

# Love You First

## FOUR Week Program Outline

(LYF: 4)

Below is an outline for the (LYF: 4) 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 Exercise
- **Day 2:** Mindfulness Meditation
- **Day 3:** Identify Core Values
- **Day 4:** Gratitude Practice
- **Day 5:** Vision Board
- **Day 6:** 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 & Final Reflection