



YOUR HAPPILY EVER AFTER JOURNAL

♡ Lauren Jobson

Contents

VOW 1
MIND

I VOW TO UNDERSTAND MY MIND IN A LOVING AND COMPASSIONATE WAY.

I honour the relationship I have with myself.

VOW 2
BODY

I VOW TO LOVE MY BODY.

I honour the relationship I have with the home I get to live in and experience life through.

VOW 3
HEART

I VOW TO LIVE IN ALIGNMENT WITH MY HIGHEST VALUES.

I honour the relationship I have with my heart's priorities.

VOW 4
POWER

I VOW TO MAKE SELF-LOVING DECISIONS.

I honour the relationship I have with my power.

VOW 5
SELF-TALK

I VOW TO TALK TO MYSELF WITH PERSPECTIVE, COMPASSION AND FORGIVENESS.

I honour the relationship I have with my judgements and inner voice.

Contents

VOW 6
EMOTIONS

I VOW TO LISTEN TO MY EMOTIONS.

I honour the relationship I have with my feelings.

VOW 7
SPIRIT

I VOW TO HONOUR MY OWN PATH AND TO TRUST IN THE BIG PICTURE OF MY LIFE.

I honour the relationship I have with a higher connection to myself.

VOW 8
CONNECTION

I VOW TO TAKE OWNERSHIP IN MY RELATIONSHIPS.

I honour the relationship I have with self-loving boundaries and communication.

VOW 9
ACTION

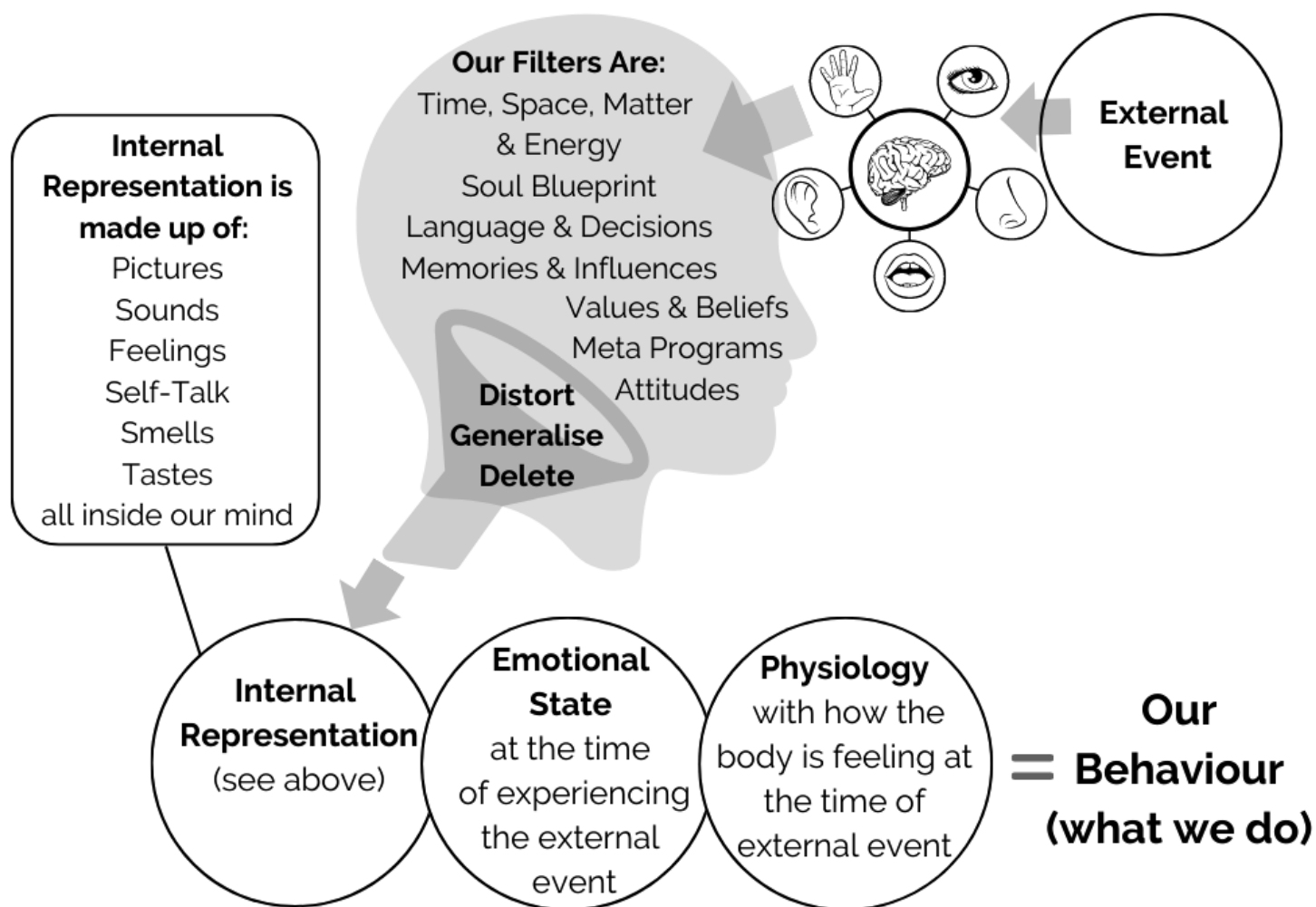
I VOW TO TAKE ACTION WITH SUPPORTIVE AND INTENTIONAL BEHAVIOURS.

I honour the relationship I have with my external world and how I show up in it.

RESOURCES

Vow One

The NLP Communication Model



Vow One

Date: _____

① What does self-love mean to me?

