



ARDOUR

Wellness

HEALING & HEALTH



Easing The Load Of Chronic Health

WITH MONIQUE GIBSON

WEEK 8

THE WAY FORWARD

ARDOUR
HEALTH
&
HEALING

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.

Welcome to your final week! It has been a great 2 months and I hope you are starting to see the benefits of making your small changes.

This week is a wrap up of everything you have learned over the last 8 weeks and how to move yourself forward. It takes an average about 3 months of lifestyle changes to start to show the impact. Give yourself the time and the patience and you will see results to your efforts.

Remember it is all on you, you are the only one in control of your life. It is time for you to step up for yourself and really start to make those necessary changes because no body else will do them for you.

Take your time through these questions and really be honest with yourself. Do not forget to celebrate all of your wins so far!

Much Love and compassion and i look forward to the opportunity to work further with you in the future!

Manique Gibson



* What is resilience?

* How has your resilience been?

* What is the value of communities?

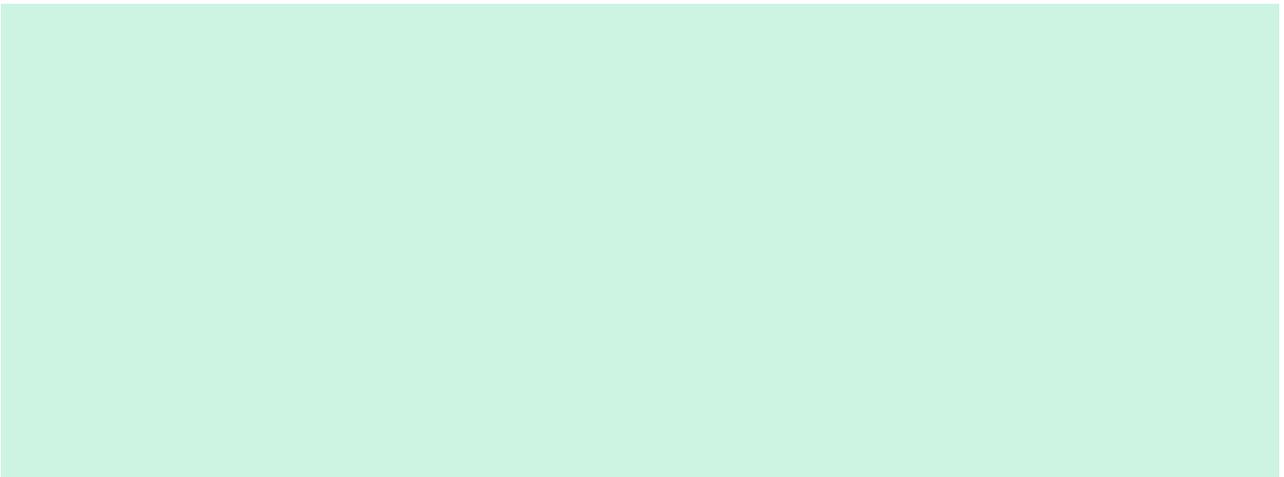
* What often gets in the way of good communication?

* Describe 3 ways for caring for yourself better.

