

BRAVELY BE YOU

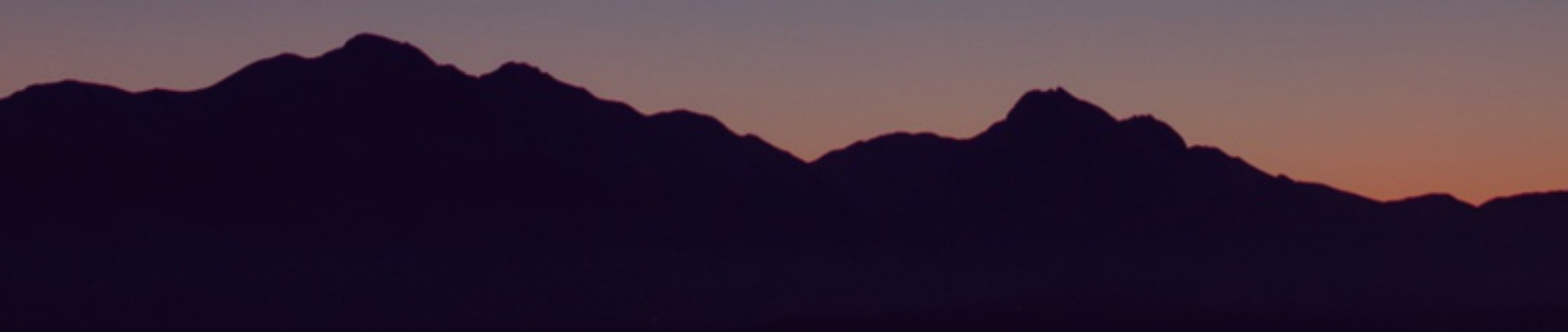
A decorative arc of various moon phases, including crescents, gibbous moons, and full moons, is positioned above the main title.

EMPOWER YOUR DREAMS

The Trailblazer's Path to Success

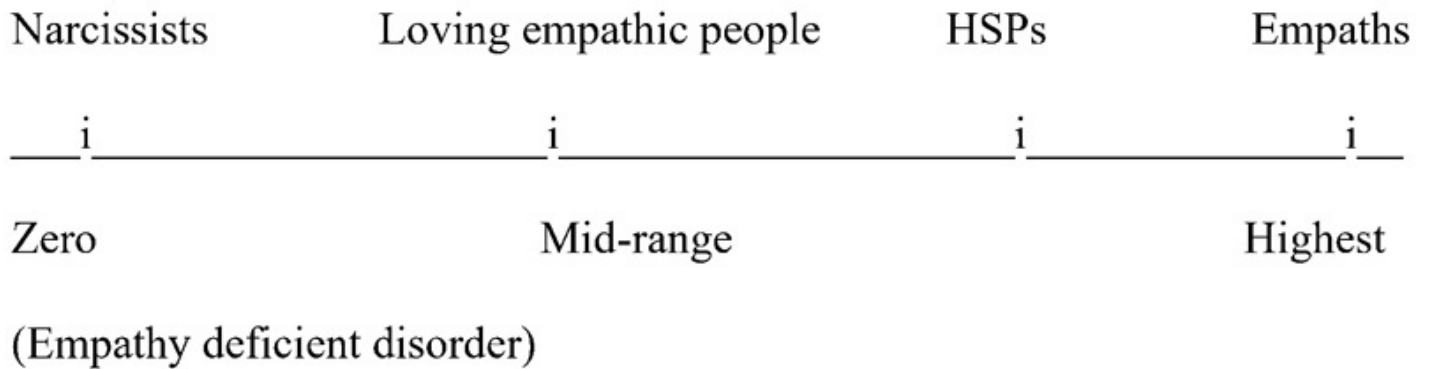
Workbook

sineadraffertycoaching.com



HSP / EMPATH

The Empathic Spectrum



Are you...

A Freedom Seeker?

☐

A Determined Visionary?

☐

An Empowered Trailblazer?

☐

Other?

☐

YOUR PURPOSE MATTERS

How would you describe your sense of purpose in life?

Do you feel aligned or misaligned with it?



LET'S DREAM...

What would life look like if it were exactly
as you'd like it to be?

What would you dare to dream for yourself,
if you were guaranteed to succeed?



LET'S DREAM...

What would it mean for you if all your dreams became a reality?

TUNE IN...

What's holding you back?



5 COMMON BLOCKS

Which of the 5 Blocks do you resonate with most?

HSP ALIGNMENT CODE

What area needs your attention first?



INTENTIONS

What do you want more of in your life?

What do you want less of in your life?

What is your biggest WHY for seeking
change/progression?

What are the 3 biggest changes you want to
see in your life over the coming 5 years?



THANK YOU FOR YOUR TIME & ENERGY



Book a Discovery Call | Sinead Rafferty Coaching

Let's assess your needs and the level of support you need
at the moment - to move forward towards the life and
career you DO want!

 [sineadraffertycoaching.com](https://www.sineadraffertycoaching.com)



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