

Self-Coaching Workbook

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This workbook is filled with journaling prompts for a self-coaching session. These are some of the questions I ask my clients during our 1:1 work.

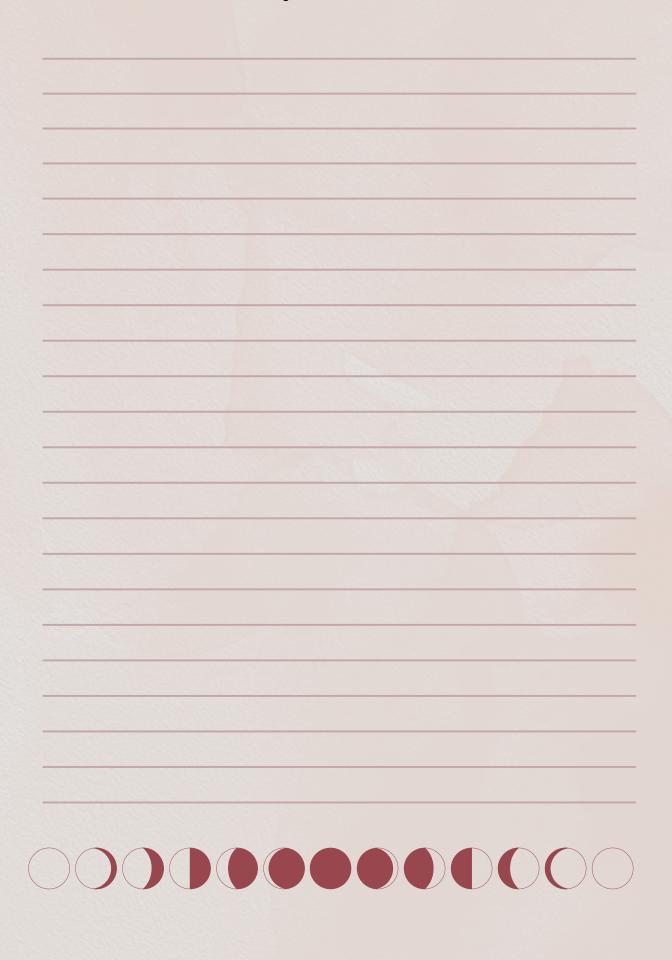
Journal overvíew

Work through this at your own pace. Feel free to have a longer session and answer these all, or pick and choose which feel right for you. There are no wrong answers. No one else will see this. This book is for you and you alone. Write directly on the pages if you print this out, or write in a journal if you're keeping this as a PDF.

However you choose to do it, make sure that you get very honest with yourself. That's where the magic happens. Enjoy!



What do you want in life?



What is your purpose?



What do you want your life to look like in 1 month? 3? 6? 1 year?



How will it feel to get there?



What are you grateful for?



Who do you want to be?



What does that look like for you?



Why is that important to you?

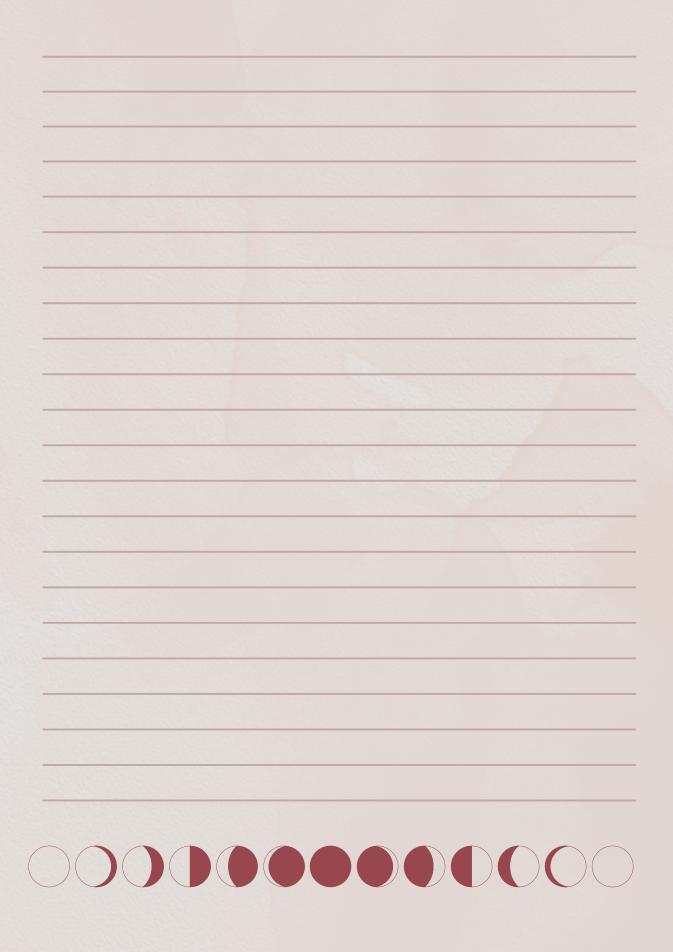


What are your 3 best qualities?





What's stopping you?



What excites you and makes you feel alive?





What does success look like to you?



How will you know you've accomplished it?



Write a love letter to yourself.





you did if!

Tam go

proud

About Me

Hey there! I'm Autumn, the heart and soul behind The Untamed Priestess. I'm on a mission to empower women to embrace their authentic selves through self-care, wellness, and spirituality. As a witchfluencer, I blend inner child healing, feminine energy, moon magic, and sacred sexuality into everyday life, offering insights, tarot readings, and spiritual practices including women's circles and energy healing.

Don't be a stranger - find me online at <u>www.untamedpriestess.com</u>

be well, love you,

Autumn