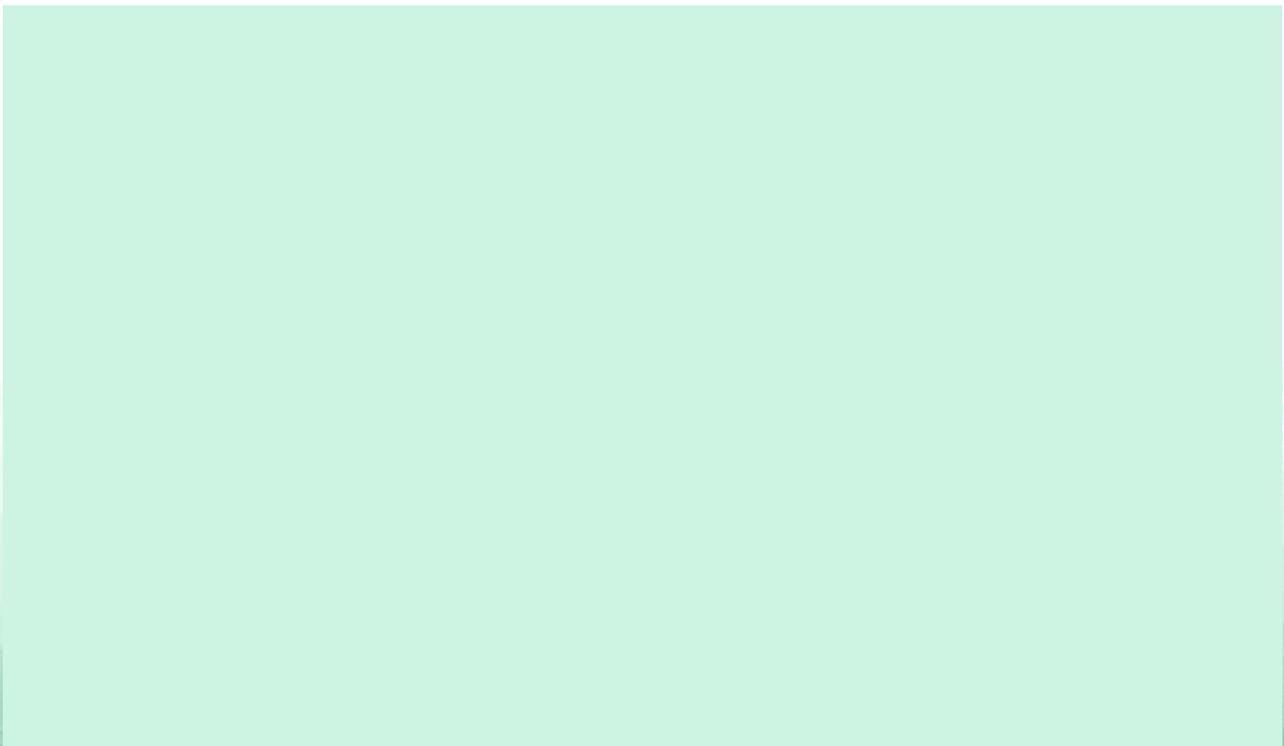
* What are your biggest stumbling blocks?

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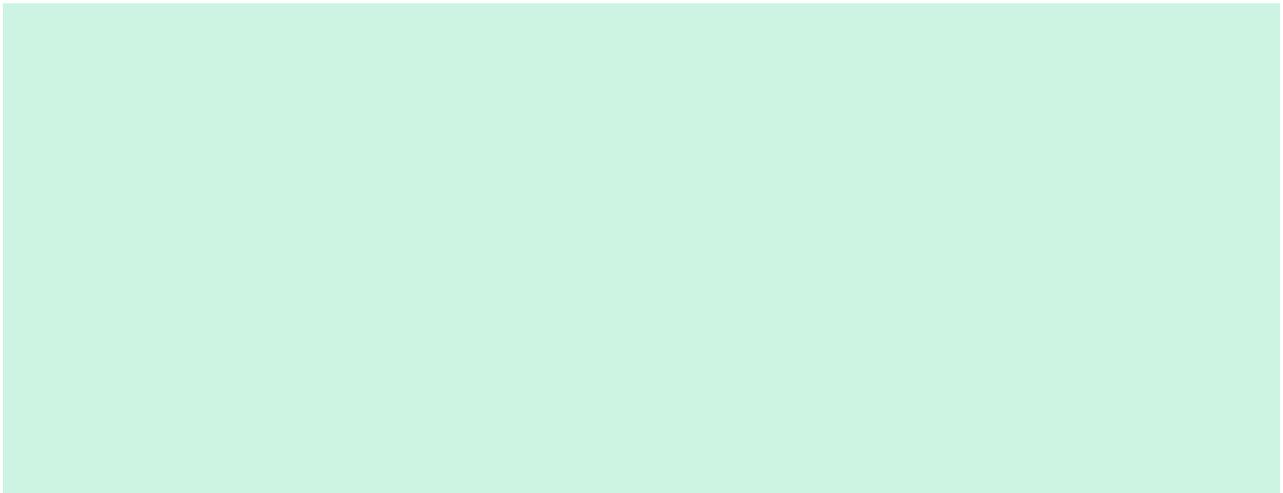
* Do you notice a pattern?

