

Live an Inspired Life

Introduction

- * Are you excited when you wake up every morning ?
- * Are you having fun, all the time, every day ?
- * Do you live an inspired life ?
- * Are you working towards building a legacy ?

If the answer to any of the above questions is " No", then please read on. How have you been living your life until now. If you want change in your life the change has to start with you. If you want to find true and lasting joy and happiness, peace of mind and a sense of fulfillment then you need to lead an inspired life. Inspiring not only to yourself but to all those who come in contact with you. What would it be like to lead an inspired life. 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 live an inspired life. All it takes is some minor changes in your thinking, in your mindset and in your behaviour.

What is the workshop about ?

The "Live an Inspired Life" workshop is a full one day workshop that will help you understand yourself and understand life and the relationship between the two. We will show you how by changing your mindset, your thinking and your behaviour you can take your life to a whole new level and start inspiring all those around you.

What will you learn at the workshop

- * Understanding the law of attraction and how your thoughts create your reality
- * Understanding the power of now and the tools to live in the moment
- * A basic understanding of meditation and its benefits
- * Understanding EGO and its role in your life
- * Learning how you can model excellence from other role models in your life
- * The power of gratitude
- * Understand what your core values are and what you stand for in life. The most important aspects of your life will become apparent to you.
- * Get the opportunity to do Self Introspection and the tools to be able to do this on a regular basis.
- * The power of faith

Content

- * Journey of Life - The big picture
- * Living by your values
- * Law of Attraction
- * Power of Now
- * Mind Fitness - Meditation - Mind Training
- * Ego
- * Persistence
- * Mentors / Modelling
- * Integrity
- * Gratitude
- * Faith
- * Recipe for success

Outcomes

- * Learning to be always in a state of gratitude
- * Be able to get rid of Ego forever
- * Having faith in yourself and your capabilities
- * Being able to use your thoughts in a powerful way to create what you want in your life
- * Be able to live in the present instead of worrying about the past and the future
- * Being able to calm your mind and get into a state of meditation
- * Be able to model others who are getting the results that you want in your life

Who should attend this workshop ?

- * Anyone wanting to attain lasting happiness, peace of mind and true fulfillment
- * 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