



ARDOUR
Wellness
HEALING & HEALTH



**Easing The Load
Of Chronic Health**

WITH MONIQUE GIBSON

WEEK 2

POWER OF THOUGHT

WORK BOOK

www.ardourwellness.com

**FIND HEALTH.
FIND HAPPINESS.
FIND PASSION.**



Welcome!

So excited that you have registered for this pilot program. This program is all about using coaching techniques and mindset strategy for working with chronic health conditions. Your input and feedback is just as important as the content within the program.

This weeks module is all about the power of thought. Learning how much control you really do have over what goes on for you. And the areas you do not have control over, how much control you do have over how you feel about them.

These questions are centered around seeing if you can shift your mindset just a little bit. You can start small but the aim is to get yourself to the point where you can fully embody who that future version of yourself would be.

This is a large chunk of the work, if you were to do this module alone for this course it would be enough to make shifts in your life. This type of work is very important that you start to learn how to embrace it because this will be what makes the biggest impact for you.

Always reach out if you need any support.

Much love and compassion to you and let's dive right into it!

Monique Gibson





- * How do you identify with yourself on a daily basis? What words follow "I am..." for you throughout your day? List them all.

- * What things in your life are you saying "should" be different?

- * What are you resisting right now in your reality?



* How is that creating more stress and tension in your life?

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* Ask, if I had a chance, another shot at life, who would I be?

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* Are you living by the same feelings and emotions everyday? What are they?

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* How has that been impacting your life?

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* What would it feel like if you no longer felt things were wrong as they are?

* Can you close your eyes and start to imagine who you want to be, remembering that feelings create the environment. Brainstorm some ideas.



- * How would it feel if you felt like you had everything you need to take the right steps right now? Can you allow yourself to wire to believe that?

- * How would you feel if you were grateful for everything you have right now? Can you get yourself to that place?

- * Who are you committing yourself to become from this moment forward? What does the more at peace version of yourself look and feel like?

**IT IS THE CHALLENGE
TO DO BETTER THAT
WILL KEEP ME FROM
STAYING DOWN**