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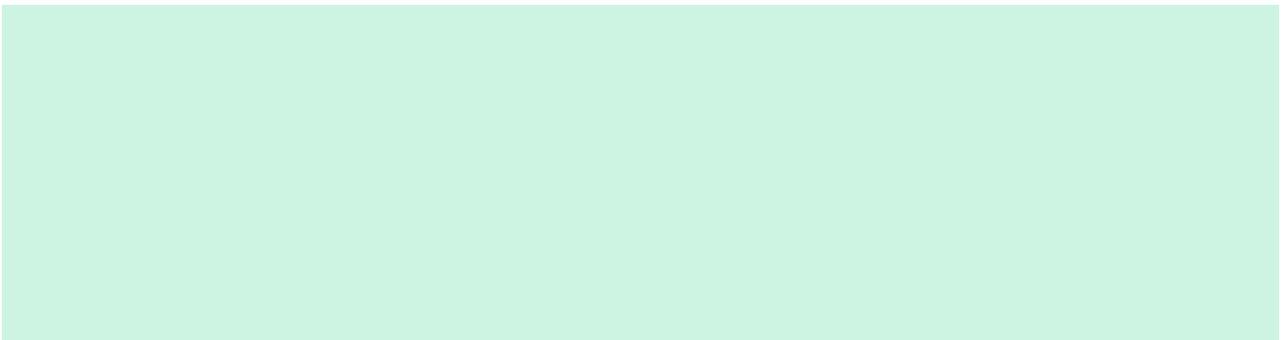
* What have you uncovered in this course?

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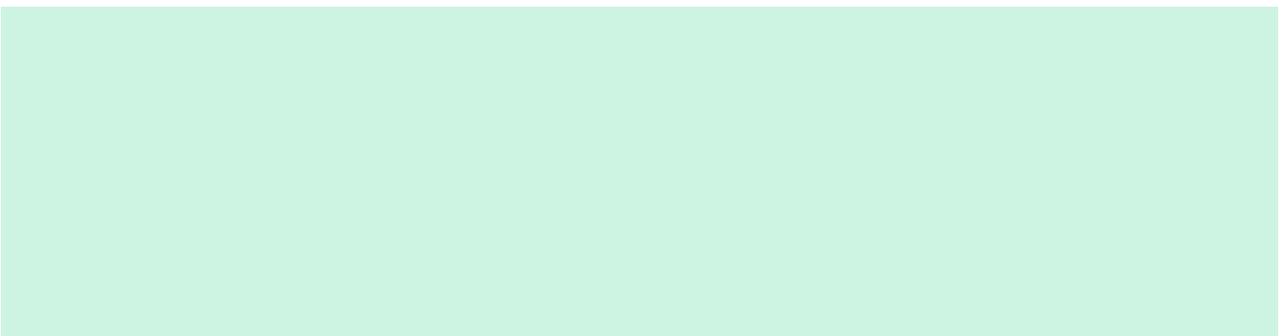
* What are you going to do with that learning?

