



HAQQ LIFE
SOLUTIONS
Life, Family and Relationships Coaching



12

WEEK PROGRAM

Building Positive Mindset

WWW.HAQQLIFESOLUTIONS.COM

12-Week Wellness Coaching Program

The journey to wellness is a life-long process that includes triumphs and setbacks. Life skills are not a one-stop shop deal; they take unwavering faith in God, commitment, time, practice, and patience.

The Haqq Life 12-Week Program will provide the building blocks to secure the skills you need for health and wellness in your life and religion.

The one major factor in any wellness journey is what tools you have to build and who supports you during your building process. I am not only here for you but also with you through it all. Your journey starts with a discovery call.

Discovery Call:

On this initial call, we will become acquainted with one another. We will clarify our commitments to your overall 12-Week Wellness Plan. You will know what to expect from me and me from you. Together, we will discover your areas of need and set wellness goals to meet over 12 weeks.

Each quarter of your specifically tailored Program (4-week period), we will meet a desired growth milestone. You will be journaling and other action plans in between sessions.

- With my Program, you will receive a one (1) hour weekly scheduled session via Zoom, telephone, or whichever is convenient.
- You will be able to reach me in times of distress as needed in between sessions.
- Guided meditations and visualization exercises to enhance your learning experience.
- A curated library of affirmations, prompts, and exercises for ongoing exploration.
- At the end of the 12 weeks, we will recap on what we've accomplished together.

