

Clarity to Confidence

Reclaim Your Life in 6–12 Months

A Motivational Guide to Reset, Refocus & Rise

By Coach Tawanda

"You are one decision away from a completely different life."

About Me

Hi, I'm **Coach Tawanda** — a best-selling self-published author, certified personal development and goals life coach, and proud serial entrepreneur.

I have a deep passion for helping others grow, transform, and unlock the power within themselves. From hosting transformative **vision board workshops** to organizing **women's weekend retreats** focused on self-awareness and sisterhood, I create spaces where women can heal, dream, and take action.

Before all of this, though, I was a woman feeling tired, drained, and overwhelmed by life. I worked paycheck to paycheck, building the dreams of others while mine sat quietly on the sidelines. I've overcome depression, anxiety, failed marriages, and more — and it was in one of my darkest seasons that I realized something had to change.

That's when I hired my first personal coach. She guided me into a mindset that completely changed my life. Through that process, I began building my systems, strategies, and belief in what was possible. I put in the work because I was determined to live the life I deserved.

Now, I'm not only living it, I'm **teaching others how to do the same**.

Today, I run multiple streams of income and continually embrace opportunities to learn, grow, and serve. Whether through coaching, speaking, writing, or hosting empowering events, my mission is clear:

To help you step into your purpose, create a life you love, and walk boldly in the direction of your dreams.

✨ **Let's grow together.**



Live the life you want, not the life others try to plan for you.

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Introduction

Welcome! This workbook is designed to be your guide to taking actionable steps over the next **6–12 months** to reset, refocus, and rise to the next level in your life. As you work through this workbook, keep an open mind and heart, ready to embrace the positive changes to come.

This guide will help you:

- Let go of past limiting beliefs
- Reframe your mindset for success
- Set clear and achievable goals
- Visualize your future in vivid detail
- Take immediate action

Each section includes a brief explanation, thought-provoking questions, and space for reflection. By the end of this workbook, you will be equipped to embark on your transformation journey.

2. Reset Your Mindset

Before you can move forward, it's essential to reset your mindset. If your thoughts and beliefs are not aligned with your future, it will be challenging to make progress. Let's take a moment to reflect on the beliefs that have been holding you back and how you can reframe them.

Journaling Prompts:

- What beliefs are holding you back? _____
- How can you reframe these beliefs into empowering thoughts? _____
- What new beliefs will support your growth? _____

Reflection Exercise:

Write down any negative beliefs that have been limiting you, and then rewrite them as positive, empowering beliefs that align with your goals. For example:

- "I'm not good enough." → "I am more than capable of achieving my goals."
- "I don't have enough time" → "I make time for what's important to me."

Negative Belief: _____

Empowering Belief: _____

Take a few moments to reflect on these reframed beliefs and feel the power they bring.

3. Refocus Your Goals

It's time to refocus your attention on your goals and priorities. Let's dive into what matters most for the next 6–12 months. Setting your goals with clarity will help you stay on track and avoid distractions.

Guided Exercises:

- What do you want to achieve in the next 6–12 months? _____
- List your top 3 priorities right now. _____
- Write down your goals as if they've already been achieved. _____

Example Goal:

"I have successfully launched my online business, and it's generating consistent sales."

"I consistently wake up at 5:30 a.m., start my day with prayer, journaling, and a workout. I feel more focused, confident, and in control of my time and mindset."

"I reached my goal of earning \$10,000 a month through multiple income streams. I manage my money wisely, give generously, and continue to build wealth with ease."

4. Visualizing Your Future

Visualization is one of the most powerful tools to manifest your future. This section will help you tap into your inner power by visualizing the life you want to create.

Exercise:

- Imagine your life 6–12 months from now. What does it look like? How do you feel? _____
- Write or sketch your vision of your future self. Use the space below to get creative and visualize the possibilities.

Visualization Activity:

Take a deep breath and close your eyes for a moment. Picture yourself in the future, living the life you've always dreamed of. What do you see? How do you feel? What's different in your life? Write it all down.

5. Taking Action

The most critical step in creating change is taking action. Without action, all your planning and visualizing will only remain a dream. The key is to break your big dreams into small, manageable steps.

Actionable Steps:

- What small steps can you take today to move toward your goals? _____
- What habits or routines can you put in place to stay on track? _____
- How can you hold yourself accountable to your goals every day? _____

Daily Action Plan:

Each day, take one small action toward your goal. Whether it's sending an email, meditation, journaling, making a phone call, or spending 30 minutes working on your project, each step brings you closer to your dream.

6. Bonus Offer: Self-Care & 5-Day Coaching

Congratulations on completing the workbook! As a thank you for your commitment, I would like to offer you a special bonus:

- **Self-Care Bundle for just \$27** – A set of tools to enhance your self-care journey. Grab your copy today.
- **5-Day Group Coaching for \$45** – A group session designed to answer your personal questions, provide deeper insights, and work on your vision board + Self-Care Bundle free bonus. Sign up to join now.