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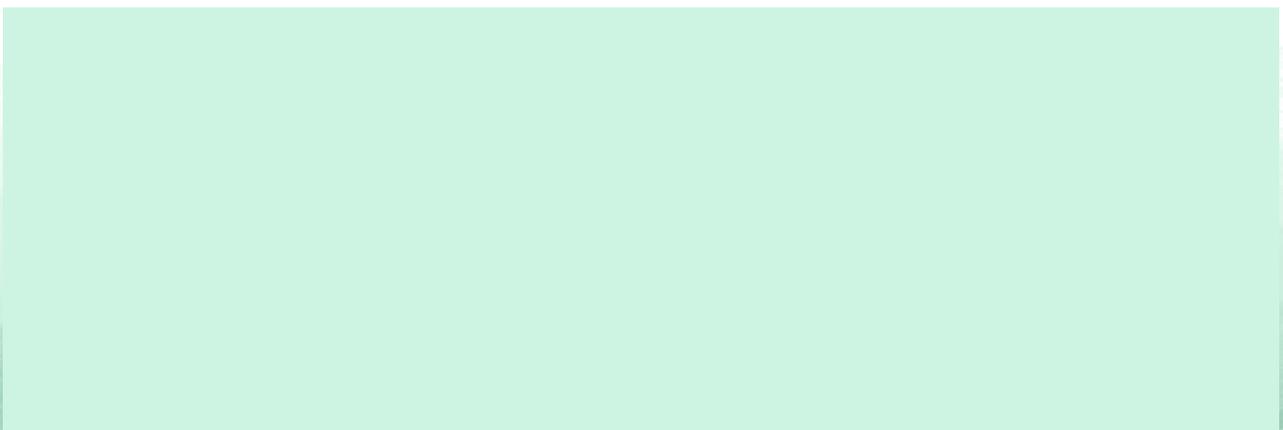
* Which goals have been easy to keep?

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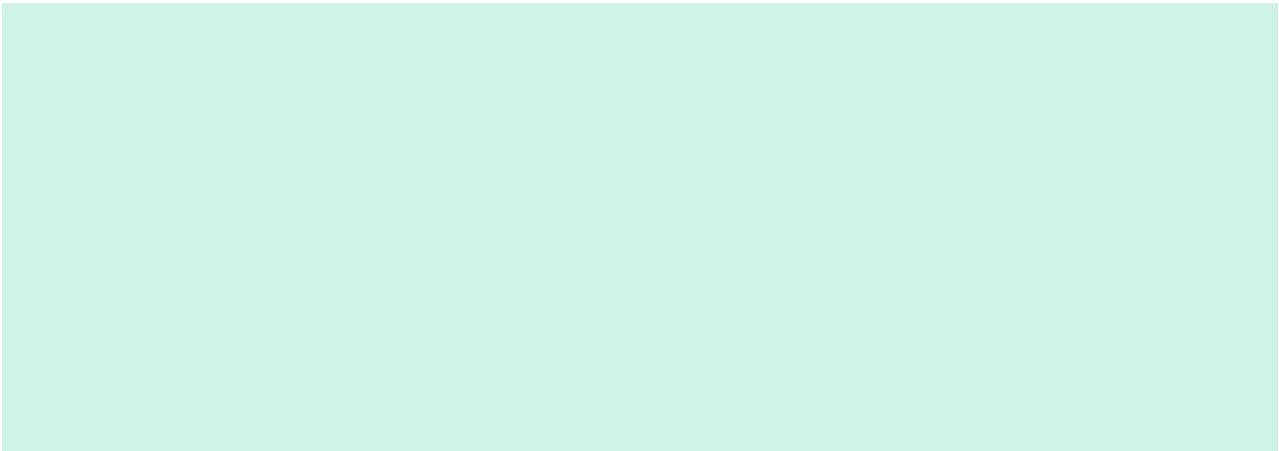
* What steps forward have you made?

