

BRAVELY BE YOU

EMBARKING ON EMPOWERED SENSITIVITY

3 Steps to Balance & Alignment,
Without Compromising On Your Dreams

Workbook



sineadraffertycoaching.com

Are you a Free-Range Human?

Yes

No

I'd like to be

What are your priorities in life?

1.

2.

3.

4.

5.

Your Purpose Matters

What is calling you? What needs your attention?

Do you support your dreams?



Dream Bigger

What is the ideal, dream scenario for you in 5 years time?

Are you dreaming big enough?

What would it mean for you for all your dreams to become a reality?



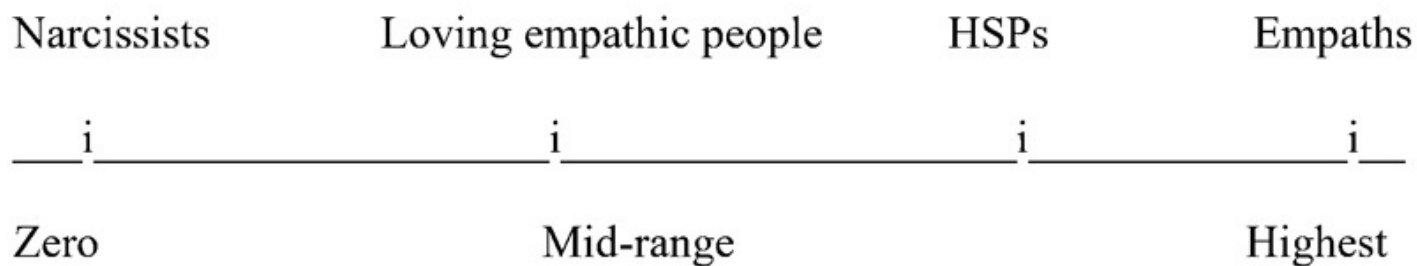
Have you stepped through the doorway of possibility
or are you waiting for the 'right time' to do so?

What do you feel is your single biggest challenge in
relation to following your vision & building
the life of your dreams?



HSP / EMPATH

The Empathic Spectrum



Are you...

A Freedom Seeker?

Determined But Doubtful?

Grounded & In-Flow?

Other?

HSP Alignment Code

What area needs your attention the most?

What is your most aligned next step to take?


Next Steps



Sinead Rafferty Coaching

Consultation - Purpose Pathway

 30 min

 Web conferencing details provided upon confirmation.

Free 30 minute consultation to discuss your interest in The HSP Purpose Pathway and if it is a good fit for you.