

WE ARE MEMBERS OF



Life Coaching & Counseling Sessions

(Can be conducted on line via Email ,Skype or by Phone)

Hypnosis:-Via the use of pre-recorded CD.



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 **Zenith**
Life Coaching & Counselling

Life Coaching
“Mini Course”

#4



**International Institute
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ZENITH LIFE COACHING & COUNSELLING

Tips on how to Enjoy Your Work



Hi and Welcome to the Zenith- Life Coaching “Mini Course”

On life changing activities that are designed to empower and motivate you!

The ‘Mini Course’ is made up of 7 lessons .

This Lesson is on **Work**.

It is without a doubt that work is an integral part of our lives, the challenge many people face is the inability to make a conscientious decision to chose the work they want to do!

Many have big dreams of the ideal work, yet! Everyday **Mostly** everyone follows the same path, Work is a blessing—how you chose to interpret, it makes all the difference.



You have a unique power—To Think, To Create and To Act on your dreams.

The work you are doing now can be the greatest of teachers, the life experience gain can literally catapult you to your next level of personal fulfilment.

On a Final Note regarding your work , Your Attitude , if you want to be happy and successful in work, You must have the Correct Attitude, avoid petty little things and focus of the great achievements and contribution,

You can Provide!



Tip # 1: Appreciate your work.

Tip #2: Respect your work.

Tip#3: Be empowered by your work.

Tip#4: Your attitude towards work.

Tip#5: Place importance on the work you do.



Make a Plan to start you on a new direction, look at areas in your life that you feel need some changes,

And slowly begin the process of transforming your self.

Goal Setting Worksheet

2015

Goal Setting Worksheet

ONE AREA IN MY LIFE THAT I NEED TO CHANGE IS :-

I WILL ACHIEVE THIS GOAL BY

SPECIFIC STEPS TOWARDS MY GOAL

1. _____
2. _____
3. _____



Remember writing your plan has tremendous power,

So put pen to paper Now!