

THE  
INTUITIVE  
COACHING  
Starter Kit

[www.IntuitiveCoachingwithAmy.com](http://www.IntuitiveCoachingwithAmy.com)

Hey Sweet Friend,

This guide is designed to give you a preview to working with me in a session or an Intuitive Coaching Package. It covers all the areas of my intuitive coaching process.

You can use this guide to better understand my approach AND you can use it to intuitively coach yourself if working with me is not an option for you as this time.

No matter what your vision or dream for your life is... you can accomplish it with these steps. Make each step work for you... you do not need to do anything exactly as it is written. Let your intuition guide you.

Take your time as you work through this guide.

I pray it blesses your life in all ways.

With love & service,

Amy

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# STEP ONE:

## SCHEDULE ALL 6 OF YOUR SESSIONS

- Enroll in an [Intuitive Coaching Package](#).
- Schedule all your sessions here:  
<https://amyyancy.youcanbook.me/>
- Sessions are held every two weeks (twice a month).
- Be sure to place all your session dates on your calendar. You will receive an email confirmation for each appointment.
- Office hours are weekly on Thursdays, 11:00 a.m.-1:00 p.m., PST. Call 510.350.7305.
- Purchase a journal or notebook exclusively for your coaching calls.

## STEP TWO: WHAT'S THE GOAL?

- In your journal write down your goal or big dream.
- What is your vision? Be very detailed. You can write this any way you want. Make lists. Draw diagrams. Create a spreadsheet. Add pictures. Do whatever you need to do to make your vision as real as possible in your mind.
- Why do you want this goal or dream? Write down as many reasons as you can think of. Just keep asking yourself “why.”
- How will reaching your goal help others or raise the vibration of the planet? Write down as many reasons as you can think of.
- How do you want to feel as you move in the direction of your goal? Write down feeling words.
- How do you want to feel when you reach your goal? Write down feeling words.
- Be specific, however keep your writing simple and concise. Do research as needed.

## STEP THREE: DAILY PRACTICE

- 1. Do a fear dump.** Every day write your fears or any negative thoughts out on a piece of paper. Give yourself 5-10 minutes to just write. Destroy the paper (burning or submerging it in water). Recite this prayer: *I release these fears for my highest and greatest good. Thank you Spirit for helping me clear this energy from my mind and life. I am now free.*
- 2. Listen to positive affirmation recordings as often as possible.** You can choose any audio that works for you. You can change it up every day. Just select something that you really enjoy listening to. Recommendations: Louise Hay has some wonderful recorded affirmations. Listen while you're doing chores, in the bath, commuting, or at a low volume while you're working.
- 3. Write down your vision every day.** What is your ideal life? What is your goal? What do you want? How will having it improve your life? Are there any adjustments that need to be made to your vision? This does not need to be perfect, just write your vision down as it comes to you each day.
- 4. Breathe deeply.** With each breath, imagine your inner light getting bigger and bigger, wider and wider, brighter and brighter. With each breath, you are expanding your ability to receive, and you are drawing everything you need to you to accomplish your goals.

5. **Tune into your intuition.** What do you need to know to move in the direction of your goal today? What messages or signs are you receiving? What are you being guided to do?
6. **Take action.** Do something every day to move you in the direction of your goal. Do activities that directly align with your vision. Small steps matter.

## STEP FOUR:

### WHAT DO YOU NEED TO LEARN?

- Make a list of what you need to know or learn in order to reach your goal.
- Are there any books you need to read?
- What additional information do you need?
- Are there any experts you need speak with, listen to, or watch?
- Where do you need more knowledge or understanding?
- Is there anything you need to get better at?
- Is there anything you need to practice, prepare, or rehearse in order to manifest your goal?
- Is there something you need to experience?
- Is there something or somewhere you need to explore?
- Always be willing to follow your curiosities. You will feel more empowered and uplifted. Knowledge gives you wings.

# STEP FIVE:

## WISDOM FOR YOUR JOURNEY

- Do whatever you need to do to **STAY CALM**. Exercise. Meditate. Pray. Take a salt bath. Play. Laugh. Breathe deeply. Prepare to receive your goal.
- **Pay attention to signs from the Universe** that you are moving in the direction of your dreams. Spirit will give you clear messages that let you know that you are on the right track. Acknowledge & appreciate them.
- Do whatever you need to do to **FEEL CONFIDENT**. Your soulful confidence is magnetic. The more self-assured you feel the more graceful your journey will be.
- **AVOID NEGATIVE** people, situations, media, and conversations. Practice surrounding yourself with good vibes only. Do activities you enjoy. Spend time with people who make you feel good. Take excellent care of yourself and your surroundings. Focus on everything you love and appreciate about your life. Have fun. Pursue what brings you pleasure.
- **Declutter**. Release any appointments, items, commitments, emotions, or relationships that are weighing you down or burdening your life. Let go in your heart and then do the physical work to release it.



