



THE HIDDEN POWER OF
NEGATIVE EMOTIONS

Post-Webinar

Reflection Journal

LIA SCOTT  WELLNESS
health & wellness coaching



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*Post-Webinar Reflection
Journal*

Date:

This Journal Belongs to:

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When you feel supported, you are much more likely to succeed!



So we created this special little gift to further support you as you learn to listen more carefully to your emotions and what they are telling you.

Let's celebrate you as you continue to take this step in the right direction; to embark on this exciting journey in uncovering more of who you are, what you need and what's right for you!



How do you feel right now?

You can do it!

Journaling Tips & Tricks!

If you are new to journaling, or find that you tend to get unorganized with where you write things down, these little notes are for you:



We recommend that you designate a specific notepad, binder or journal just for writing out your thoughts, goals, plans and processing how you feel.

Example 1: Lia likes to put lined paper in a binder with dividers for various things she likes to journal about.

Example 2: Some others prefer to have a separate journal for each intention (gratitude, reflection, goals etc) as opposed to dividers in a binder.

We encourage you to find what resonates with you and to do it YOUR way!

For now, our gift to you is this Post-Webinar journal. You can print it out and keep it somewhere safe where you won't lose or forget about it.

Where will you store this journal for safe keeping?

A NOTE FROM LIA

Congratulations!

You have taken your first step...
towards gaining more grounding, clarity
and confidence in your life.



By learning to identify, acknowledge, and listen to
your emotions you can now be more empowered to
make decisions that are best for YOU and begin to
align your life more with your authentic self.

The more you follow the path that's true to yourself,
the more fulfilled, alive and happy you will become.

Now that you took this first step, it is up to you to
continue on this path and put in the work to keep
seeing positive changes in your life.

LSW

www.liascottwellness.com

With Love,

Lia Scott

Journal Prompts

1. What was the most insightful thing you learned in today's webinar?

2. What did you learn about yourself? Did anything surprise you?

Journal Prompts Cont.

6. If this obstacle comes up, what's one small thing you can try, to stay on track and commit to taking your next step? (please remember, there are no right or wrong answers here)

7. Who or what can support you? (family, friend, a webinar attendee you just met, your calendar etc..)

Getting Professional Support:

If you feel like you might like one-on-one support from Lia, you can claim your complimentary "Ignite Your Flame" consult by scanning the QR code to booking online at www.liascottwellness.com, or by contacting Lia directly at info@liascottwellness.com.





We thank you for attending and participating in
"The Hidden Power of Negative Emotions"
webinar!

If you would like to know about future workshops
or webinars, make sure to sign up to Lia's
monthly newsletter at www.liascottwellness.com

We hope to see you again soon and wish you all
the best on your journey towards the incredible
life that is waiting just for you!

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