

Courageous Caregiver

WORKBOOK

by Niki King, RN

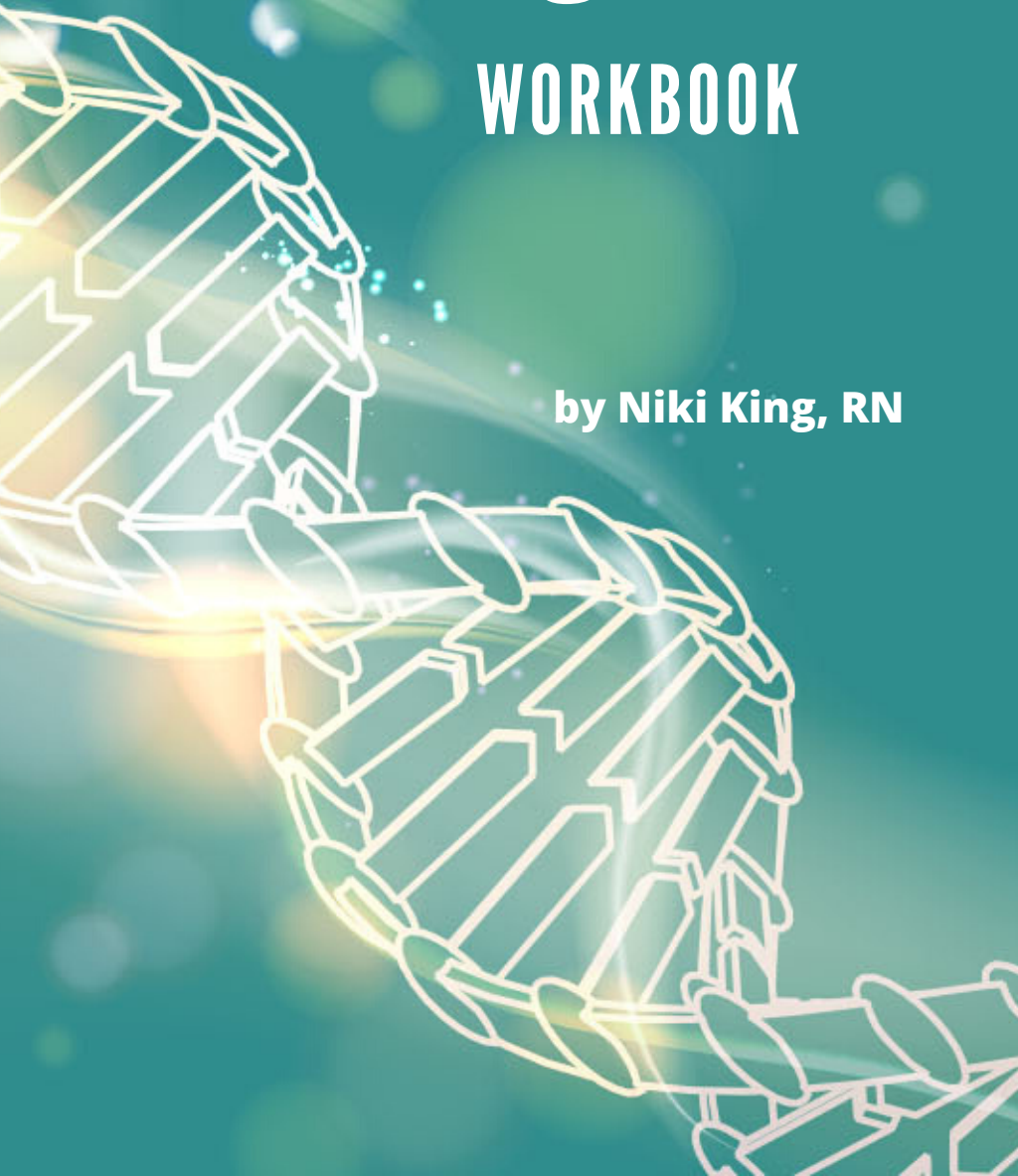




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Title	Author
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The Wounded Healer	Dr. Terry Gordon, Cardiologist and personal friend of Wayne Dyer
Womens Health Coach Certification Program to Open your own practice/business.	Dr. Jessica Drummond
Surgeon with Doctors without Borders, Soul School	Dr. Veerle Van Tricht



Experts Name:

Question 1:

WAS THERE ANY PART OF THE VIDEO THAT YOU
STOPPED AND PUT ON PAUSE? WHY DID YOU STOP IT?
WHAT FEELINGS WERE GOING ON INSIDE OF YOU?

