

JASMINE RICE

GOOD THINGS ARE GONNA COME. LLC



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INTERVIEW TOPICS

- Life After Divorce
- Rebuilding yourself after loss
- Loving yourself through life's ups and downs
- Self-care is not selfish
- How to move forward after life punches you in the face
- Embracing change
- How to have a positive mindset when you are already struggling
- Not suppressing your emotions when you are going through challenging transitions

MEDIA

- www.midlifedivorcerecovery.com
- www.obtaininglebliss.com
- www.thriveglobal.com
- www.primeyourpump.com
- www.morningupgrade.com

Jasmine Rice is a certified life coach who helps people transform their lives after challenging transitions.

Having overcome a series of challenging life transitions herself, including a divorce and a job loss, Jasmine transformed herself from surviving to thriving and wants to share her process with others.

She expresses that there is no one-size-fits all approach to self-improvement, self-care, personal growth and transformation. You get to create your own recipe!

Sample interview questions on page 2





INTERVIEW QUESTIONS

- How did you decide to become a transformation coach?
- What does the process look like if someone wants to start transforming their life with a coach life yourself?
- Why is self-care so important when you are going through challenging transitions?
- Can you talk more about the self-care tips you say everyone knows they "should" be doing but aren't?
- What is the smallest piece of wisdom you could give our listeners right now?
- How can you focus on moving forward to your next chapter when you are still trying to make peace with your past?
- What is the missing piece that no one teaches in regard to self-care and personal growth?
- You often say "give yourself grace" what do you mean by that?
- What does your concept of STROFT (Strong + Soft) mean? Why is that important to you?
- What do you mean by "create your own life recipe"?
- How is learning to make healthier decisions essential to reinventing and transforming yourself after challenging life transitions?

“ Create your own life recipe...then tweak it a time or twelve ”