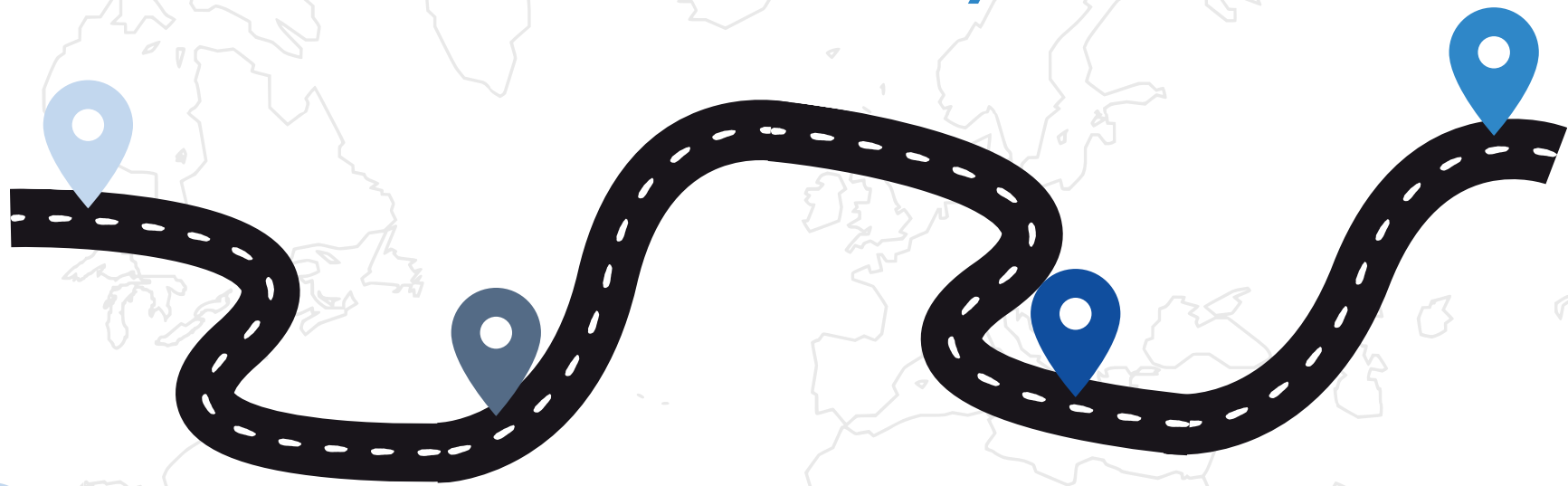


HERO Journey

A Self Coaching Framework

#SoarAboveAchieveBeyond



H

Honor Your Emotions

Growth starts with self-awareness.

- Take time to pause and identify your emotions. What are they telling you about what matters most?
- Validate your feelings—they're part of what makes you human.
- **Journaling Prompt:** *What is this emotion revealing about my values or needs?*

E

Empower Your Inner Voice

Your thoughts are the foundation of your reality.

- Shift from self-doubt to self-confidence by reframing limiting beliefs.
- Practice affirmations that resonate with your truth, like I am capable of handling what comes my way.
- **Visualization Exercise:** *Imagine your future self thriving. How does that version of you feel, act, and think?*

R

Reclaim Your Power Through Action

Big changes come from small, intentional steps.

- Set micro-goals that feel achievable today. Even the smallest action builds momentum.
- Ground yourself with simple practices like deep breathing or a gratitude list.
- **Ask yourself:** *What's one thing I can do right now to feel more in control?*

O

Own Your Story

You're the author of your journey.

- Reflect on the strengths you've demonstrated in past challenges.
- Define your core values and let them guide your next steps.
- **Envision the hero you're becoming:** *What qualities will you cultivate?*