



2019 F WORDS RESET		All Replays located at: Facebook.com/TheFWordsOfLife.com/videos			
#	Date		Title	Description	Length
1	4/8	Week 1 of 4: The F Words Reset Series	Welcome to Day 1 of The FWORDS RESET Experience!	Intro and Overview of The F Words Reset 4-Week Experience	13:46
2	4/9		The FWORDS RESET - Day 2	Where are you RIGHT NOW? How to Quantify each area of your life	35:28
3	4/10		The FWORDS RESET - Day 3	What is ONE thing you want to accomplish in each area by the end of the year?	37:35
4	4/11		The FWORDS RESET - Day 4	Learn The Fundamentals Formula for Success! (or failure)	26:32
5	4/12		The FWORDS RESET - Day 5	What is FORTITUDE and how can it help or hinder you in achieving your goals? 💪	34:43
6	4/15	Week 2 of 4: The F Words Reset Series	The FWORDS RESET - Day 6	What do you REALLY want to experience in this life?	22:51
7	4/16		The FWORDS RESET - Day 7	Are you actively working on a plan to make your Dreams a Reality? Would you like to super-size your plan or create a new one that will accelerate your results?	17:08
8	4/17		The FWORDS RESET - Day 8	Taking Your Goals From An Idea To A Reality With One Simple Step!	39:35
9	4/18		The FWORDS RESET - Day 9	Create Momentum and Compound Your Success with Focus	29:15
10	4/19		The FWORDS RESET - Day 10	Flip the Script! Learn a Quick yet Powerful Jedi Mind Trick to Turn Any Situation from Blah 🙄 to Hurrah 🥳	27:02
11	4/22	Week 3 of 4: The F Words Reset Series	The FWORDS RESET - Day 11	It's time for Motivational Mindset Coaching!	30:25
12	4/23		The FWORDS RESET - Day 12	Today discover how your stinkin' thinkin' can be your biggest roadblock 🚧	32:44
13	4/24		The FWORDS RESET - Day 13	😡 "You're not good enough." 😡 "OH YEAH? WATCH ME!!!"	28:31
14	4/25		The FWORDS RESET - Day 14	The #1 Habit of the Most Successful People - and You Can Do It Too!	37:48
15	4/26		The FWORDS RESET - Day 15	Force Field: **4 Steps for you to use when others attack or try to hold you back...	24:19





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16	4/29	Week 4 of 4: The F Words Reset Series	The FWORDS RESET - Day 16	Ever Struggle with Consistently Implementing a New Habit? Today You Will Learn the #1 Thing Holding You Back and What to Do About It!	46:38
17	4/30		The FWORDS RESET - Day 17	Are your current habits working for or against you? First Key is Awareness!!	12:26
18	5/1		The FWORDS RESET - Day 18	What new habits will you implement this month? **Do you have systems in place to make them stick? 🥰🥰	41:18
19	5/2		The FWORDS RESET - Day 19	How to Stay on Track with New Habits! FREE NEW TOOL Available at TheFWordsOfLife.com/FWordsReset 💖	15:01
20	5/3		The FWORDS RESET - Day 20	Now what??? 🤔 It's the FWORDS RESET Graduation Day!!! Find out WHAT'S NEXT!	16:48





May 2019 Episodes		All Replays located at: Facebook.com/TheFWordsOfLife.com/posts			
#	Date		Title	Description	Length
21	5/7	The Coaching Show	It's Your Mindset Tip of the Day in just 5 minutes!	Feeling Stuck or just "Blah"? Do What is Counterintuitive! Here's How!	05:52
22	5/8		Empower Yourself Quickly	"I am the author of my day and the creator of my life!"	05:36
23	5/10		Happy Mother's Day weekend!	Time to celebrate all of the amazing Females in your life! AND... get a sneak peek of what is coming next week on the Daily Coaching Show here LIVE on social media!!	09:59
24	5/13	Communication Week! Four-Part Series	Small Strategies You Can Use to Increase Your Communication Skills	How to have a better relationship with your honey, your kids, your friends, and create more opportunity in the workplace or your business	09:56
25	5/14		Increase Your Influence by How You Show Up 🔥	How to increase your influence and powers of influence	09:59
26	5/15		3 Ways to Avoid Conflict & Misunderstandings	3 Ways to avoid conflict & misunderstandings to have better relationships, as well as increase your productivity, influence, and negotiation skills at work	09:09
27	5/16		Deepen Your Relationships by Developing Curiosity! 🧐	How to use curiosity in 3 simple ways to improve your communication skills	09:55
28	5/21	The Coaching Show	5 Simple Ways to Leave Work Stress at Work	Do you ever find yourself working 24/7? Today's episode teaches you 5 simple ways to leave work stress at work... plus a bonus tips for business owners!	09:41
29	5/22		Mid-week Mindset Check-in! 🔥🔥	Are you using your mindset, thoughts, and beliefs as the accelerators to your success in all areas of your life?	09:49
30	5/23		Thankful Thursday! I am grateful for...	What are you grateful for?	08:58
31	5/24		Happy Friday!	How will you recharge and reboot this weekend?	03:52
32	5/28		ALL OR NOTHING!	Is this type of thinking undermining you in achieving your goals?	09:56

