



Find Your Spark

Helping mums find their spark so they feel fulfilled at home and work, doing what lights them up..

Katy Smith coaching

Hi

Welcome back to step 3!

Today, we are looking at your emotional needs!

These are the things that are non negotiable for you. If your needs aren't met they can stop you performing at your best and drain your energy levels and ultimately you won't achieve your goals and dreams.

Grab your dedicated notebook and pause the video when you want to think about an answer and jot it down.

Today, the list of words below might help you discover your own unique needs (this is a suggestive list and you can use them and / or add your own words).

***Security, Abundance, Adventure, Stability, to have fun, to be admired,
Family, to achieve, to mentor, to learn, to be desired, to be appreciated,
excitement, freedom.***



If you prefer you can see all the steps in one go [here...](#)

Warmest,

Katy x

P.S If you love these videos why not come and join my supportive Facebook group [The Courageous Mums Circle](#). Click and ask to join. x

Certified Personal Performance Coach | Accredited Personality Profiler (DISC)

Katy Smith Coaching

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