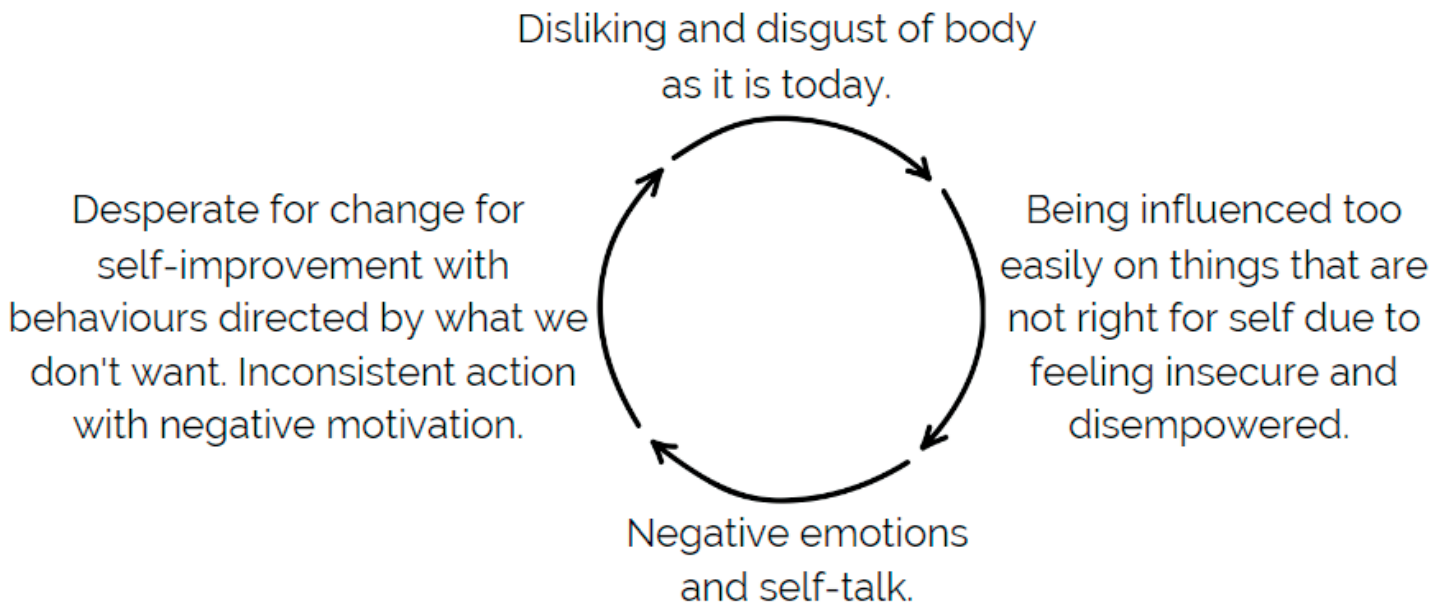
② How healthy do I feel my level of self-love is right now? What number would I give it out of ten and why?

③ What beliefs do I have about what it means to love myself?

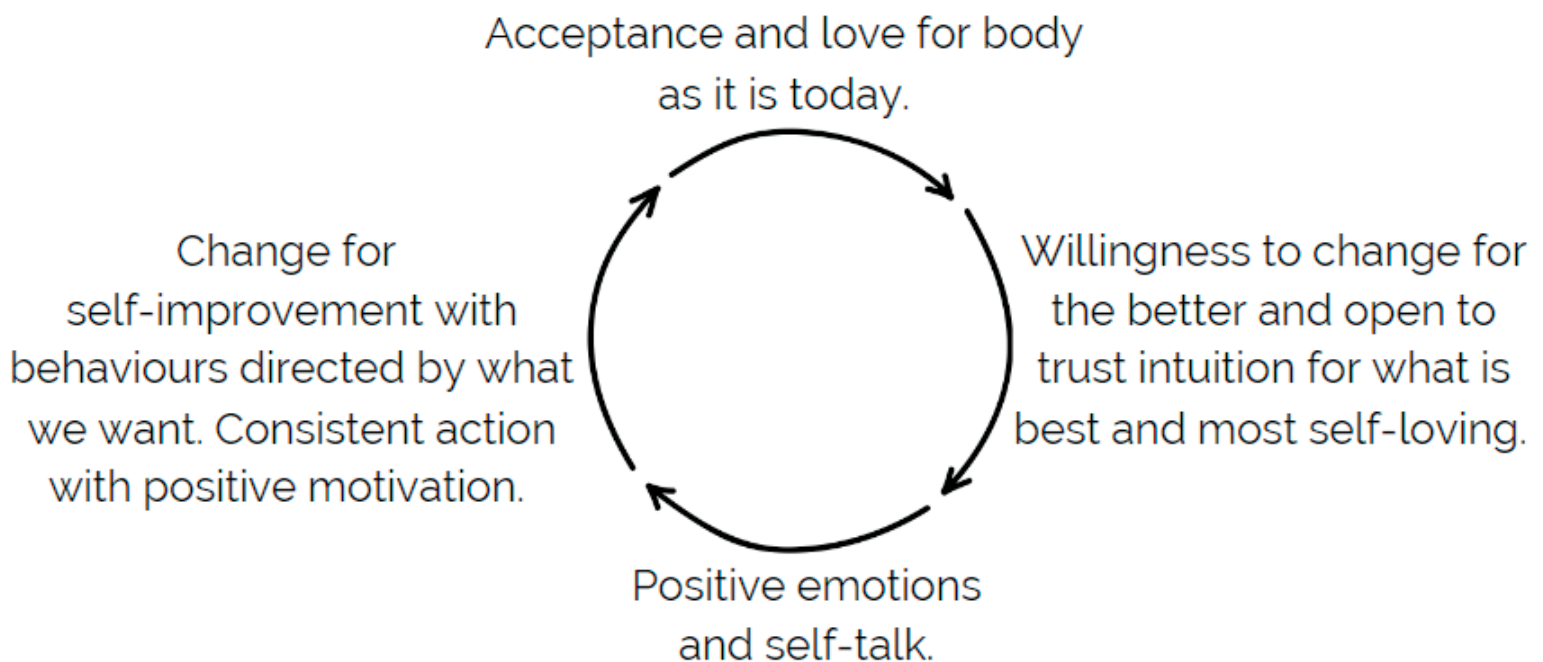
④ The positive things I love about myself are...? Write down at least ten things!

Vow Two

The Disliking Self Cycle



The Acceptance Self Cycle





The 7 Different Levels to Deepen Our Self-Love: Our Chakra System

Chakra One – The Base Chakra

Lauren's Self-Love Principle for this Chakra:

Do I love myself enough to be grounded in my body and to respect my relationship with the physical realm eg. my health, finances and environments like home and office? Have I created a space in my life where I feel like I belong?

Body gratitude check. Here are some questions to reflect on for this chakra:

What do I believe about my ability to look after all my basic needs, such as financial security, health, and creating an environment to feel safe in and where I belong?

When I think of the Self-Love Principle for this chakra and my beliefs above, what emotions do I have?

