THRIVE NOW

Workbook 3

The Secret To Positivity

Welcome to The THRIVE NOW video training series. I’m so pleased that you are here. It’s going to be a wonderful and exciting time for you, and you can be very proud that you have taken this step.

This is a free resource from The Alcohol Coach to help get you started on your journey to feeling better about life right now.

This is your workbook. Keep it. Print it. Scribble on it. Edit it and add you own notes. It’s yours. It is really useful to keep a record of where you started from with your alcohol-free experimentation.

You are awesome! Let’s dive in.

Michaela x

The Alcohol Coach

**Lesson 3**

**What did you learn about positivity?**

What words will you use from now on to give you increased positivity?

How will you ensure that only 1 arrow strikes?

Fantastic!

I hope that you are learning insights that will begin to show you how to THRIVE NOW!

See you in the Last Video

‘Thrive At Life’