



THE ZURAFa

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"Choosing it or Changing it?"

**Discover how coaching can
have a significant impact in
YOUR life in 3 easy steps.**

by Transformational Coach

Diana the Zurafa

Sep. 3 The Impact!



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That's right, some things you can't actually change right? Like the weather? So those are the ones where coaching can help you change the way you perceive and / react to them, helping you make peace with things you have no control of. Some others, you realize now that you are actually not doing anything to change them, that's what we call "choosing it". If you don't want to choose it, through coaching we can work on them, and why should we? Here is the fun part: breakthrough, go through the list of "consistent complaints" and reply this for each of them:

" If my view or the situation itself about this complaint changed, what would be the impact in my life? " Keep me in mind, it's not about how to change it, or even if it's possible, it's about, if it did change, what would the impact in your life be? How would you feel about it?

A series of 20 horizontal lines for writing, each preceded by a small dark brown square marker on the left side.

"Choosing it or Changing it?"

Now that you are clear on the positive impact that coaching can have on your life, reach out to me and let me help you figure out the "hows".

Diana the Zurafa



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