Can I notice and be grateful for my body, which allows me to create money and a place where I belong? Can I be grateful for experiencing health in my body? Why or why not?

Chakra Two – The Sacral Chakra

Lauren's Self-Love Principle for this Chakra:

Do I love myself enough to master my emotions and enjoy pleasure?

Body gratitude check. Here are some questions to reflect on for this chakra:

What do I believe about my ability to receive pleasure and what I desire in life? Am I willing to sit with my emotions, express them positively and learn from them?

When I think of the Self-Love Principle for this chakra and my beliefs above, what emotions do I have?

Can I notice and be grateful for my body, which allows me to feel deeply and completely? And to enjoy receiving desires and pleasure? Why or why not?

Chakra Three – The Solar Plexus Chakra

Lauren's Self-Love Principle for this Chakra:

Do I love myself enough to look after my boundaries and stand up for what is important to me?

Body gratitude check. Here are some questions to reflect on for this chakra:

What do I believe about my ability to set boundaries with others, such as being able to say no to things I don't want to do?

When I think of the Self-Love Principle for this chakra and my beliefs above, what emotions do I have?

Can I notice and be grateful for my body, which allows me to connect to my power through messages from my gut and body wisdom? Why or why not?

Chakra Four – The Heart Chakra.

Lauren's Self-Love Principle for this Chakra:

Do I love myself enough to have relationships with a loving connection to myself and others?

Body gratitude check. Here are some questions to reflect on for this chakra:

What do I believe about my ability to be in and sustain supportive and loving relationships?

When I think of the Self-Love Principle for this chakra and my beliefs above, what emotions do I have?

Can I notice and be grateful for my body, which allows me to give and receive love to others? Why or why not?

Chakra Five – The Throat Chakra

Lauren's Self-Love Principle for this Chakra:

Do I love myself enough to communicate my needs, wants and speak up for what is important to me?

Body gratitude check. Here are some questions to reflect on for this chakra:

What do I believe about my ability to communicate my needs to others and to speak up, even if my point of view is different to others?

When I think of the Self-Love Principle for this chakra and my beliefs above, what emotions do I have?

Can I notice and be grateful for my body, which allows me to have a voice and express myself through my body? Why or why not?

Chakra Six – The Third Eye Chakra

Lauren's Self-Love Principle for this Chakra:

Do I love myself enough to listen to and follow my intuition?

Body gratitude check. Here are some questions to reflect on for this chakra:

What do I believe about my ability to listen to and follow my intuition?

When I think of the Self-Love Principle for this chakra and my beliefs above, what emotions do I have?

Can I notice and be grateful for my body, which allows me to connect to my intuition? Why or why not?

Chakra Seven – The Crown Chakra

Lauren's Self-Love Principle for this Chakra:

Do I love myself enough to feel at one with all, and have a deep connection to something bigger than myself?

Body gratitude check. Here are some questions to reflect on for this chakra:

What do I believe about my ability to have a purpose bigger than my own personal needs and making a contribution to others?

When I think of the Self-Love Principle for this chakra and my beliefs above, what emotions do I have?

Can I notice and be grateful for my body, which allows me to have a connection to something bigger than me? Why or why not?

Vow Three

There are six core human needs:

1. Safety and Security
2. Love and Connection
3. Certainty
4. Variety

Once these four physical needs are met, people can strive to fulfil their need for

5. Growth
6. Contribution

For anything you find yourself doing, particularly any habits, continue to ask yourself;

‘What am I making important right here in this precious moment? Is it of value to me? If not, how can I change this to fulfil my heart’s true priorities?’

Vow Three

Date: _____

- 1 'In the last three months, what have I spent most of my time doing, and what have I spent my money on?' The answers to these questions will give you a lot of insight into what your core life values are.

- 2 Pick an area of life or think about life in general and ask yourself: 'What is important to me in this area of my life?' or 'What is important to me in life?'

- 3 Have you been spending time and money aligned with what you say, and think is most important to you? Or can you see if you have valued other things instead?

- 4 For anything you find yourself doing, particularly any habits, continue to ask yourself; 'What am I making important right here in this precious moment? Is it of value to me? If not, how can I change this to fulfil my heart's true priorities?'

Vow Four

Date: _____

Do you need to make more self-loving decisions than you have in the past? We can break down each area of our lives into categories. One of the best ways we can do this is to go over the chakras we learned in chapter two. We want to reflect on each area of our lives and give a scale out of ten for our self-love. I have the Self-Love Principle for each chakra below. I want you to ask your unconscious mind for a number out of ten where a ranking of one is you need to have a lot of improvement in this area. Ten is you couldn't get any better right now. It's incredibly true for you, and no action needs to be taken in the short term. Here we go.

1. Do I love myself enough to be grounded in my body and do

I respect my relationship with the physical realm? eg. my health, finances and environments like home and office?

Have I created a space in my life where I feel like I belong?

My rating today out of ten is: _____

2. Do I love myself enough to master my emotions and enjoy pleasure? My rating today out of ten is: _____

3. Do I love myself enough to look after my boundaries and stand up for what is important to me? My rating today out of ten is: _____

4. Do I love myself enough to have loving relationships with loving connection to myself and others? My rating today out of ten is: _____

5. Do I love myself enough to communicate my needs, wants and speak up for what is important to me? My rating today out of ten is: _____

6. Do I love myself enough to listen and follow my intuition? My rating today out of ten is: _____

7. Do I love myself enough to feel at one with all, and have a deep connection to something bigger than myself? My rating today out of ten is: _____

Vow Four

Date: _____

A beautiful exercise to do to enhance the experience of answering the questions below is to put one hand to your heart, then breathing into that, with your eyes closed, say:

'When I love myself, when I respect myself, I know in my heart, I am a good person, with the best intentions for me and for everybody.

What is good for me to cut away, and what is good for me to keep?'

1. In the area of my spiritual life and what this means to me.

What do I want to stop? What do I want to keep doing?

I say no to:

I say yes to:

2. In the area of my mental life and what this means to me, such as education, learning, and mental stimulation. What would I like to stop? What would I like to do more of?

I say no to:

I say yes to:

'When I love myself, when I respect myself, I know in my heart, I am a good person, with the best intentions for me and for everybody. What is good for me to cut away, and what is good for me to keep?'

3. In my work life and what this means to me. What would I like to do less of or stop altogether? What would I like to keep doing?

