



HEAL YOUR NEGATIVE SELF TALK EBOOK

For

Inner Peace

Understanding

Contentment

Acceptance

Love

Negative Self Talk?

This is your opportunity to break the old patterns of life that have held you back from achieving being the person you know deep inside you really are.

This workbook will teach you how to have effective communication with all people in your life, empowering you to take the necessary steps to navigate life hurdles successfully. Restoring your inner strengths to continue to eliminate the old programming into a more positive outlook for yourself and your future. Learning to build better relationships with yourself and others giving you more self confidence and life fulfillment.

You will learn how to confront your doubts and fears that reveal your own interchangeable skills. This gives you the freedom to create a solid base for your newly defined confident self.

The workbook is an indepth process to assist you in revealing the right path for you and your needs, building upon each successful step. This provides a roadmap on how to build the perfect support ensuring you continue to be successful in your venture of healing and transforming your negative self talk and life itself.

Healing your negative self talk turns your life around when you learn how to confront your fears that were holding you back from being the real you. You can be more relaxed and confident about situations that once made you fearful knowing you have learned how to manage each situation that comes up confidently. Building on each new strength so it becomes a natural part of you leads you along the path you have really wanted to be on, but didn't know how to take the right step at the right time.

Both have appeared for you the right step at the time, you are ready to let go of the old worn out patterns of you that have kept you stuck going **nowhere. You are Now Here.....** taking that vital step allowing you to take full advantage of the workbook to embrace your wholeness and live a fulfilling life.

What is Negative Self Talk?

Negative self talk is your inner dialogue on how you view yourself, your life, the people in your life. You are unable to see the good in life and in yourself. Everything you see and believe is limiting yourself and your capabilities of reaching or achieving your potential. You feel stuck in this dense energy that reduces your ability to make changes easily in yourself or in your life.

Negative self talk can come from a place of anxiety and or low self esteem, these can very easily trap you in bad habits of viewing yourself negatively. Like any bad habit it is easy to keep repeating it without thinking about what damage you are doing to yourself, plus limiting any changes you are wanting to introduce into life. Even the smallest change is affected by your negative self talk, you find you take three steps forward only to take two steps back.

This workbook assists you in unfolding where and when you use your negative self talk so you become aware of how you use your words negatively in all you do. Becoming aware is **KEY** to acquiring the *right tools to change and transform* what you say and how you look at yourself to radically change your whole outlook.

Awareness gives your life a big boost of positive energy from within which radiates out to change and transform yourself and Life.

You learn what your best skills are and how to use them for your best results giving your confidence and self esteem a big boost. Knowing you have gained the right tools for whatever lies ahead.

When you take the time to examine your innerself you learn there is so much more there than you realized. You reveal aspects that you have only seen in others and never yourself. With your newly required outlook you also gain the knowledge and the use of these forgotten aspects.

The more tools you realize you have the easier the task becomes enabling you to keep aiming higher and higher in your expectations in life.

Reflection Page

Transform your negative self talk for a fuller happier lifestyle!

Recognize the negative effects from your own thoughts and talk.

Uncover the origin of your negative self talk and learn how to let it go for good.

Use the power of your intention and intuition to make your changes.

Know what doesn't work and replace it for what really works and makes you happy.

Stop making yourself small and undermining your power, so others can feel good.

Instead embrace what makes you special and stand out.

Accept your unique ways to discover why they restore your life balance.

Learn how to creatively juggle work and home life, to keep you happy and personally balanced.

Know what makes your heart sing and do it often.

You get to choose what your ideal life looks like so you can continue to create more of it.

It will help you get READY to take back YOUR life and Accept and Embrace what Makes you Special, Confident and Self Assured .

Book your Clarity Call Today Text 705 238 3319 for Exclusive 1 on 1 Coaching.

COACHING QUESTIONS

Sample questions to get you started.

How do you feel about yourself?

How do others make you feel about yourself?

What is your greatest dream in life?

What has stopped you from achieving your dream?

Where do you add stress to your life?

Who are you trying to please?

COACHING QUESTIONS

Sample questions to get you started.

What was happy about your childhood?

What was sad about your childhood?

How did you feel about your first school?

How do you feel about your high school?





Step one: Finding your path

Lessons one to four, weeks 1 to 4

Start by clearing out what has been holding you back from moving forward. Once the brakes are off, you get to decide what you are keeping, renewing and updating.

This will leave lots of room for your newly found skills, strengths and how best to implement them.



Step two: Who am I?

Lessons five to eight, weeks 5 to 8

Time to get onboard with what makes you happy, and what you really want to achieve and manifest. What will that look like and how are you going to do that?



