



CORE BALANCE COACHING

What's going in ?

Think about what you allow into your body, food, drink, behaviours from others, tv, self talk,

POISITIVE INTAKE

NEGATIVE INTAKE

CORE BALANCE COACHING

WHAT DID YOU DO TODAY TOWARDS YOUR GOAL?

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Visualise the body_you want and deserve

Eg. I want and deserve to be a size..... , I want t see my abs, I want to have a hourglass figure etc..

Future Affirmations

Eg, I love the Body I have, I love the career I have created, I am so happy with my relationship etc etc