

Love You First

EIGHT Week Program Outline

(LYF: 8)

Below is an outline for the (LYF: 8) program. The focus area for each week is covered in your weekly sessions. It is then supported through daily exercises completed independently by you between sessions. The daily exercises that are assigned each week may include any combination of the items listed below. Each exercise will come with detailed instructions; informational resources and when appropriate, paperwork to be completed and discussed during your next session.

All proposed exercises are chosen based on your coach's judgment of what may help you achieve your weekly goal. You are free to negotiate any of the proposed exercises and choose a replacement accordingly.

Week 1: Self-Discovery and Awareness

Goal: Understand your current self-image and identify areas for growth.

- **Day 1:** Journaling Prompt
- **Day 2:** Mindfulness Practice
- **Day 3:** Core Values Assessment
- **Day 4:** Gratitude Journal
- **Day 5:** Vision Board Creation
- **Day 6:** Weekly Reflection

Week 2: Building Self-Confidence

Goal: Develop strategies to boost self-confidence.

- **Day 1:** Set Achievable Goals
- **Day 2:** Affirmations
- **Day 3:** Skill Development
- **Day 4:** Visualization
- **Day 5:** Take Action

- **Day 6: Celebrate Wins**

Week 3: Establishing Healthy Boundaries

Goal: Learn to set and maintain healthy boundaries.

- **Day 1: Understanding Boundaries**
- **Day 2: Identify Boundary Violations**
- **Day 3: Boundary Setting Exercise**
- **Day 4: Communicate Boundaries**
- **Day 5: Self-Care Day**
- **Day 6: Reflection**

Week 4: Integration and Growth

Goal: Integrate the lessons learned into your daily life.

- **Day 1: Create a Personal Growth Plan**
- **Day 2: Accountability Partner**
- **Day 3: Practice Mindfulness**
- **Day 4: Weekly Check-In**
- **Day 5: Share Your Journey**
- **Day 6: Celebrate Yourself**

Week 5: Cultivating Self-Love

Goal: Develop practices that nurture self-love.

- **Day 1: Self-Compassion Exercises**
- **Day 2: Daily Affirmations**
- **Day 3: Explore Passions**
- **Day 4: Create a Self-Care Routine**
- **Day 5: Mindful Appreciation**
- **Day 6: Weekly Reflection**

Week 6: Strengthening Resilience and Confidence

Goal: Build resilience to setbacks and boost confidence

- **Day 1:** Resilience Training
- **Day 2:** Affirmation of Strength
- **Day 3:** Daily Challenges
- **Day 4:** Mindfulness for Resilience
- **Day 5:** Networking and Support
- **Day 6:** Reflect on Growth & Create a Personal Growth Plan

Week 7: Enhancing Communication Skills

Goal: Improve communication skills to express needs effectively.

- **Day 1:** Active Listening Practice
- **Day 2:** Non-Verbal Communication
- **Day 3:** Assertiveness Training
- **Day 4:** Role-Playing Conversations
- **Day 5:** Self-Reflection on Communication
- **Day 6:** Weekly Reflection

Week 8: Setting Long-Term Goals

Goal: Focus on long-term personal growth and aspirations.

- **Day 1:** Vision for the Future
- **Day 2:** SMART Goals
- **Day 3:** Action Plan Development
- **Day 4:** Identify Obstacles
- **Day 5:** Establish Accountability
- **Day 6:** Celebrate Progress