Step three: Harmony & Balance

Lessons nine to thirteen, weeks 9 to 13

Bring harmony and balance into all areas of life, to enjoy fulfilling relationships, in work, home and social life, while accepting the joys that life brings.

What will I Learn:



How to detox your self talk and the feelings it creates.

How to restore the areas in life that it affects.

Who influences your life and how that affects you.

What you need to do to achieve rewarding results.

What makes you happy and what that looks like.

Who you really are and what makes you tick.

How to create manageable goals with action steps.

How to plant your seeds of happiness and joy.

How to have rewarding fulfilling relationships.

The importance of balance in all areas in life.

How to bring balance to work and home life.

How to stop yourself becoming stuck.

How to put yourself first and feel good about it.

How to free up time to do more of what you want.

The importance of appreciation and gratitude.

How to live a happy rewarding lifestyle



For more information email: Hazel@hazelburton.com



Affirmation Page

Please add more affirmations to support your transition

I express myself freely and joyously!

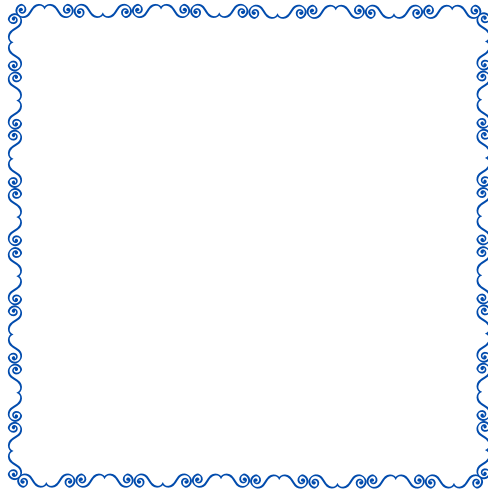
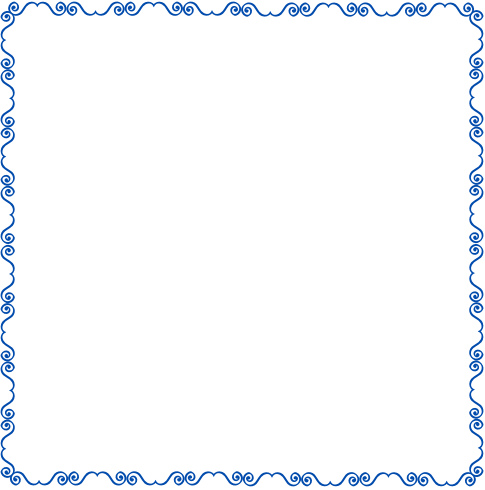
I speak up for myself with ease!

I lovingly take care of my needs!