## STEP SIX:

### ACT AS IF YOUR GOAL IS HAPPENING

- Whatever it is you are trying to create— you have to physically, mentally, and emotionally behave as if you already have what it is you desire.
- **Speak** like a person who has what you want.
- **Socialize** like a person who has what you want.
- **Dress** like a person who has what you want.
- **Move** like a person who has what you want.
- **Shop** like a person who has what you want.
- **Give thanks** for your manifestation as if it has already happened. (Also known as affirmative prayer.)
- **Eat** like a person who has what you want.
- **Take care** of yourself and your space like a person who has what you want.
- **Feel** like a person who has what you want.
- **Organize** your life like a person who has what you want.
- **Think** like a person who has what you want.
- **Consume media** like a person who has what you want.
- **Appreciate and admire others** who have what you want.
- You don't need to do everything all at once, just make meaningful little upgrades to your life and mindset as you are able.

## STEP SEVEN:

### DO THE WORK, ONE STEP AT A TIME.

- Decide to love the necessary work to reach your goals.
- Your intuition will guide you as to what steps to take and you will develop action plans in your sessions. FOLLOW THEM.
- Practice patience. Your faith and diligence will be rewarded.
- Challenge yourself to take actions that are outside the box. Be creative. Take a chance. Try something new. And take the right amount of risk for you.
- Do something every day. Even if you're just visioning, you're still moving in the direction of your dream.
- Remember each action builds on top of the other even if you're not sure how everything is connected. Trust the mysteries in your journey.
- The journey will be messy at times. Release the need to be perfect. Just do your best at any given moment. And stay aware so you'll know if you need to change your approach or mindset.
- Resistance will show up. You will want to quit at times. You will feel tired and low energy at times. Be willing to

rest and reset, but don't quit. You can ease off the gas, but don't hit the break.

- Always remind yourself that your struggles are not a reflection of who you really are. And they are NOT a sign that you cannot have what you want. If it feels bad, it doesn't mean you're bad or wrong.
- **KNOW THIS:** There is a lesson or benefit in every struggle in your life. Uncover and heal it, and then you will move into your breakthrough and cease to struggle in that way. Every ebb is an opportunity to learn, grow, and reshape your life so it is in alignment with what you truly want.

## STEP EIGHT: HAVE FAITH. BELIEVE. TRUST.

- Know in your heart your manifestation is happening. Mentally affirm: *Something wonderful is getting ready to happen.*
- Praise yourself for all the work you've been doing. Appreciate all your effort.
- Do not push or strain to “make something happen.” Stay light, open, and graceful... while still doing the work.
- Trust that Spirit is working on your behalf and there is a multitude of ways to receive what you want.
- **KNOW THIS:** Spirit is in full charge of *how* and *when* your manifestation will occur. It may not happen when you want, but it will always be on time and even better than you could imagine.
- Pay close attention to intuitive messages and continue to take action.
- Truly believe that what you want is going to happen. Also, recognize any limiting beliefs that may be keeping you from believing your goal will be manifested.
- Stay centered. Any spiritual practice can help you stay present and aware. Prayer. Meditation. Visit a place of worship. Chant.

- Have faith in your dream.
- Believe you can do it.
- Trust (know) your goal will be manifested.

## STEP NINE: YOU DESERVE TO HAVE WHAT YOU WANT

- You can block your manifestation if you are holding any belief that you are not worthy or do not deserve to have what you want.
- Do a releasing ritual around past failures, societal limitations, struggles, and disappointments. Write down all your feelings, thoughts, and concerns on a piece of paper. Take no more than 20 minutes to write. Burn the paper or submerge it in water. Say: *I'm releasing this for my highest and greatest good. I am now free.* Be willing to do a releasing ritual as often as needed.
- Forgive yourself, others, and past experiences. Unforgiveness keeps you stuck in the past. Open your heart and be willing to let it go. Forgiveness is not about forgetting, but it stops you from re-living the pain of the past. It sets you free so you can move forward.
- Practice having healthy boundaries with yourself and others. Maintain an open heart but keep a well-constructed fence around it. You get to choose what you allow in and what you don't. You get to choose how you

use your time, energy, money, and resources. Choose what feels good. Honor your well-being above all.

- Allow yourself to receive. Receive all the good that comes your way. Compliments. Unexpected gifts. Help. A smile. Someone paying for you. Wisdom. Love. Accept all good, graciously. All you have to do is say thank you. The more open you are to receiving, the faster you will draw your vision to you.
- You are worthy.
- You are enough.
- You always deserve to have what you want.

## STEP TEN: BE YOUR OWN BEST FRIEND.

- You will need to be your greatest ally during this process. Give yourself pep talks. Be proud of yourself. Truly love yourself. Seek validation from within. Feel good about yourself and your life choices.
- You will feel vulnerable at times. Be kind, gentle, and compassionate with yourself.
- Honor your feelings. Name them. There are no bad feelings, but there are high vibrational feelings: joy, peace, love, gratitude, freedom, empowerment, passion, enthusiasm, eagerness, and knowledge.
- Often to get to a high vibrational feeling, you will have to go through negative feelings first. Don't suppress them in the name of being "a positive person." You're human. You won't feel good all time- just don't *stay* in those low vibrational feelings.
- Believe your life is being healed in all ways.
- Enjoy your own company. You may have to keep to yourself at times during this process. Practice stillness. Discover new ways to experience tranquility and embrace solitude. Power and self-confidence are cultivated in the quiet.