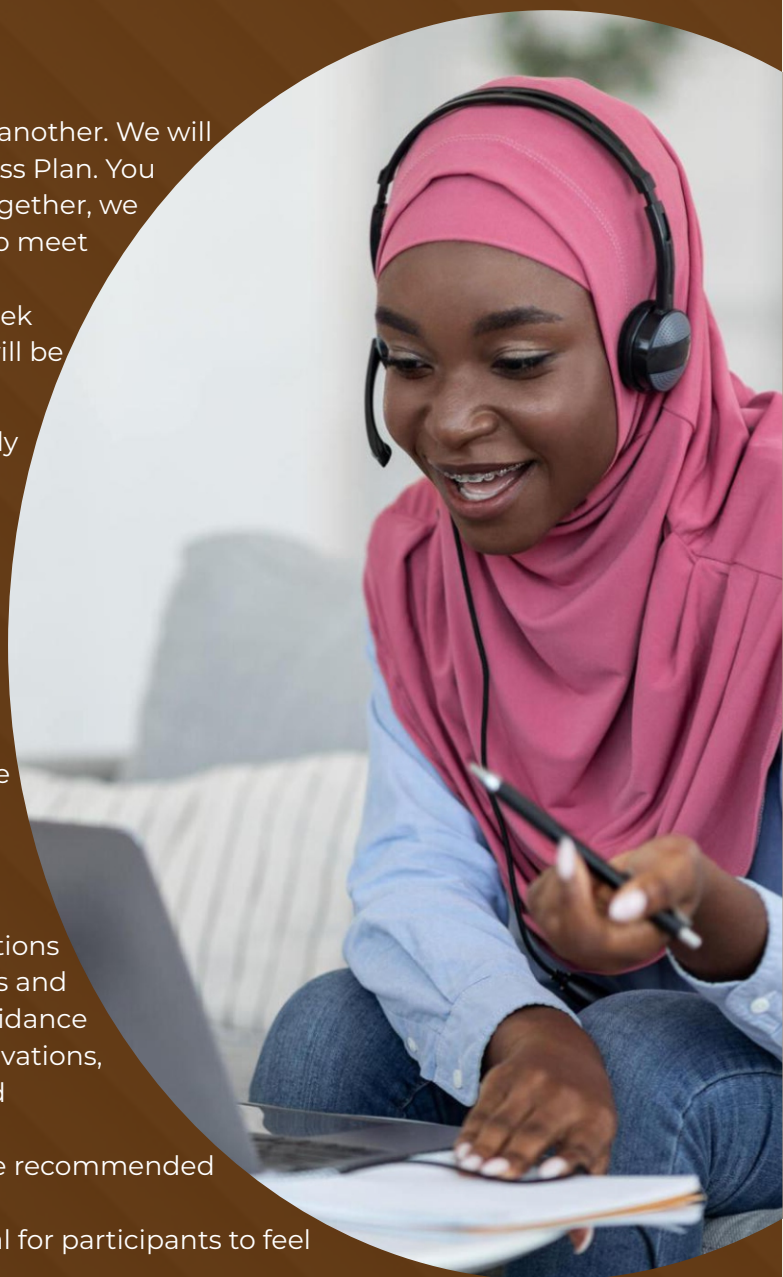
Note

This framework is a flexible guide, and specific interventions and exercises can be adapted based on individual needs and preferences. The core focus is on providing tools and guidance for exploring your inner world, understanding your motivations, and embracing your authentic self with acceptance and self-compassion.

- Collaboration with mental health professionals may be recommended for further support and individual therapy.
- Fostering a safe and non-judgmental space is essential for participants to feel empowered to share their stories and heal.

Building Positive Mindset Coaching: A 12-Week Journey to Cultivate Optimism and Flourish

Rewire your mind for happiness and success. In this Program, you'll identify unhelpful thought habits and learn to reframe negative thinking into optimism, self-belief, and resilience. We'll design daily rituals to hardwire more empowering mental patterns. You'll walk away with a growth mindset primed for self-acceptance, accomplishment, and lasting fulfillment.



Quarter 1: Laying the Foundation for Positivity (Weeks 1-4)

Understanding Mindsets: Explore the concept of fixed vs. growth mindsets and their impact on thoughts, emotions, and behaviors. Identify your dominant mindset patterns.

Gratitude & Appreciation: Cultivate a daily practice of gratitude, focusing on the good things in your life and developing an appreciative lens.

Optimism & Positive Framing: Learn to reframe negative situations and challenges into opportunities for growth and learning. Practice optimistic self-talk and positive affirmations.

Reframing Cognitive Distortions: Identify and challenge common cognitive distortions (negative thought patterns) that hinder your positivity, replacing them with healthier and more realistic perspectives.

Quarter 2: Cultivating Inner Strength & Resilience (Weeks 5-8)

Challenging Limiting Beliefs: Uncover and challenge limiting beliefs that hold you back and prevent you from embracing your full potential. Develop empowering counter-beliefs.

Developing Emotional Regulation: Learn effective strategies for managing stress, anxiety, and negative emotions, fostering emotional resilience and inner peace.

Self-Compassion & Forgiveness: Practice self-compassion towards yourself and others, embracing imperfections and learning from mistakes instead of self-criticism.

Meaning & Purpose: Explore your life's purpose and values, connecting your daily actions to something bigger than yourself and igniting intrinsic motivation.

Quarter 3: Embracing Positivity & Taking Action (Weeks 9-12)

Positive Visualization & Goal Setting: Use visualization techniques to create a clear vision of your desired future and set SMART goals aligned with your positive mindset.

Habit Formation & Positive Practices: Build positive habits and routines that nurture your well-being and support your journey towards optimism and inner joy.

Acts of Kindness & Social Connection: Engage in acts of kindness and volunteer activities to cultivate a sense of connection and purpose, spreading positivity outwards.

Celebrating Progress & Maintaining Momentum: Acknowledge and celebrate your successes, even small victories, to reinforce positive behaviors and maintain motivation throughout your journey.

Exit Session:

Reflect on your transformation, share your new perspective and strengths, and discuss strategies for sustaining your positive mindset and fostering continued growth and well-being beyond the Program.

COACHING INVESTMENT

\$2400

FULL PAYMENT OFFER

\$1997

CONTACT



WWW.HAQQLIFESOLUTIONS.COM



aaminah@haqqlifetimesolutions.com



(973)-298-5844