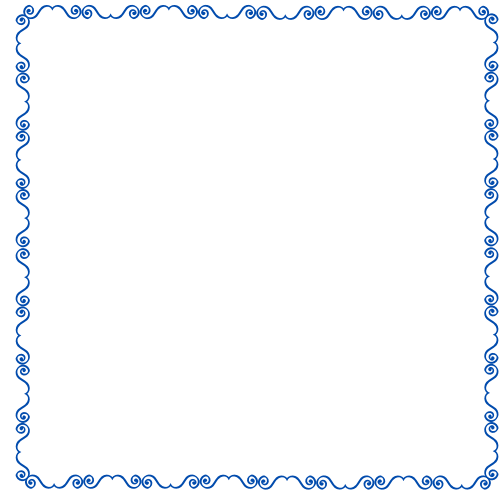
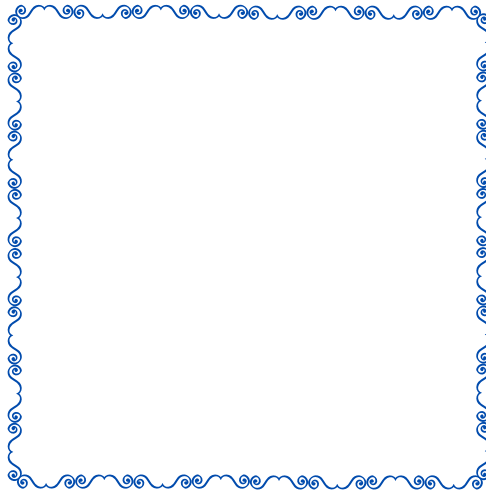
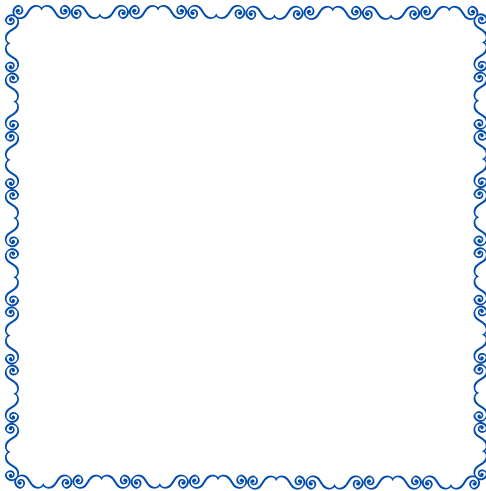
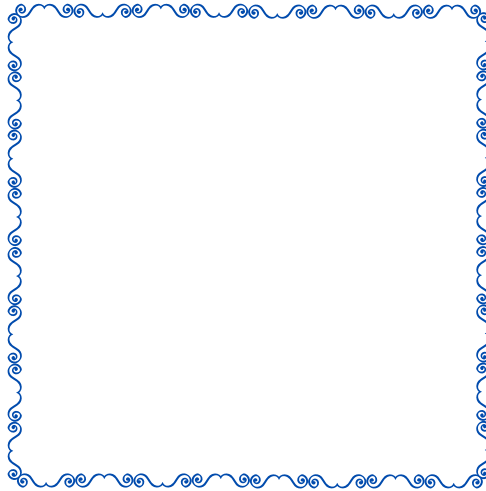
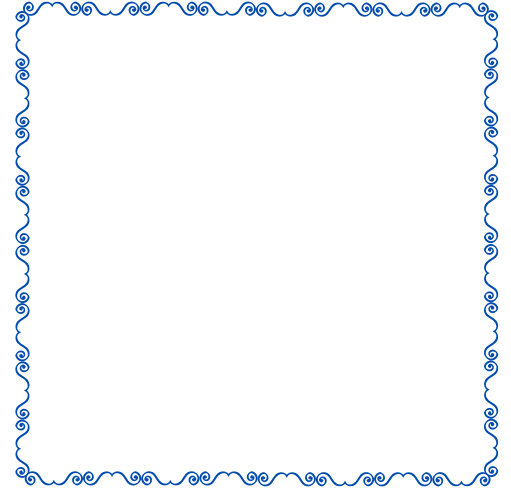


My Daily To Do List

Place where you can see it

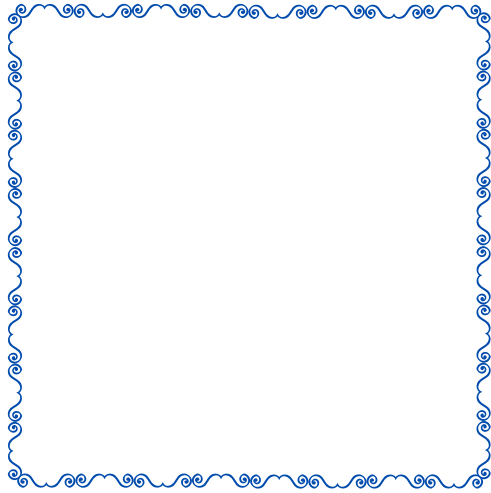
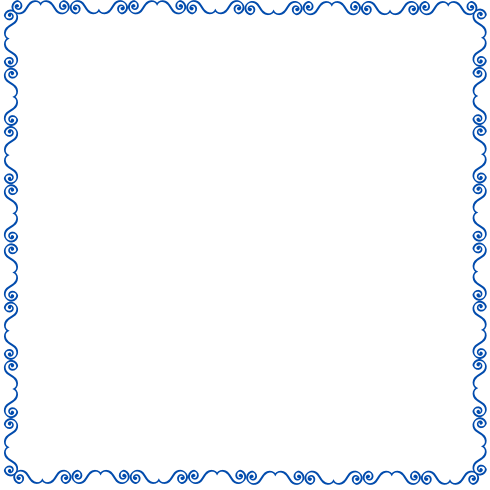