I say no to:

I say yes to:

4. In the area of my love life and what this means to me, such as family, friends, and connection to everyone in my life. Who or what do I need to let go of or have more boundaries with? What and who would I like to invite into my life?

I say no to:

I say yes to:

5. In the area of my wealth and what this means to me. What do I need to do less of and say no to? What do I need to do more of and say yes to?

I say no to:

I say yes to:

**‘When I love myself, when I respect myself, I know in my heart, I am a good person, with the best intentions for me and for everybody.
What is good for me to cut away, and what is good for me to keep?’**

6. In the area of my social life and what this means to me. What do I need to say no to? What do I say yes to?

I say no to:

I say yes to:

7. In the area of my physical life and what this means to me, such as my health, wellbeing, and environment. What do I need to stop doing?

What do I need to keep doing?

I say no to:

I say yes to:

Vow Four

Date: _____

- ① Do I love myself enough to stand up to what is important to me even when my path is not easy? How can I do so, more often? (This question relates to being in the Child stage of growth).

- ② Do I wait for permission from others to make me feel safe and accepted? If so, to who and how? How can I parent myself to feel confident and safe around others? (This question also relates to being in the Child stage of growth.)

- ③ Do I rebel when it's not necessary and find myself being reactive? (This question relates to being in the Teenager stage of growth.)

- ④ Do I sway from my truth or feel any shame, so I hide those parts of myself to fit in and be accepted? If so, with who and what do I hide? (This question also relates to being in the Teenager stage of growth.)

- 5 Do I escape when I need to make commitments? If so, what am I afraid of and how can I parent myself to grow up and face it? (This question relates to being in the Young Adult stage of growth.)

- 6 Is my need for freedom at all costs becoming destructive or stopping me making long term goals? (This question also relates to being in the Young Adult stage of growth.)

- 7 Do I compensate in any area of my life? Am I doing too much for others or rescuing them? (This question relates to the Mature Adult stage of growth.)

- 8 Am I bored with my life and feel so secure that I feel I need something new? (This question also relates to the Mature Adult stage of growth.)



Affirmation Examples

A great way to rewrite the stories in our heads is in the form of affirmations.

Affirmations can be future-based for what you want to feel and experience. They can cover how you want to act and what you want to attract instead. Here are some examples of what it can look like to recreate your stories using affirmations:

'I don't like the way my body looks,' can turn into the affirmation of:

'I love and am so grateful for my beautiful body because it gives me so much! It allows me to learn about this physical existence, where I need to look after my body like it is my beloved animal. I learn to treat it with care, and the better I feel about myself, the easier it is to feed it nourishing foods, move it lovingly, and enjoy my continuing relationship with my body. I feel proud to express my body in beautiful clothes, as I love it just the way it is.'

Inner feelings & Worthiness Affirmation Example:

I love myself enough that I feel significant within and to myself. I am important to me and I am worthy of all the great things that life has to offer. I know my heart and my positive intentions so I deserve to receive my deepest desires. Life flows for me as I take right action so I find that I am open enough to receive so many beautiful things. I feel love, respect and forgiveness for myself daily as I know I am always doing the best I can with what's available to me.

Health Affirmation Example:

I know it is of utmost importance to prioritise my health. It is easy to be healthy when I love and respect myself. The more respect I give to myself, the healthier I become and then the easier it is to give and help others. I know what foods are best for me and I know what movement my body enjoys most. When I come back to myself and take the time to just connect with my body, it tells me what I need and it is easy & motivating to do the things that make me feel the best.

Financial Abundance Affirmation Example:

Because I love myself enough to know I deserve a great life and am worthy to receive, money flows to me in direct proportion to my right action with expressing my truth. Since I know what I am great at, what I can help others with and that I am passionate about it, it is more than okay to be given back in energy form all the money that I need. I lovingly thank all the money that comes to me and am grateful for my gifts.

Because I value my services to the world and I value my money, I manage it wisely by knowing too that everything is in a cycle. Money flows in just as money flows out. I don't try to stagnate money flow with a poverty mindset. If I don't happen to have money flowing in I simply look at my creative ways to give of my services to create that flow again. I am always looked after, I always have been, I always will be. The more I manage my money with gratitude and an abundance mindset, I get rewarded by having more money to learn how to handle.

External Environment Affirmation Example:

I love and am grateful for my beautiful & supportive environment. I feel safe in my home and love it expressing my personality and what I love. I share my home with people I love and welcome great energy into my space. I look after my environment by understanding the cycles of life as there is a time to bring in new things, maintain and change things and a time to let go of things or move them forward to someone else who will love it. My external environment is the perfect reflection of my inner being. It brings calm and beauty to my life.

Here is a place to write down your emotions and beliefs that came up for you perhaps when you read my examples. Be honest so that we can look into these and resolve them if you'd like.

My beliefs when reading these:

My emotions when reading these:

Vow Five

Date: _____

Great and powerful questions can also bring about bigger, better and beautiful thinking, such as:

- ① What if I did love and accept myself completely, just as I am now? How would I act today with this love?
- ② What would my life look like if I loved and accepted myself completely, just as I am now? Why can't I create and live my life like that today? (You can!)
- ③ Who would I be if I loved how I looked just as I am now? What emotions would I feel daily if I chose to accept my body as it is today? (It's okay if you want to improve your body appearance at the same time as accepting it. We went over this in Chapter Two with the Acceptance Self Cycle.)
- ④ How would my life be if I lived according to my heart's priorities?
- ⑤ What can I think and believe instead about this situation to make me feel better?

Vow Five

Date: _____

- ① What kind of negative self-talk do you think you have in your life? Go over the cognitive distortions to see which ones you default to the most.

- ② What three negative things do you find you say to yourself often?

- ③ What part of your life do you think this negative self-talk stems from?

- ④ Write down three things you could say instead that speak lovingly.

- ⑤ When you say these new loving words, how do they make you feel?

Vow Six

SEaIng our emotions

S

Sense in my body what is going on. Eg. Fast heartbeat, tight chest, whirling stomach, heat on forehead and so on. Notice the **stories and self-talk** I have in my mind about this **sensation**.

E

Emote the energy by allowing it to be in my body. **Evaluate** where it comes from and label the emotions. Is it a trigger from a past experience? From a lack of resources in the present? Or a future worry?

A

Acknowledge. Accept and **allow** the emotions as they are. It is safe and okay to feel this. Give permission for it to be there as it is.

