m so pleased that you are here. It’s going to be a wonderful and exciting time for you, and you can be very proud that you have taken this step.

This is a free resource from The Alcohol Coach to help get you started on your journey to feeling better about life right now.

This is your workbook. Keep it. Print it. Scribble on it. Edit it and add you own notes. It’s yours. It is really useful to keep a record of where you started from with your alcohol-free experimentation.

You are awesome! Let’s dive in.

Michaela x

The Alcohol Coach

**Lesson 1**

**The Get Set Formula**

1. **Believe**

What obstacles have you overcome in your life? List them here.

How will use this to build belief that you can thrive and feel better about life right NOW?

1. **Excitement**

Think back to a time when you felt excited about the future. Where were you? What is it like to feel like that? When you are like that what are you thinking/ How are you standing and holding yourself?

SMILE, and feel that excitement NOW!

1. **Open Mind**

When you are at your best full of self-belief, and excitement for your life, how does it feel to be open-minded and to consider new ideas?

When you feel on top of the world, how are you open-minded?

How will you keep this open mind now?

Fantastic!

You now have the Get Set Formula to THRIVE NOW!

See you in the Next Video

‘Your Big WHY’