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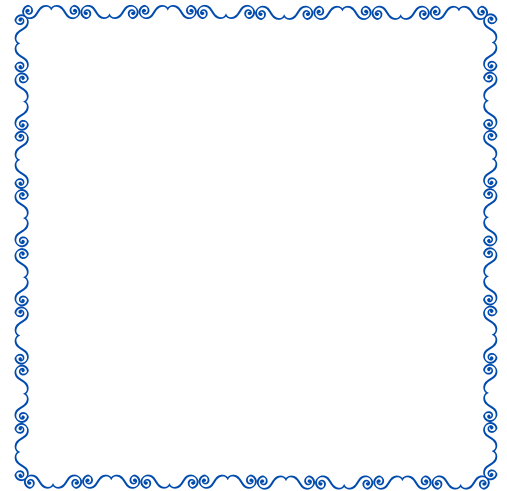
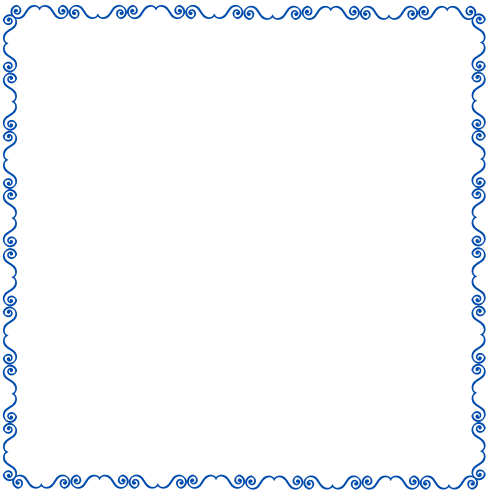
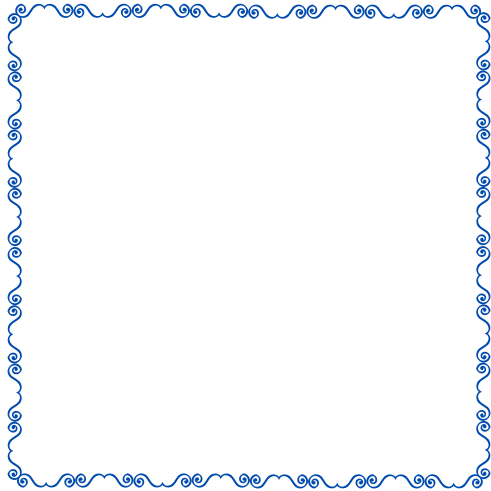
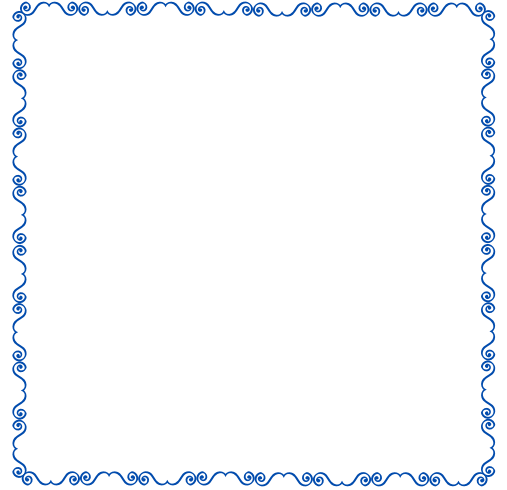


My Daily Not To Do List

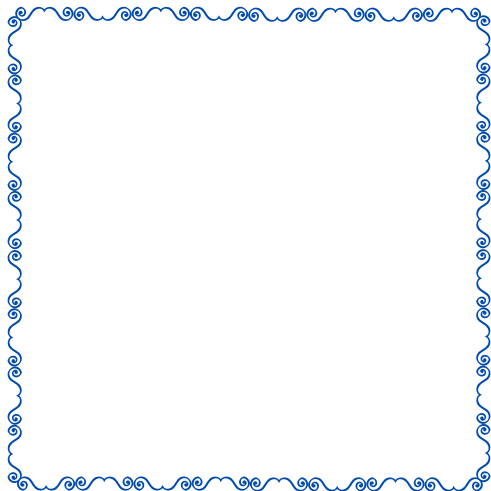
Place where you can see it



Place where you can see it



Place where you can see it



Place where you can see it



GOALS

ACTION STEPS

Place where you can see it



GOALS

ACTION STEPS

Place where you can see it

Heal Your NEGATIVE SELF TALK

13-week Online Course is great for people who:

- # suffer with low self esteem
- # feel timid and unsure
- # feel hesitant about making changes
- # are sensitive feeling powerless
- # feel apprehensive about starting something new
- # feel vulnerable and insecure
- # have difficulty making decisions
- # feel they have little to no support
- # lack direction and leadership skill

I have the perfect challenge for you!

I am offering you the chance to use my proven system that will produce unbelievable results, by taking you through a step-by-step process..

I will give you a road map for how we can work together, to show you the actions you will need, to achieve the results you want.

We start by looking at where you are by first identifying your personal challenges that are preventing you in moving forward. This will enable us to create the steps you need to overcome, to live a life that is better suited to your newly acquired self.

Next, we would look at where you want to be and how that feels and looks to you. This will enable us to be 100% clear on what your authentic self looks like and what that means to you.

Then we will create an action plan for achieving your goals and getting the optimum results you want to be moving forward.

