

# Design Your Life

## Introduction

- \* Are you clear about your destination and know exactly where you are going ?
- \* Are all your relationships fantastic ?
- \* Are you having fun, all the time, every day ?
- \* Are you living your dream life ?

If the answer to any of the above questions is "No", then please read on. It does not matter what your background is or how old you are or what your life circumstances are. What you need to realise is, that you have the power within you to transform your life and take it to a whole new level. You can decide exactly how you want your life to be and start working towards achieving that. You become the author of the book of your life, you become the captain of the Ship of your life. In essence you take control and become the master of your destiny. There are specific steps, ideas and tools that if understood makes it easy for you to design your life. The real challenge is that most of us do not know where to start and what the steps are. Once you understand these steps you could breakthrough challenges in any area of your life whether it be your Health, Relationships, Finances, Career or Spiritual & Emotional Growth and start moving it in the direction of your choice.

## What is the workshop about ?

The "Design Your Life" workshop is a full one day workshop that will help you understand how life works and how it evolves. During this workshop we will share ideas, concepts and distinctions that will allow you to change your mindset about life and give you the tools and the ability to start making powerful changes that will steer your life in the direction that you choose.

## What will you learn at the workshop

- \* How to harness the spiritual laws of the universe.
- \* How to change and shift your mindset
- \* How to empower yourself in all aspects of your life
- \* How to take control and expand your circle of control and diminish your circle of concern
- \* How to access the resources that you already have within you
- \* How to deal with failure and pain and come out stronger
- \* How to build powerful and growing relationships
- \* How to become truly successful

## Content

- \* Journey of Life - The big picture
- \* Living by your values
- \* Motivation vs. Inspiration
- \* What is Success
- \* Pain Pleasure Principle
- \* Fun
- \* Failure / Mistakes
- \* Risk Taking / Persistence
- \* Attitude
- \* Levels of Relationship
- \* Choose What is
- \* Compassion
- \* Circle of Control / Concern
- \* Recipe for success

## Outcomes

- \* Harness the power of your sub conscious mind
- \* Become aware of yourself and your true identity
- \* Discover your passions and follow your true calling
- \* Eliminate and overcome your limiting beliefs
- \* Reduce and overcome fears
- \* Have healthy relationships
- \* Convert challenges into opportunities
- \* Live without performance anxiety
- \* Do what you love and Love what you do
- \* Manage your time and achieve more in the available time

## Who should attend this workshop ?

- \* Anyone wanting to create something of meaning out of their life
- \* Anyone wanting to know how to overcome challenges and adversity
- \* Anyone seeking to overcome stress, fear or anxiety
- \* Anyone wanting to dissolve rage, anger and resentment
- \* Anyone seeking to build self-worth and dissolve feelings of shame and guilt
- \* Anyone with health challenges
- \* Anyone wanting to have healthy relationships