

12  
WEEK PROGRAM



# Raising Self-Awareness



# 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.

## Raising Self-Awareness Coaching: A 12-Week Journey to Deeper Knowing

Discover your authentic self. This journey of self-discovery peels back the layers to help you understand your deeper motivations, unconscious patterns, emotional triggers, and inner resources. With greater self-awareness, you can nurture self-compassion, stop self-sabotage, and unlock your full potential.





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

**Understanding Self-Awareness:** Explore the concept of self-awareness, its importance in personal growth, and different approaches to cultivating it.

**Values & Priorities:** Identify your core values, guiding principles, and their influence on your thoughts, emotions, and behaviors.

**Mindfulness & Body Awareness:** Practice mindfulness techniques like meditation to become more attuned to your internal state, thoughts, and physical sensations.

**Journaling & Reflection:** Use journaling prompts and regular reflection exercises to delve deeper into your emotions, motivations, and recurring patterns.

## Quarter 2: Exploring the Inner Landscape (Weeks 5-8)

**Identifying Cognitive Biases:** Recognize and challenge limiting beliefs, negative biases, and self-criticisms that hinder your growth and well-being.

**Understanding Emotional Triggers:** Discover your emotional triggers and the physiological responses associated with them. Learn to manage triggers with healthy coping mechanisms.

**Exploring Hidden Motivations:** Uncover unconscious motivations and drivers behind your decisions, actions, and reactions. Understand how these drivers influence your life choices.

**Strength & Weakness Inventory:** Assess your strengths, weaknesses, skills, and limitations with honesty and self-compassion. Identify areas for development and growth.



## Quarter 3: Embracing Vulnerability & Growth (Weeks 9-12)

**Shadow Work & Integration:** Confront and integrate aspects of yourself that you may have rejected or suppressed. Embrace your entire being with understanding and acceptance.

**Developing Authentic Communication:** Practice expressing your needs, feelings, and boundaries assertively and authentically. Cultivate healthy communication skills in relationships.

**Setting Intentional Goals:** Craft goals aligned with your values and authentic self, taking ownership of your life direction and purpose.

**Celebrating Progress & Embracing Change:** Acknowledge and celebrate your growth, accept that self-awareness is a continuous journey, and commit to lifelong learning and personal evolution.

### Exit Session:

Reflect on your inner exploration, share insights and learnings, and discuss strategies for integrating self-awareness into your daily life. Celebrate the empowered and authentic self you are becoming.

## COACHING INVESTMENT

**\$2400**

## FULL PAYMENT OFFER

**\$1997**

## CONTACT



[WWW.HAQLIFESOLUTIONS.COM](http://WWW.HAQLIFESOLUTIONS.COM)



[aaminah@haqlifesolutions.com](mailto:aaminah@haqlifesolutions.com)



(973)-298-5844