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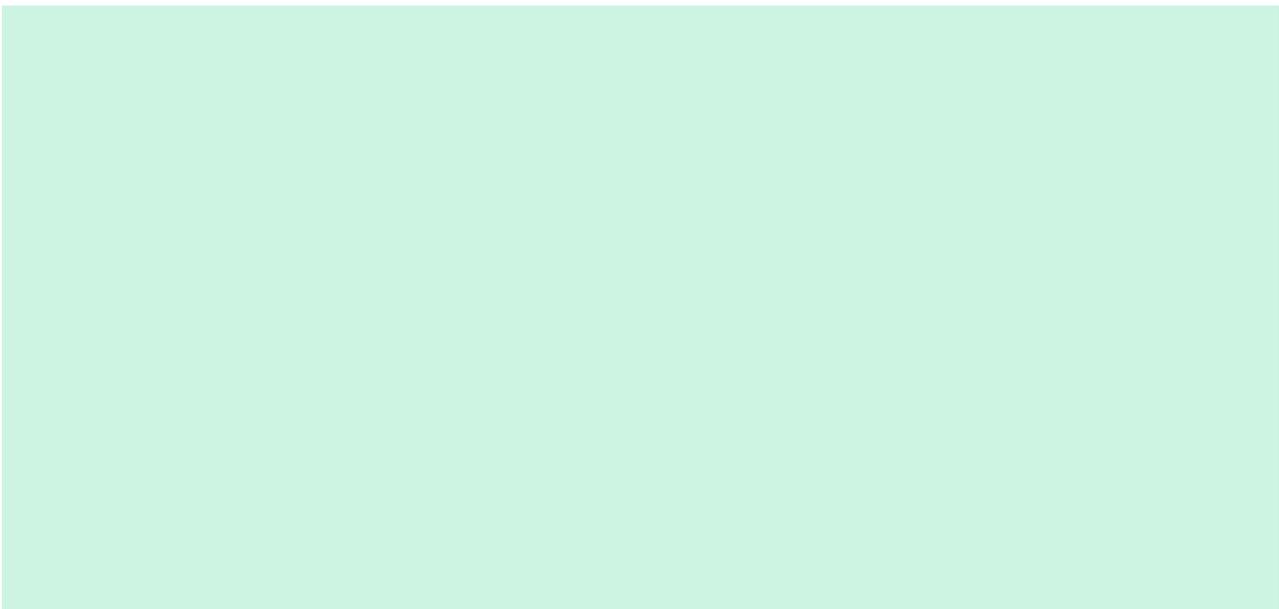
* What have you uncovered about yourself and the power of your thoughts and language and how it has been playing out in your life?

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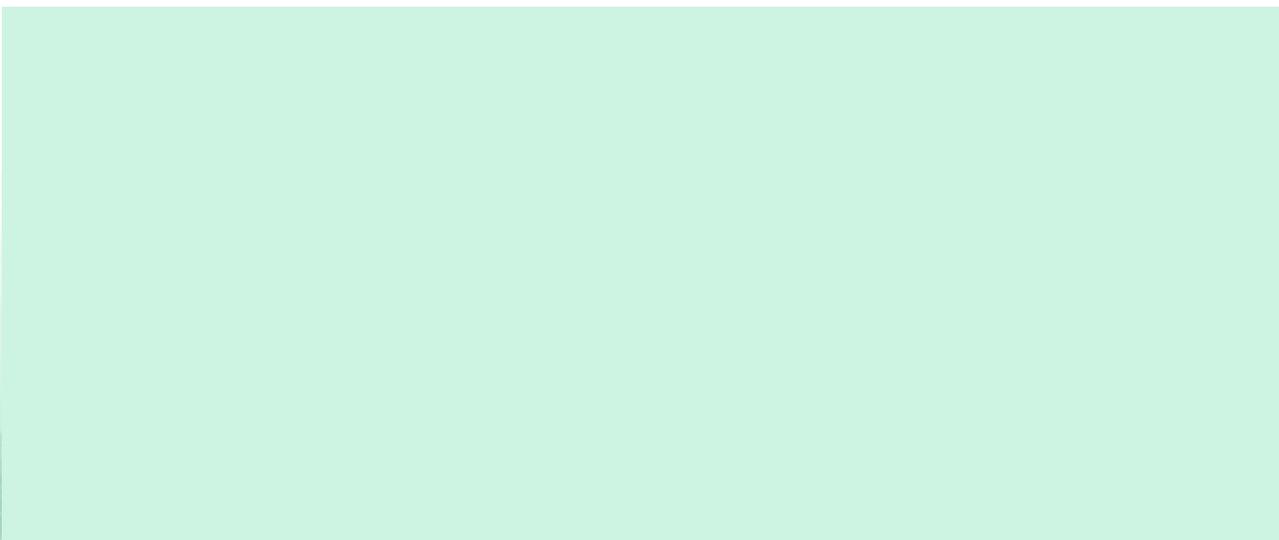
* Moving forward from this course, how are you going to continue to move towards your health and wellness goals?

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* What motivation have you uncovered within you that is going to keep you on track when you start to feel discouraged? Why do these changes have to become a non-negotiable in your life?

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* What are you most proud of about yourself after going through this course?

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



