

EVERY SECOND COUNTS - ELLA MOLONY COOK - The 7 Week Program Starter Sentences

WORKBOOK 1

Your Values:

Not feeling aligned in your relationship or work? Well, the first steps towards fulfilment, are defining your *true* values! My 'Your Values' workbook was created to help you gain clarity on your personal beliefs and well, once armed with these super tools, you'll be equipped for your journey towards high potential and blossoming success, who's ready?

Option 1: At the heart of sustainability lies a change in mindset.

Option 2: It takes courage to live a life based on **your** beliefs and values and not of those of society. - *Do you boo!*

WORKBOOK 2

Week 1. Life Of Fulfilment

Beginning to realise that life without fulfilment just isn't enough? Dive into the depths of your own personal identity and 'inner child' to release limitations and embrace abundance. This guide was created for you and will help guide you towards a life where you can begin to truly *thrive*.

Option 1: Girl, see only the **opportunities**, not the obstacles.

Option 2: Say yes, to things that make your soul *shine* and your heart *happy*.

WORKBOOK 3

Week 2. Inner Creator

So, you're your own biggest critic? Well, just imagine instead, being your own biggest fan? The inner creator is a tried and tested mindset coaching workbook, which has been crafted to alter your perceptions of the self, through the understanding of your very own patterns, behaviours and beliefs. Get ready to step into confidence, growth and alignment, after all, the grass is always greener when you water it!

Option 1: When determined to rise, the comeback will *always* be fiercer than the setback.

Option 2: Strength is rising up within you, allow yourself permission to *shine*.

WORKBOOK 4

Week 4. Love Language

Let me guess, you're *oh so* ready for love but things never seem to align? Or you're going with the flow but the flow isn't well, flowing? My Love Language workbook was created to help you understand your very own Love Language. Learn how to truly receive love and give guidance to lovers, whilst allowing room to understand your own needs deeper. Get ready to connect with yourself and future lovers on a more fulfilling and bountiful level.

Option 1: The best communicators of love? – *Those fluent enough to listen*.

Option 2: Soulmates don't complete you, they *inspire* you to complete yourself.

WORKBOOK 5

Week 5. Investment Questionnaire

You feel like you're not doing half-bad when it comes to reaching objectives and goals but when it comes to money management, there are just waaaaay too many risks, complications and confusion around using what you already have to make more?... This investment questionnaire was created to help you step into your role as a *money master*. Take the quiz to find your perfectly paired investment route and finally gain clarity on how to effortlessly raise your capital.

Option 1: Repeat after me, I am the *master* of my prosperity and abundance.

Option 2: My bank accounts are growing behind my back.

WORKBOOK 6

Have you ever felt disempowering, negative or limiting beliefs around money? Well, get ready to turn that on its head! My Master Your Money workbook will ensure you gain control of your capital. Learn to be the master of your own money and watch it come in and out with your own instruction. Grow your mind and money simultaneously, whilst letting go of inhibiting money beliefs along the way.

Option 1: Abundance is coming... I deserve it & I accept it.

Option 2: Growing a limitless bank account comes first from growing a limitless mind.

WORKBOOK 7

Some days you feel steady and stable, others you feel at rock bottom? The Dreams into Reality workbook derives from the seasons of life and have been crafted as a guide to help you truly flourish, from this season to the next. Get ready to visualise, manifest and experience a sense of higher-self, with compassion towards the past and clarity towards a future of everyday balance and happiness.

Option 1: Every season serves its purpose, *enjoy the journey*.

Option 2: Get ready to *bloom*, your season is coming...