Act accordingly and appropriately.

my emotions

SEAing our emotions

What emotions do we want to take SEAT in our hearts and bodies?



Sense in my body what is going on. Eg. Fast heartbeat, tight chest, whirling stomach, heat on forehead and so on. Notice the **stories and self-talk** I have in my mind about this **sensation**.



Emote the energy by allowing it to be in my body. **Evaluate** where it comes from and label the emotions. Is it a trigger from a past experience? From a lack of resources in the present? Or a future worry?



Acknowledge. Accept and **allow** the emotions as they are. It is safe and okay to feel this. Give permission for it to be there as it is.
Act accordingly and appropriately.



Transform it into a neutral sensation and emotion in the body.
Work with a Matrix Therapies® Coach to help clear it from the body entirely.

Vow Seven

Date: _____

① What do you think your "own path" means?

② What do you believe about having your own path to follow?

③ What do you believe about destiny?


④ What does having a purpose mean to you?

⑤ Do you feel or believe in something greater than yourself? If so, how would you describe it? (It could be feeling connected to all humanity, to all of nature, to all of earth, to all of consciousness or a God, The Source or whatever it is for you). How does this higher connection support me when I go off path? How can I connect to it more often?

Vow Seven


Use a tool to help connect with your gratitude and perhaps, a prayer practise. I have a gratitude journal and I also have my prayers printed out so I can read them easily every day. In my free self-love planner you can access at the link below, there are spaces for vision boarding, goal setting and daily gratitude.

3 Month Self Love Planner



FREE Digital Download it Yourself, Self Love Monthly, Weekly & Daily Planner

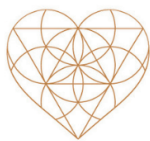
Download it once, print it as many times as you need to, forever! You will receive an email for both an A5 booklet format and instructions on how to print it best AND get it as an A4 Landscape version to use in a beautiful...

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Vow Seven



Intuitive Heart
Training Academy

PRESENTS:

The 8 Principles of Self Love with Lauren Jobson

Free Online Masterclass

Register for the next one at:
www.laurenjobson.com/free-event



as seen in



Click the above or go to the website above to register for
the next free, live, online event.

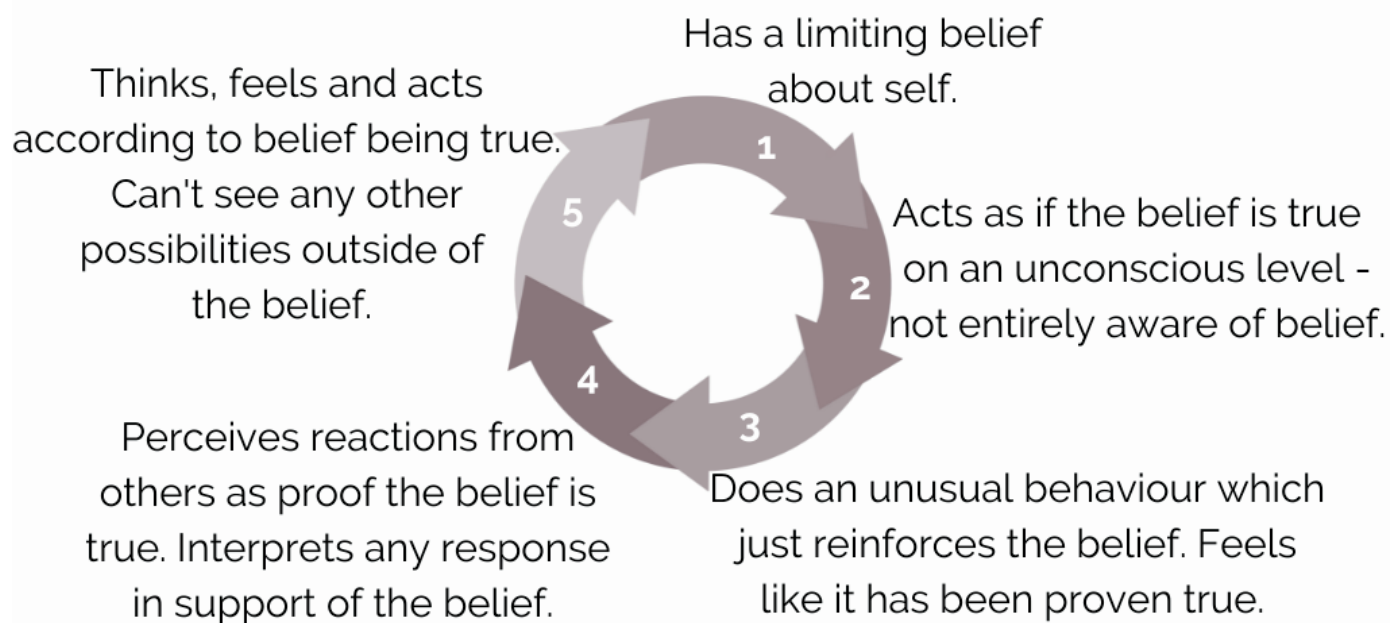


Click the picture above or go to the website
<https://laurenjobson.vipmembervault.com/products/courses/view/57>
to register for the next free quest.

