

Self-Coaching Circle

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Stress and Overwhelm

- There is hope
- There are tools
- **Suffering is optional**











THOUGHTS FEELINGS

ACTION



RESULT

Stay in Curiosity

Be Non-Judgmental

Show Compassion

Experiment and Learn



AWARENESS

PERSPECTIVE



BODY

HEART

BRAIN







CHOICE





The Self-Coaching Circle is a tool that can be learned and used in every aspect of our lives to feel, perform and live better!

Get in Touch!



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