Book your Clarity Call for Exclusive 1 On 1 Coaching

Text 705 238 3319

Email:hazel@hazelburton.com

to make sure this course is the right one for you.

Your Next Step!

By completing this E book, you will have hopefully gained a greater understanding of how to empower your strengths to prioritize your personal needs and to achieve your life goals. By improving your self confidence, you have built a firm foundation for taking your personal life journey to a higher level of self awareness, growth and healing. Life experience has taught me, that the pathway to happiness is best achieved through ongoing and purposeful growth. *Maintaining a continuous momentum, is the key to achieving optimum growth and deep-rooted, long term success!*

Therefore, to continue your journey of personal growth and discovery, I would strongly encourage you to consider enrolling in my Life Coaching Zoom class. It is designed to help you create a personalized coaching plan, that will help you master your life challenges, deepen your personal understanding and achieve higher levels of success.

For \$1,694.00 you will receive 13, one-on-one weekly support sessions with me -to target your specific needs. This is your opportunity to use a proven system that will help empower you to confidently make choices and decisions about your needs and the people in your life. Most importantly, you will learn to be your own personal support system!

OR

For \$380.00 you will receive 13 weekly group support session meeting weekly on zoom to discuss your progresss and share your experiences. You also will have access to a group page to share your experiences with other people doing the course. Giving support to each other along the way sharing similar experiences.

To register for the next upcoming classes for One-on-One or Group Coaching please email: Hazel@hazelburton.com

ONE on ONE COACHING

Bonus 1.' How to say No' comfortably Workbook that helps you take back your time to do as you please.\$100.00

Bonus 2. Self Hypnosis mp3 to ensure you stay true to feeling confident and self assured.\$75.00

Bonus 3. Your Indepth Intuitive Reading your road map for your future self. (1 on 1 coaching....\$125.00

Bonus 4. Heal your Negative Self Talk Journal..... \$10.00

Interested in One on One Coaching, for Heal your Negative Self Talk Workbook please contact me for the next available dates.

Text Hazel: 705 238 3319

Email: Hazel@hazelburton.com

For \$1,694.00 you will receive 13, one-on-one weekly support sessions with me *-to target your specific needs.*

This is your opportunity to use a proven system that will help empower you to confidently make choices and decisions about your needs and the people in your life.

Most importantly, you will learn to be your own personal support system!

To register for Exclusive or Group Coaching: Hazel@hazelburton.com

GROUP COACHING

Group Coaching.....\$380.00

I am also adding 3 bonuses for you worth \$185.00. for your continuing support.

Bonus 1.' How to say No' comfortably Workbook that helps you take back your time to do as you please..... \$100.00

Bonus 2. Self Hypnosis mp3 to ensure you stay true to feeling confident and self assured..... \$75.00

Bonus 3. Heal your Negative Self Journal.....\$10.00

For \$335.00 you will receive 13 weekly group support session meeting weekly on zoom to discuss your progresss and share your experiences.

You also will have access to a group page to share your experiences with other people doing the course.

Giving support to each other along the way sharing similiar experiences.

Interested in Group Coaching,
please contact me for the next available dates.

Email: Hazel@Hazelburton.com

Text: 705 238 3319

Here are the different options to do your Workbook
to book Group or Exclusive
email: Hazel@hazelburton.com
to book your clarity call

HEAL YOUR NEGATIVE SELF TALK EBOOK.....FREE
HARD COPY.....\$7.00

HEAL YOUR NEGATIVE SELF TALK WORKBOOK.....\$25.00
JOIN ONLINE GROUP PAGEFREE
HOW TO SAY 'NO' WORKBOOK (\$100.00).....FREE

OR

JOIN WEEKLY GROUP COACHING GROUP.....\$380.00
HOW TO SAY 'NO' WORKBOOK (100.00).....FREE
SELF HYPNOSIS MP3 (\$75.00).....FREE
HEAL YOUR NEGATIVE SELF JOURNAL (\$10.).....FREE

OR

EXCLUSIVE ONE on ONE COACHING.....\$1,694.00
HOW TO SAY "NO" WORKBOOK(\$100.).....FREE
SELF HYPNOSIS Mp3 (\$75.00).....FREE
60 MIN. iNTUITIVE READING (\$120.).....FREE
HEAL YOUR NEGATIVE SELF JOURNAL (\$10).....FREE

Book your Clarity Call Today

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or

Email: hazel@hazelburton.com

**to make sure this course is
the right one for you.**

To REGISTER for Exclusive or Group Coaching:

Hazel@hazelburton.com

Got a Question

email:Hazel@hazelburton.com