

# 4 STEPS TO PURSUE THE LIFE YOU CRAVE



**A SELF GUIDED WORKBOOK TO GET YOU ON THE  
PATH TO THE LIFE YOU REALLY WANT.**

**WITH  
JENNIFER MCCLAIN**

# DISCLAIMER

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Transmission of the information is not intended to create and receipt does not constitute a coaching-client relationship.

Viewers should not act upon any information in this workbook without seeking further information from a qualified professional.



# WELCOME

*Hi There!*

I am genuinely thrilled and humbled that you've made the decision to embark on this crucial personal growth journey.

Starting to peel back the layers can feel intimidating at first, as you're allowing yourself to be vulnerable and raw.

You can only change what you authentically acknowledge; there's no sense in continuing to struggle alone.

My role as a coach is to draw out that inner expertise through inquiry, curiosity and gentle challenges. To help you create the space and allowance to fully recognize the preconceived limitations you place on yourself.

Let's get started.

*Jennifer McClain*

## ABOUT ME

I am an impact-driven nonprofit leader and compassionate coach who is fervent in guiding professionals to illuminate their goals, define their purpose, and learn to operate at their fullest potential.

I believe in empowering others to gain that unstoppable mindset that will allow you to redefine success and achieve your dreams.



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# WHAT THIS WORKBOOK WILL PROVIDE

This workbook will prompt you to assess your current life circumstances, and acknowledge the opportunities, goals and changes you deeply crave to make.

It will require you to dig deep and perform some self-analysis and reflection on current behaviors and emotional responses - to acknowledge your present state so you can develop and recognize your best self.



# EMBRACING SELF- AWARENESS

# 01

It is the ability to tune in to your feelings, thoughts, and actions - while simultaneously recognizing how other people see you. To understand your strengths, weaknesses and opportunities.



# YOUR BEST SELF

IT'S TIME TO ACKNOWLEDGE YOU.

What are you good at?

What comes naturally to you?

Where do you lack expertise or interest?

NOTES:





# 02

## THE GIFT OF SELF- ACCEPTANCE

When was the last time you paid yourself a compliment? Or took one to heart that was shared with you? How do you speak to yourself? With love and compassion? Do you build yourself up - or only focus on the shortcomings?

To gain a true sense of self-acceptance, one must learn to love themselves where they are in the present. Being confident, and feeling good 'in one's skin' comes from a deep sense of understanding and recognition of you as a whole person.

# SELF LOVE IS EMPOWERMENT

What do you love about yourself?

What do you want in life? Envision the details and write them down.

What could you talk about (without prep) for 30 minutes?

NOTES:





03

# THE IMPORTANCE OF SELF-CARE

We all love to talk about it, to reference it. It's a buzz word, or a 'should' do - but there really isn't anything more important. You cannot help others if you're in shambles, scattered and coming unglued.

Spend some time thinking about this critical piece of the puzzle, taking care of oneself, and how you're going to incorporate small rituals and habits to build a strong foundation of confidence.

# TAKING CARE OF YOU

**ORGANIZATION AND PLANNING ARE KEY  
TO MAINTAINING A SOLID SELF-CARE ROUTINE.**

What keeps you up at night?

What do you feel is missing in your life?

What brings you absolute and complete joy?

How do you incorporate self-love into your daily life?

# THE NECESSITY OF SELF- PRESERVATION

04

Putting others needs first, sitting on the sidelines, not sharing your opinions or brilliance fully, allowing others to stand in the spotlight.

Not applying for the promotion, taking care of the needs of children, putting family and friends first....

Any of this sound familiar? Without healthy boundaries there can be no self-preservation or authentic growth.



# ACTION BEGETS NEW OUTCOMES

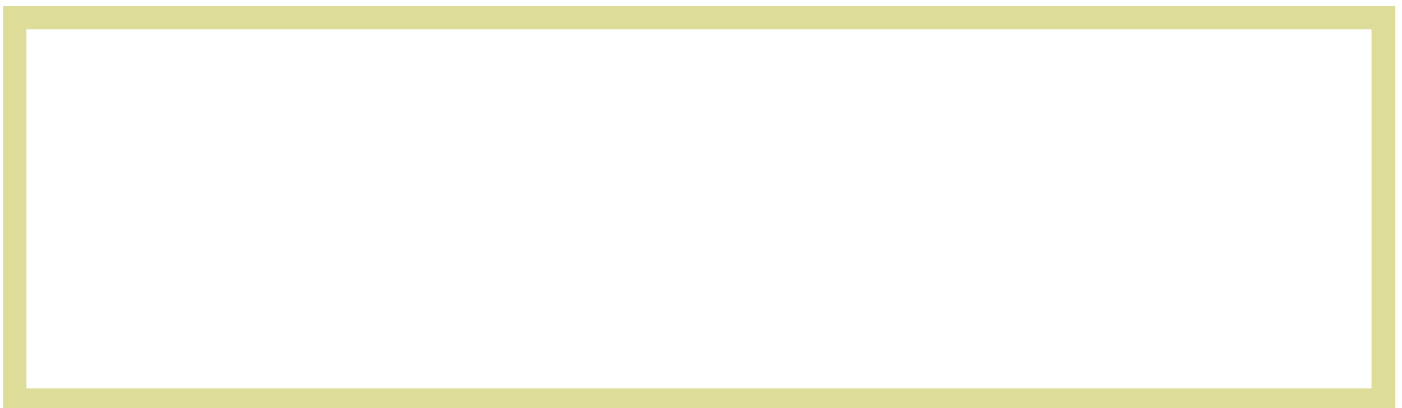
What current life areas are lacking real boundaries?



What are the new outcomes that you seek?



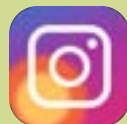
How will making new types of decisions make you feel?





Jennifer McClain is an impact-driven nonprofit leader with more than 20 years of experience managing teams and bolstering community-centered nonprofits. Community economic development requires individual focus and effective teamwork. To that end, Jennifer integrates individual development with efficient collaboration. As an expert facilitator, Jennifer has led sessions with over 700 participants since 2013. As a compassionate coach, she illuminates goals and guides professionals to define and navigate their paths forward.

Jennifer’s coaching experience and training covers a myriad of specialties, including but not limited to financial, career, supervisor and leadership coaching. She credits her training to field leaders such as Central New Mexico Community College (CNMCC), Tribe Coaching, The Prosperity Agenda, and NeighborWorks America. Jennifer further developed her coaching skills through CNMCC’s and The Prosperity Agenda’s “train the trainer” sessions. She regularly trains coaching and leadership staff at community-based organizations in Chicago and nationally.



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