Question 2:

WHAT DID YOU LEARN?



Question 3: CAN YOU RELATE TO ANY OF THE CIRCUMSTANCES FROM YOUR PAST WHILE WATCHING THIS? PLEASE WRITE THEM OUT HERE.

Question 4: WHAT STRONG EMOTIONS CAME UP FOR YOU? I.E SHAME, FEAR, ANGER, DENIAL, REPRESSION, JOY, HOPE, FAITH?

Question 5: WHERE WAS IT LOCATED IN YOUR BODY? WHAT WAS THE FEELING? DID YOU FEEL A PRESSURE, A LIGHTNESS/RELIEF OR AN AHA MOMENT?



Question 6: HOW DO YOU FEEL YOU WANT TO IMPLEMENT THIS INTO YOUR LIFE? WHO ELSE CAN YOU HELP?

Question 7: PLEASE WRITE OUT AT LEAST THREE ACTIONABLE STEPS TO SEEKING FURTHER HELP /UNDERSTANDING THAT YOU CAN DO ASAP AND POST IT SOMEWHERE WHERE YOU VISIBLY SEE IT EVERY SINGLE DAY.



Question 8: WHAT ARE YOU GOING TO DO WITH THIS INFORMATION?

Question 9: IN ORDER OF PRIORITY, WHAT ARE YOU GOING TO DO FIRST?

Question 10: Would you please Inspire others by posting a your "aha moments"

Notes



HELPFUL INFORMATION ON YOUR JOURNEY



Notes



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HELPFUL INFORMATION ON YOUR JOURNEY



Useful links and Videos

HERE ARE YOUR LINKS AND VIDEOS



Useful Links and Videos

HERE ARE YOUR LINKS AND VIDEOS



Shameless Plugs for products I believe in

HERE ARE YOUR LINKS AND VIDEOS



[HTTPS://WWW.YOUGNLIVING.COM/VO/#/SIGNUP/NEW-START?
SPONSORID=20966531&ENROLLERID=20966531&ISOCOUNTRYCODE=US&CULTURE=E
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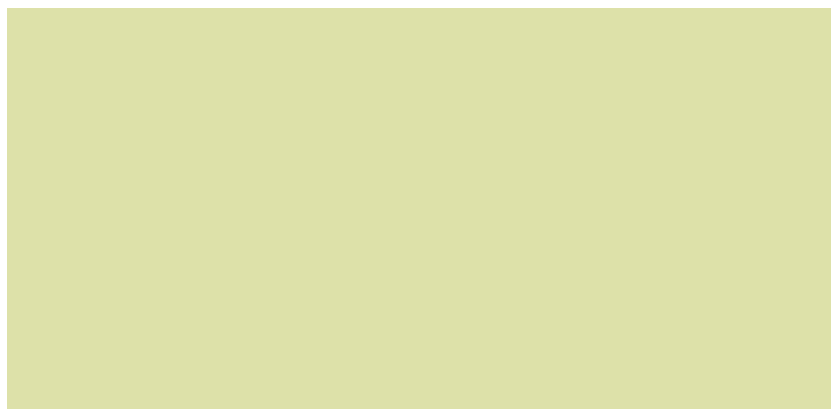
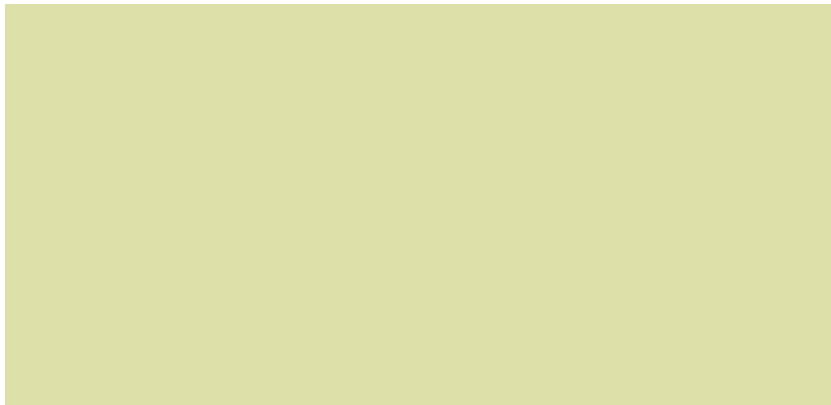
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PATIENTS W/O SEEING A DOCTOR



Congrats!

YOU DID IT!





Congrats!

YOU DID IT!

