



# YOUR INTRODUCTORY E-BOOK TO EMPOWERMENT AND A STRONGER MINDSET

*Milestone Life Coaching*



# WELCOME

*Welcome*

Hello beautiful humans. I am so humbled that you are joining me on this unique journey of growth, empowerment and confidence. My goal is to create, and be part of, something special.

Thank you for downloading my e-book. I will outline critical elements for achieving empowerment and a stronger mindset. If you resonate with the content, connect with me and we can deep dive further into some techniques, tools and resources that will help you, and your confidence, grow.

There is nothing more powerful than females supporting females. When standing together and supporting each other, incredible things happen.

Let's create, let's motivate and let's thrive!

*With love, Sam xo*



# MEET SAM

*Meet Sam*

You're never too old, or young, to create something meaningful, right?!

For 30 years I had been following a corporate path - it's all I knew and all I felt I was good at. By the end, although I felt overworked and underappreciated, I sadly accepted it as normal and was grateful that I had a job and could provide for my family. I worked so hard to please everybody else and make other people money, always putting my own needs and wants last. I would then get home to my family and continue to put everybody else's needs before my own - I didn't complain because I would do anything for my family and I thought their needs should come before my own - if everyone else is happy, I'm happy, right?!.

After a period of feeling unsatisfied, empty and a little lost, I eventually admitted that my life just wasn't aligning with my values, beliefs or my passion and I wasn't actually living, merely existing... Whilst feeling selfish, I bravely and abruptly decided to change things.

In 2021 I quit my job and started to study Life Coaching and decided to rewrite my story. I didn't have all the answers (and still don't) but I knew that I had a purpose that wasn't being fulfilled and I could do more that would not only help others, but help myself at the same time.

*Do you want change?*

I am here to motivate and inspire you to make change; to discover your purpose and realise your dreams. You too can live an intentional life that aligns with your passion and values, whilst caring for everyone around you. We can all live a meaningful and purposeful life, regardless of age, and do what we love.

The question isn't who is going to let us, the question is who is going to stop us!!





# OBJECTIVES

*Objectives*

My objective is empower women and teenage girls to live their best lives and be the best, most authentic version of themselves they can be.

Embed a strong mindset, which results in confidence and growth.

Provide necessary techniques, tools and resources to help individuals rewrite their stories, prioritise themselves and achieve their goals and dreams throughout their journey.



*I am strong!*





# SELF *Self*

## **Prioritising yourself is not selfish.**

Prioritising yourself is not a luxury either; it is a necessity in order to be the best version of yourself you can be and live your most authentic life.

By living authentically and being the best version of yourself you can be, it allows you to help others and live your life with kindness, love and purpose, without doubt or fear.

*"Be yourself, everyone else is already taken" - Oscar Wilde*



*I am authentic!*





# IDENTITY

*Identity*

Sometimes we can get so caught up in life that we forget who we are as an individual and lose our sense of self.

It's often good to pause, reflect and deep dive into our true identity, as this can influence our thoughts and decisions.

*Do you know your true identity?*



*I am unique!*



# EMPOWERMENT

*Empowerment*

What does it mean to be empowered or disempowered,  
and which one are you?

## Empowerment

*“the process of becoming stronger and more confident, especially in  
controlling one's life”*

## Disempowerment

*“make (a person or group) less powerful or confident”*

*Which would you like to be?*

*I am strong!*







# GOALS

*Goals*

There are so many positives to having a goal or goals to work towards.

Setting goals helps us:

- create new behaviors and habits;
- find our direction;
- keep us focused;
- generate momentum in life;
- align to your values.

*Do you have meaningful goals that align with your values?*

*I am driven!*







# GRATITUDE

*Gratitude*

I believe that **gratitude** is the key for greater happiness. Gratitude creates positive emotions, good experiences, improves our mental health and builds strong relationships.

*Do you incorporate gratitude into your daily practices?*

*"A grateful heart is a magnet for miracles"*



*I am grateful!*





# POSITIVE AFFIRMATIONS

*Positive Affirmations*

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat affirmations often, and believe in them, you can start to make positive changes and that's where the magic happens.

Affirmations can be used in all areas of your life that you would like to see positive change take place. You can also incorporate other positive thinking and goal-setting techniques such as visualisation, making affirmations even more effective.

Affirm it. Claim it. Believe it. Receive it.

*Complete this sentence "I am ...."*

*I am awesome!*







# TOOLS

*Tools*

I have several techniques, tools and resources available to assist you with your confidence, growth and development. You can unlock information about yourself that you did not realise existing, and that can be the first step you need to lead you to true empowerment and a stronger mindset.

Let's explore:

- My Identity Map
- Wheel of Life
- Circle of Empowerment
- Goal Ladder
- Positive Affirmations
- Journalling
- Dream Journalling
- Writing
- Mindfulness Colour
- Vision Boards
- Meditation
- Gratitude



*I am capable!*



# WHAT NOW?

*What Now?*

If you would like to stay with me and take your journey of growth, confidence and self-development to the next level in order to achieve true empowerment and a stronger mindset, please connect with me. I would love to work alongside you and help you achieve your goals.

If you would like me to help you discover your purpose, find your path and live a meaningful and intentional life, in alignment with your passion and values, let's do it together. You are supported and I will accompany you for as long as you need.

During our time together we will get back to basics and start to rewrite your story! I will help you discover yourself, your strengths and weaknesses, create a stronger mindset and build your confidence to enable you to take the next step to living your best life and being the best, most authentic version of yourself you can be.



*I am supported!*






# THANK YOU

*Thank you*

Thank you so much for being here with me. I am eternally grateful for you. I wish you all the very best in your exciting journey and truly hope you find your true path and achieve your goals and dreams. Please remember that you are totally awesome, you are amazing and you deserve the world; you've got this, beautiful!



Be passionate about yourself, do not  
sacrifice anything, and have fun.  
Always remember to remain true and  
real to yourself.

*With love, Sam xo*

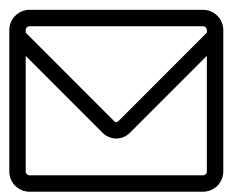




# CONNECT

*Connect*

Now that we have found each other, don't be a stranger. Let's stay in touch and continue to motivate, create and thrive. Connect with me here:



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*I am connected!*