
WORKBOOK

2025

LIFE COACHING *Workbook*



**CREATED BY
TARA "ARTICULATE TEE" OMOROGBE**

thank
you

Well hello, hello...

I wanted to take a moment to express my gratitude for your support and loyalty.

Your presence on my website means the world to me and I am so thankful for each and every one of you.

Your likes, comments, and shares have not gone unnoticed and have truly helped me grow as a brand.

Thank you for following along on my journey and for your continued support.

Sincerely,

Tara "Articulate Tee" Omorogbe

P.s. here's a code to get 15% off of a 2nd coaching journal when you buy one at regular price.

Automatically applied at checkout



DAILY HABITS TO SUCCESS



Create a Personal Framework for a Stress-Free Day!

With this tool, you can establish a straightforward personal framework that will help organize the rest of your day's activities. By creating a structure, you'll feel calm and confident no matter what comes your way.

My Top 3 Focus Areas In Life

My Top 3 Distractors In Life

What new daily habits can you introduce to your life that promotes growth in your focus areas and lessens the power of your top three distractors?

(Write up specific and measurable actions that best support your life)

Habits

How It Benefits Me

Which 3 Habits will you commit to?

- I will start** **tomorrow (Day 1)**
- I will start** **next week (Day 7)**
- I will start** **next month (Day 30/31)**

Reflect... Take Notes...

TAKE ACTION!

**NOTE: Write down the first answer that pops into your thoughts.
Do not filter your answers and just let your thoughts flow naturally.**

- 1. Tolerances** (What are you putting up with at the moment?)
- 2. Shoulds** (What do you think you should be doing right now?)
- 3. Frustrations** (What things are frustrating you?)
- 4. Desires** (What do you really want right now?)
- 5. Feelings** (How do you currently feel and want to feel?)



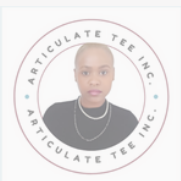
Using the answers above, briefly explain how you will deal with each observation (take action) within the next 7 days:

1st Key Observation

Action 1

2nd Key Observation

Action 2



WEEKLY ACCOMPLISHMENT(S) Planner

Date:

My Top 3 Focus Areas In Life

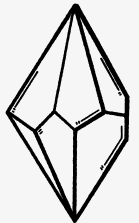
My Quarterly Goals



What I Must Remember

-
-
-
-
-
-
-

Obstacles:

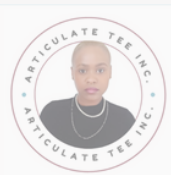


Distractors:



Steps For Change:

Actions That Will Rapidly Increase Progress





WEEKLY REVIEW

What have I achieved this week?

What have I learned this week?

What could I do differently next week?