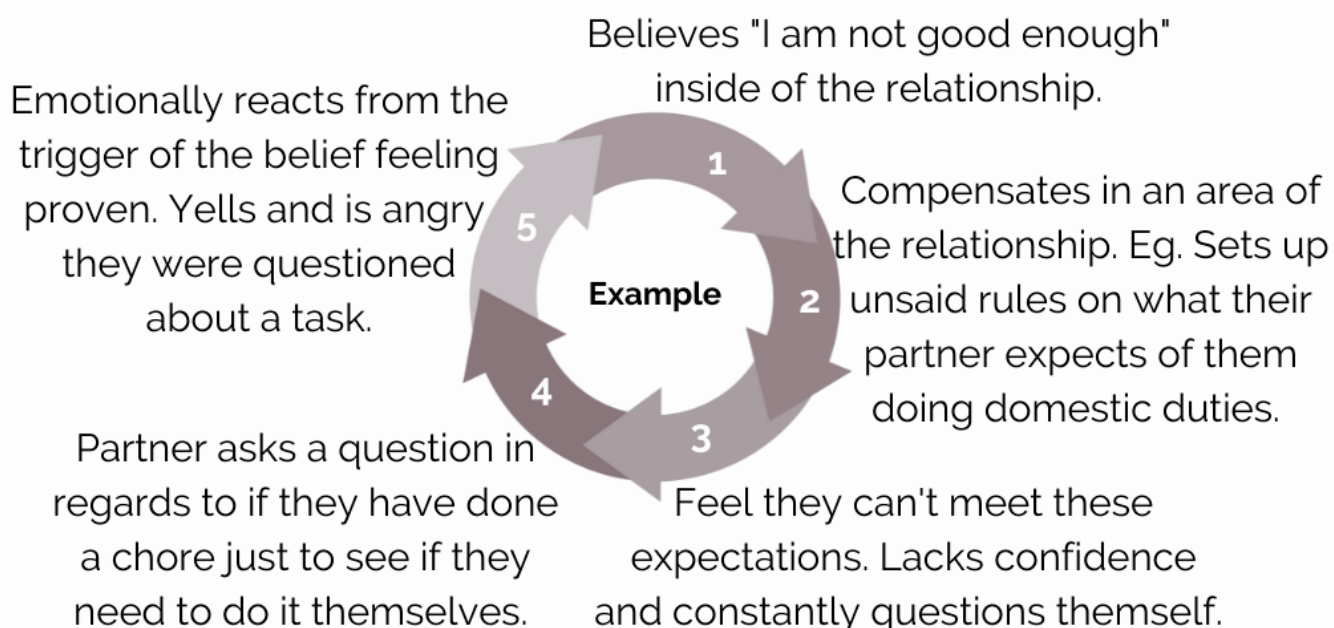
Vow Eight

Step 1 is an inner perception about self. Steps 2 and 3 are outwards projections of Step 1. Steps 4 and 5 are then reinforced self-perceptions from Steps 2 and 3. **Change needs to happen at Step 1 where the belief about self is different and positive. Creating different projections and perceptions moving forward.**

Perception is Projection Explanation Diagram



Perception is Projection Example Diagram



Vow Eight

The Agreement Communication Frame

I agree with you and...

I respect _____and...

I appreciate_____and...

No:

~~but~~s and ~~howe~~vers!!

Vow Eight

Date:

Let's explore our own 'perception is projection' examples: Write down some triggers you have in relationships such as selfishness, criticism, feeling put down, ignored, etc., and then look at how you might do these yourself. What changes do you need to make inside of yourself and what communication or change of behaviour needs to happen?

[illegible]

Vow Nine

The 4 Levels of Experience

Level 4:

Do what does not feel good
Is not good for me and not fulfilling my potential
Is not good for others
Is not good for the greater good

Level 3:

Do what feels good
Is not good for me and not fulfilling my potential
Is not good for others
Is not good for the greater good

Level 2:

Do what does not feel good
Is good for me
Is good for others
Is good for the greater good

Level 1:

Do what feels good
Is good for me
Is good for others
Is good for the greater good



I believe it is at this level and in Level 2 where we come back home to ourselves. Another way to explain this is by asking ourselves; **is the behaviour I am currently doing adding to the light or not?** The light being the brightest, purest, most resourcefully expressed version of your potential – do you feel closer to your soul/spirit or not?

Vow Nine

Date: _____

Do you have any behaviours in Level 4 and are you ready to let go of them?

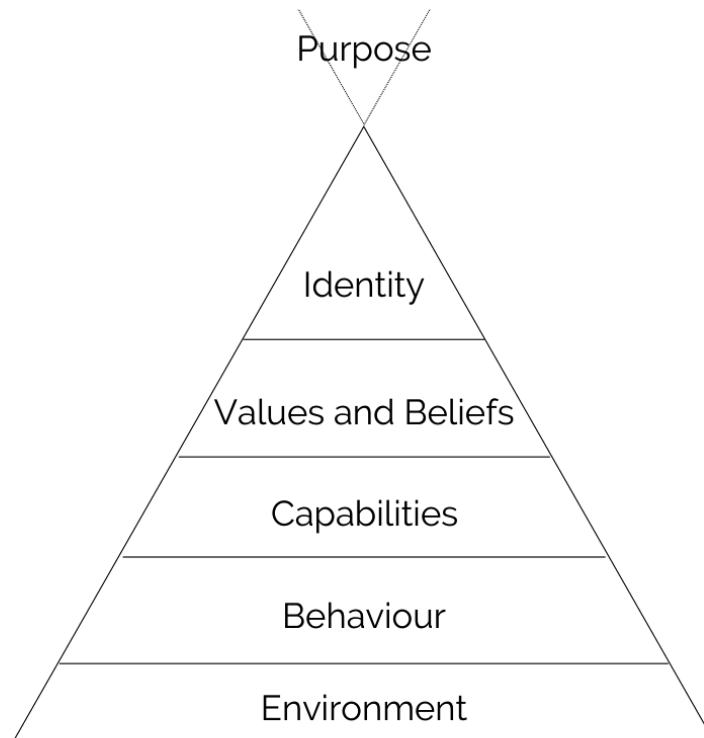
Do you have any behaviours in Level 3 which are not filling you up, but rather are just your default positions of certainty and habit?

Level 2 is a good place to go back to your life values you elicited from Chapter Three and see where more alignment to them could happen. For example, if health is important to you, do you need to improve your diet and exercise practices?

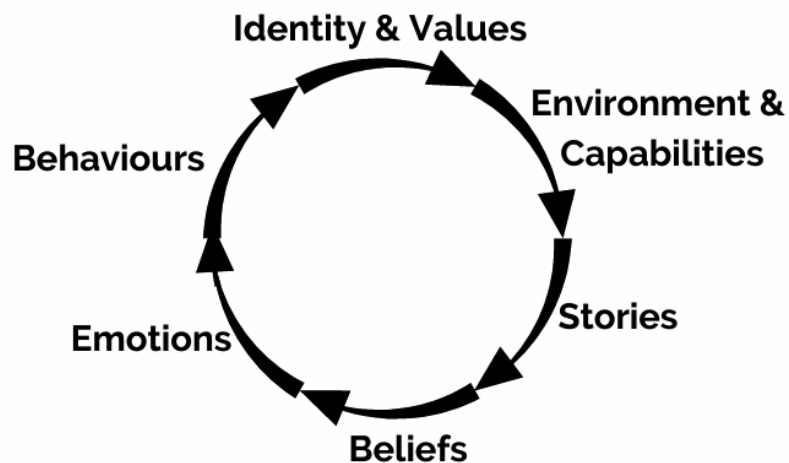
You could write down an entire list of all the behaviours you fill up your days with. Then, notice which ones are serving you since they are good for you, good for others and good for the greater good. Notice which behaviours need to be changed, improved or let go of. Notice and commit to new behaviours which will fulfill a desired version of yourself.

