A POWERFUL TOOL TO
REFLECT, REALIGN, AND
RISE INTO YOUR NEXT LEVEL

Joanne Bernadette
COACHING
INSPIRE. EMPOWER. ELEVATE.

1

leadership, and impact you desire.

Joanne Bernadette
COACHING
INSPIRE. EMPOWER. ELEVATE.

2

What do I need more of in my life right now?

Joanne Bernadette
COACHING
INSPIRE. EMPOWER. ELEVATE.

3

2. MINDSET & GROWTH

Shift your mindset. Elevate your life.

What limiting beliefs am I ready to release?

What empowering beliefs do I choose to step into?

How do I want to show up for myself daily?

Joanne Bernadette
COACHING
INSPIRE. EMPOWER. ELEVATE.

4

3. GRATITUDE & CELEBRATION

Focus on the good. Celebrate the wins.

What are three things I am grateful for today?

What wins (big or small) am I proud of?

How will I celebrate my progress?

Joanne Bernadette
COACHING
INSPIRE. EMPOWER. ELEVATE.

5

4. LEADERSHIP & IMPACT

Lead with purpose. Make an impact.

How am I currently showing up as a leader?

Who am I here to serve and impact?

What legacy do I want to create?

Joanne Bernadette
COACHING
INSPIRE. EMPOWER. ELEVATE.

6

5. VISION & ALIGNMENT

Get clear on your vision and align your actions.

What is my big vision for the future?

What goals will help me bring that vision to life?

6. ACTION & NEXT STEPS

Small steps create big transformation.

What are 3 action steps I can take right now?

1

2

3

What support or resources do I need?

YOU ARE
Powerful.
YOU ARE
Capable.
YOU ARE
Destined