

soul to soul

business & marketing
for therapists, coaches & healers

[Click here for Google Doc](#)

My Value Diamonds

Fill in the worksheets below to have clarity about your Value Diamonds.

Step 1: Map your emotions with the types of communication:

	Emotion Word	What Types of Communication Will Fit
1		
2		
3		
4		

Vitality Living College™ - Empowering Transformation.

©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.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.vitalitylivingcollege.info. All infringements will be prosecuted.

soul to soul

business & marketing
for therapists, coaches & healers

5		
---	--	--

Here is the example of Step 1:

	Emotion Word	What Types of Communication Will Fit
1	Alive	<ul style="list-style-type: none"> ● Inspirational quotes ● Motivational quotes ● Overcoming hardship quotes ● Testimonials ● Life Stories ● Positive Pictures ● Life turnaround videos
2	Safe	<ul style="list-style-type: none"> ● Safety, trust and non-judgement quotes ● Testimonials ● Seminar Snippets (care, love, nourish) ● Seminar Photos that show safe ● It's OK campaign
3	Supported	<ul style="list-style-type: none"> ● Seminar photos ● Seminar Snippets (sessions, hugs, smile) ● Life Stories ● Testimonials (made my closest friends) ● Seminar Community Videos
4	Credible	<ul style="list-style-type: none"> ● Factoids ● Psychology Terms ● Clinical Data ● Testimonials ● Certification ● Endorsements

Vitality Living College™ - Empowering Transformation.

©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.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.vitalitylivingcollege.info. All infringements will be prosecuted.

soul to soul

business & marketing
for therapists, coaches & healers

		<ul style="list-style-type: none">• Thought leader quotes• Scientific evidence quotes• Live demonstrations• Before & after stories
5	Transformative	<ul style="list-style-type: none">• Tips• Clinical Cases• Life Stories• Quotes• Testimonials• Transformational Quotes• Challenging quotes• Change thinking quotes• Before and after stories

Step 2: Check your list against the 4 pillars of communication and explore if there are any gaps

Are the types of communications:

- Educating
- Empowering
- Engaging
- Entertaining

Are there any types of communication missing?

Vitality Living College™ - Empowering Transformation.

©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.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.vitalitylivingcollege.info. All infringements will be prosecuted.

soul to soul

business & marketing
for therapists, coaches & healers

Step 3: Make your final list of 8, no more than 10 Value Diamonds

My final list of Value Diamonds are:

	Value Diamond	What's In It?
1		
2		
3		
4		
5		
6		
7		
8		

Vitality Living College™ - Empowering Transformation.

©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.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.vitalitylivingcollege.info. All infringements will be prosecuted.

soul to soul

business & marketing
for therapists, coaches & healers

Here is my example:

My final list of Value Diamonds are:

	Value Diamond	What's In It?
1	Inspiration	Motivational Quotes Word Quotes
2	Tapping Tips	Tapping Sequences 1 Min Masterclass
3	Facts & Figures	Factoids Psych terms & Sci
4	Coaching Hacks	NLP Bite Sized 1 Min Masterclass
5	Life Stories	Testimonials Video Interviews
6	Mental Health	Overcome Hardship Its OK campaign
7	Clinical Cases	Before & After Live Demonstrations
8	Seminar Photos	Soul Emotions Training Info

Vitality Living College™ - Empowering Transformation.

©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.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.vitalitylivingcollege.info. All infringements will be prosecuted.