Vow Nine

The Neurological Levels by Robert Dilts



Lauren's Cycle of Levels inspired by the above



Vow Nine

Date: _____

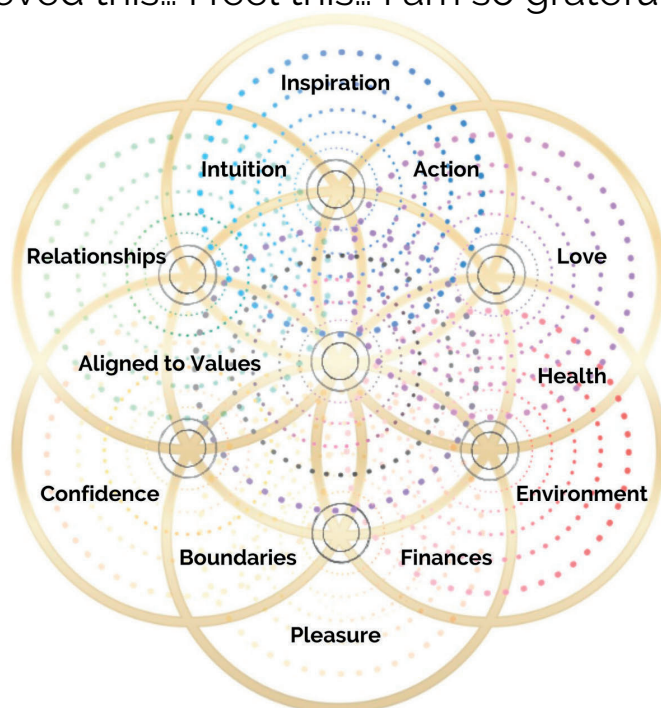
To write a powerful goal we can state it like it has already happened.

See the example below:

It is now March 2026; I am 39 years old and turning 40 later this year. I am so grateful my family is healthy and we are excited for our overseas trip to England for their summer this year.

In the last three years... I have achieved this... I feel this... I am so grateful we can do this...

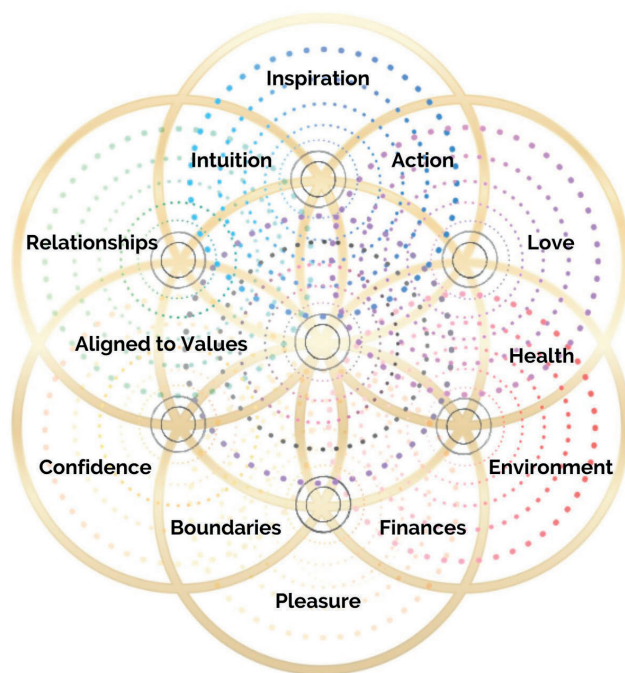
Write your goal/s below:



Vow Nine

Date: _____

Write your goal/s below:

[illegible]



Let us constantly be asking
ourselves;

Am I in alignment with who I
want to be and for the life I
want to create?



Lauren Jobson is an award-winning NLP Master Trainer, internationally certified Matrix Therapies® Master Trainer and Coach. A Master Trainer means she teaches the teachers of the coaches as well as certifying hundreds of coaches all across Australia and now online, globally. Along with other modalities such as Hypnosis, Chakra Mindset, and the Universal Laws through Archetypes. Since 2009 she has trained NLP and since 2012, Matrix Therapies®. Certified Matrix Therapies® Master Trainer by the creator of Matrix Therapies®, Pip McKay. Lauren teaches all levels of Neuro Linguistic Programming (NLP) which includes:

NLP Practitioner Certification Training

NLP Master Practitioner Certification Training

NLP Trainers Training Certification

Plus Hypnosis which are all internationally recognised and meet governing board standards.

Lauren also teaches Archetypal Coaching®, which includes:

Evolve Now! Level 1A: Passion and Purpose Coaching™

Evolve Now! Level 1B: Masculine and Feminine Coaching™

Evolve Now! Level 1C: Matrix Therapies® Coaching

Archetypal Coaching®

Level 2A: Principles of Manifestation and Love Coaching™

Level 2B: Principles of Growth and Abundance Coaching™

Level 2C: Principles of Transformation and Influence Coaching™

She has taught thousands of wonderful people around Australia, that say she "transcends age with her wisdom & guidance." Lauren was the Vice Chairperson of the Australian Board of NLP now named NLPAA as high standards in the NLP field are important to her. She is also a Registered Trainer Member and Clinical Member at the NLPAA (NLP Association of Australia) and a Full Member and Recognised Training Provider at IICT (International Institute of Complementary Therapists). Her certifying training school is Intuitive Heart Training Academy Pty Ltd.

www.intuitivehearttraining.com.au

RESOURCES MENTIONED



FROM CHAPTER TWO

My amazing friend, Sonya Furlong, has written and produced a song that beautifully expresses this message that we are not our bodies, our minds or whatever we may think we are. She sings, you're a sweet spirit soul. You can access this song at

https://music.youtube.com/watch?v=_qwVmpKWKVY



FROM CHAPTERS ONE, TWO AND OTHERS WITH EFT AS A MENTIONED RESOURCE

I am not trained in EFT (emotional freedom technique) but do recommend it as a self-love practise. Here are some recommended places to be guided in EFT:



Brad Yates

Hi, I'm Brad Yates and I create EFT/Tapping videos to help you move through limiting beliefs and enjoy an ever-greater abundance of health, wealth and...

