

# soul to soul

business & marketing  
for therapists, coaches & healers

[Click Here for Google Docs](#)

## My Emotion Mapping Worksheet

Fill in the worksheet below to have an emotion mapping.

	Step 1 - Emotion Word	Step 2 - Image	Step 3- Tone
1			
2			
3			
4			
5			

Validity Living College™ - Empowering Transformation.

©2021 Rangana Rupavi Choudhuri, [www.validitylivingcollege.info](http://www.validitylivingcollege.info). All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from [www.validitylivingcollege.info](http://www.validitylivingcollege.info). All infringements will be prosecuted.

# soul to soul

business & marketing  
for therapists, coaches & healers

Here is an example:

	Step 1 - Emotion Word	Step 2 - Image	Step 3- Tone
1	<b>Alive</b> - <i>People transform feeling happier, healthier and at peace. They are able to let go of stress, past negativity, fears, phobias, trauma, depression and emotional/physical challenges to feel a sense of purpose with a passion for life and living. They are no stranger to hardship, having overcome difficulty and feeling gratitude with a zest for learning, growth and transformation.</i>	<ul style="list-style-type: none"> <li>• 'Living Life Full Out' images</li> <li>• Hands in the air</li> <li>• Big smiles</li> <li>• Vibrant</li> <li>• Colour orange</li> <li>• Overcoming hardship</li> <li>• Gratitude quotes</li> </ul>	Upbeat Positive
2	<b>Safe</b> - <i>We create a safe and non-judgmental learning environment, where it is safe to open up, practice the skills and gain experience; where on qualification, our coaches and practitioners are able to help their clients feel safe and supported as they heal, transform and grow.</i>	<ul style="list-style-type: none"> <li>• Warm and cozy</li> <li>• Being embraced</li> <li>• Opening up and blooming</li> <li>• Overcoming limits/barriers</li> <li>• Images that create a feeling of trust</li> <li>• It's ok to...mental health campaign</li> <li>• Testimonials that communicate safety and non-judgment</li> </ul>	Soothing Comforting

Validity Living College™ - Empowering Transformation.

©2021 Rangana Rupavi Choudhuri, [www.validitylivingcollege.info](http://www.validitylivingcollege.info). All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from [www.validitylivingcollege.info](http://www.validitylivingcollege.info). All infringements will be prosecuted.

# soul to soul

business & marketing  
for therapists, coaches & healers

3	<p><b>Supported</b> - <i>We are welcoming and friendly while being caring and nurturing, that gives our tribe a sense of belonging and home. Our students, practitioners and coaches feel supported pre, during and post-training; striking a balance between teaching, empowering and reassuring. We create understanding communities where we empower each-other to continue to learn, grow and thrive; making a difference to the lives of others and earning a living.</i></p>	<ul style="list-style-type: none"> <li>• Welcome images</li> <li>• Friendly</li> <li>• Care</li> <li>• Nurture</li> <li>• Support - I got your back</li> <li>• ‘You can do it’ quotes</li> <li>• Videos from class on feeling supported</li> <li>• Testimonials on being supported</li> <li>• ‘Holding Each-Other’ images</li> </ul>	<p>Caring Kind</p>
4	<p><b>Credible</b> - <i>Truthful and authentic communication steeped in wisdom and experience. Training material backed by science and clinical data with examples of transformation from classes and our students. Be clear about where we can and cannot help. Ethical certification that involves assessment; supported by independent accreditation.</i></p>	<ul style="list-style-type: none"> <li>• Share facts and figures</li> <li>• Share clinical data</li> <li>• Case study testimonials</li> <li>• Difference between learning by self and with a credible teacher/organization</li> </ul>	<p>Factual Precise To the point</p>
5	<p><b>Transformative</b> - <i>Empowering our tribe to break through barriers with ease and confidence; creating a sense of accomplishment, pride and achievement. Transforming their life as well as the lives of others through therapy and coaching.</i></p>	<ul style="list-style-type: none"> <li>• ‘Breaking Through’ images</li> <li>• I made it!</li> <li>• I did it!</li> <li>• Power</li> </ul>	<p>Uplifting From distress to turnaround</p>

# soul to soul

business & marketing

for therapists, coaches & healers

**Validity Living College™ - Empowering Transformation.**

©2021 Rangana Rupavi Choudhuri, [www.validitylivingcollege.info](http://www.validitylivingcollege.info). All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from [www.validitylivingcollege.info](http://www.validitylivingcollege.info). All infringements will be prosecuted.