

# SIX FIGURE SABOTAGE ACTION PLAN

1. With which of the six ways six figures can sabotage you do you most identify with? Why?

2. Where do you think you struggle in trying to improve in that area (i.e.) what's holding you back?

3. What do you enjoy doing that you feel your work has compromised? In what other ways has your life been compromised by your career?

4. What action plan can you put in place to create more space to do more of what you enjoy or find more fulfillment in your life?

Next Steps:

Additional Notes:

## About Dr. Cori Cooper



Dr. Cori Cooper is a pharmacist, women's empowerment coach, professional speaker, and health education expert.

She uses her personal and professional experience to ignite and encourage working moms to thrive from a place of self-care.

Dr. Cori earned her Doctor of Pharmacy (Pharm.D.) Degree from Xavier University of Louisiana and her Master in Public Health (MPH) degree from Johns Hopkins Bloomberg School of Public Health.

She is certified through the Institute of Integrative Nutrition and The Nutrition School with advanced training in nutrition, health coaching psychology, and hormone health.

Dr. Cori is also board-certified in ambulatory care pharmacy and is a certified diabetes educator.

For over a decade, Dr. Cori has coached women in health, and worked with leading business coaches across multiple industries. Her company, **The Cooper Collaborative**, coaches women to understand that they alone are enough. It's not about "doing" more, but instead "being" more. Dr. Cori reminds women that putting themselves first creates the inspiration and passion needed to win in their careers and at home.

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