 YouTube

RESOURCES MENTIONED

FROM CHAPTERS ONE, TWO AND OTHERS WITH EFT AS A MENTIONED RESOURCE CONTINUED

I am not trained in EFT (emotional freedom technique) but do recommend it as a self-love practise. Here are some recommended places to be guided in EFT:



Tapping 101 - Learn the Basics of the Tapping Technique

What is Tapping? Get started right here! Learn the history, science, EFT Tapping points, how Tapping works, and ho...

 [thetappingsolution.com /](https://thetappingsolution.com/)



Theresa Piela

"Walk as if you are kissing the Earth with your feet." -Thich Nhat Hanh Using functional foods, brain rewiring, and bioenergetic models to inspire hope & healing for the mo...

 YouTube



kindle

We're sorry. We weren't able to load the preview.

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RESOURCES MENTIONED

FROM CHAPTER SEVEN

Click on each of the pictures to go to more information about each course.



The image is a promotional banner for 'Passion & Purpose Coaching™'. On the left, there is a purple square containing the text 'Passion & Purpose' in a white serif font, a white geometric heart logo, and 'Coaching™' in a white sans-serif font. To the right of the purple square is a photograph of a woman with dark hair, wearing a green top, holding a blue ribbon high in the air outdoors. Below the images, the text 'Archetypal Coaching Level 1A: Passion & Purpose Coaching Training' is displayed in bold black font. At the bottom left, there is a small green checkmark icon followed by the text 'vipmembervault.com'.

Archetypal Coaching Level 1A: Passion & Purpose Coaching Training

 vipmembervault.com



The image is a promotional banner for 'Masculine & Feminine Coaching™'. On the left, there is a purple square containing the text 'Masculine & Feminine' in a white serif font, a white geometric heart logo, and 'Coaching™' in a white sans-serif font. To the right of the purple square is a photograph of a man and a woman sitting outdoors. The man is wearing a purple shirt and the woman is wearing a light-colored dress with a colorful patterned shawl. Below the images, the text 'Archetypal Coaching Level 1B: Masculine & Feminine Coaching Training' is displayed in bold black font. At the bottom left, there is a small green checkmark icon followed by the text 'vipmembervault.com'.

Archetypal Coaching Level 1B: Masculine & Feminine Coaching Training

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RESOURCES MENTIONED

FROM CHAPTER SEVEN

Click on each of the pictures to go to more information about each course.



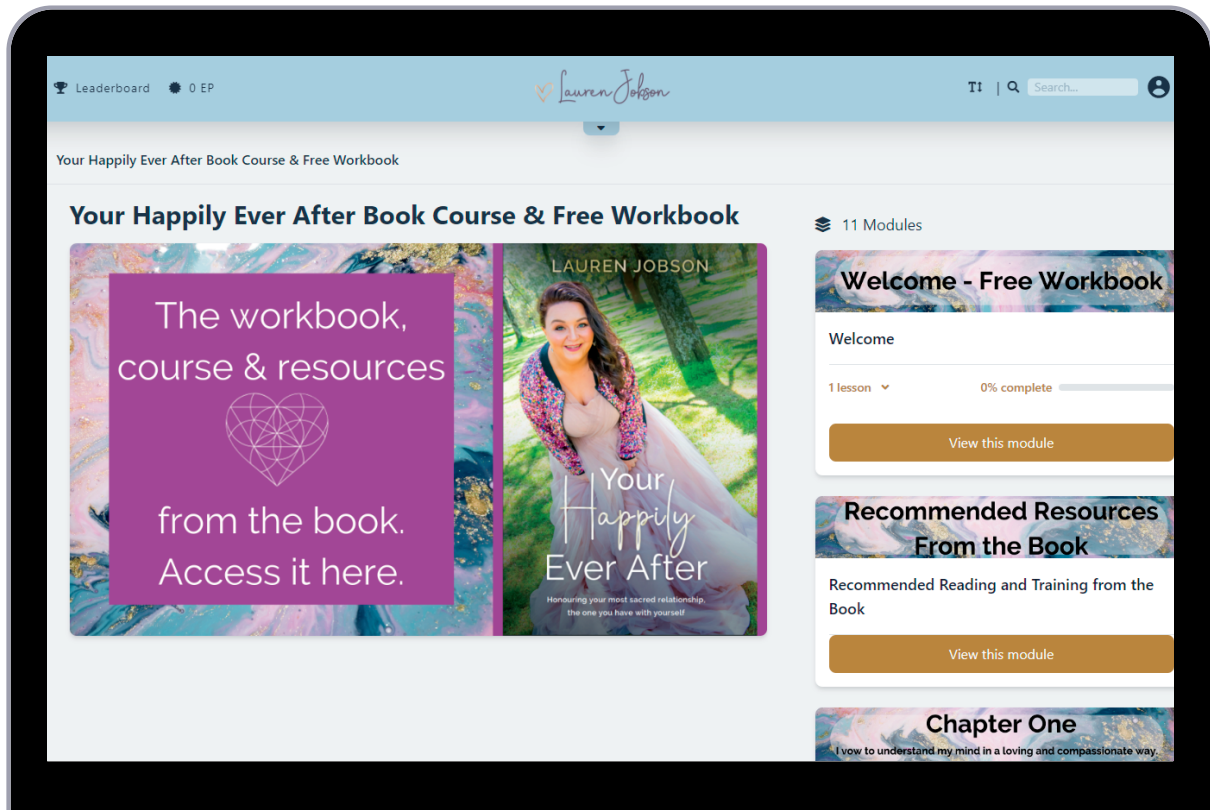
The image is a composite. On the left, there is a purple square containing the text 'Matrix Therapies' in a serif font, a geometric heart symbol made of overlapping circles, and the text 'Coaching™' in a sans-serif font. This square is set against a background of colorful, abstract, marbled patterns. On the right, there is a photograph of a woman with long, wavy reddish-brown hair, smiling at the camera. She is wearing a blue and white patterned blazer over a dark top. She is sitting at a wooden table outdoors, with a blue plate, a blue pen, and a cup of coffee in front of her. The background of the photo shows a green lawn and a paved area.

Archetypal Coaching Level 1C: Advanced Matrix Therapies Coaching Training

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<https://intuitivehearttraining.com.au/services>

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