



# Workbook

## BRING IT ON!

FOR DEFINING YOUR GOALS AND  
CREATING AN ACTION PLAN

NAME:

DATE:



BRING IT ON!

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## *Welcome to your Workbook*

*"What you get by achieving your goals is not as important as what you become by achieving your goals."*

**Zig Ziglar**

### MY NAME IS ORSI.

I'm a Life & Business Coach and Motivational Speaker.

In July 2015 I decided to leave the corporate world behind and follow my heart. I was ready and determined to embark on my new adventure. As I have always been passionate about coaching people, helping them realise that even their worst fear can be overcome, the decision to set up my own coaching business came easily.

I know a career change can be rather scary and challenging but with the right mindset, a supporting network and a coach that we can fully trust, everything is possible. To prove my point, I decided to write a book about my transition period, called **"JUMP – How to achieve absolutely ANYTHING in just 3 months"**. That book is now available on Amazon.

I would like to encourage you all to live each day to the fullest, with clear awareness of what is important, and the knowledge of how fragile life can be.

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We all have dreams of where we would like to be, or what we would like to do. But more often than not, these dreams never see the light of day, simply because we don't actively pursue them. Please, don't let your dreams remain on the shelf. Bring them to life today.

I truly believe that it is never too late to be who you are meant to be. I know for sure that with my unlimited support and full faith in you, you also can achieve absolutely ANYTHING.

**So what are you waiting for? JUMP!**

### THE AREAS OF MY EXPERTISE ARE:

- working with ladies and helping them reconnect with their hearts and find their way back to their feminine side and
- supporting everyone who is ready to change their financial destiny and start moving towards achieving financial freedom.

I am here to listen to your dreams, aspirations and stumbling blocks and then together, we can get you moving in the direction you desire.

Don't just dream about your ideal life, make it a reality.

***My motto:*** *Live life to the fullest, love with all your heart and help others do the same!*

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- To get your daily inspiration join me on [Facebook – Jump with Orsi](#).
- If you prefer to progress at your own speed, then you can get my [15-day challenge of becoming a High Quality Woman](#), where you will receive a video for 15 consecutive days with a very important task to do. Fun, fun, fun!
- Or if you are more determined and ready to take that leap of faith, then sign up for the [Breakthrough coaching program](#).
- Alternatively get into the most requested [VIP program](#) where you will learn to glow like you have never glowed before!

*Let's bring out the best in YOU!*

HOW TO BECOME A  
HIGH QUALITY  
WOMAN?

*Ready to re-  
write your own  
story?*

Sign up to my coaching program and start  
living the best version of yourself, right NOW!  
[@jumpwithorsi](#)



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*Bring it On!*

My 3 goals that I would love to achieve in this year are:

- 1. ....
- 2. ....
- 3. ....

The goal I would most like to work on today is...

.....  
.....

Why do I want it?

.....  
.....  
.....

How would I feel if I could never have it?

.....  
.....  
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When I finally achieve this goal I will feel...

.....  
.....  
.....

The reasons why I haven't yet accomplished this desire of mine are...

.....  
.....  
.....

I'm planning to take the following actions in order to achieve my goal (3 – 5 steps):

1. ....
2. ....
3. ....
4. ....
5. ....

My deadline to finish the first step is:

.....

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My deadline to achieve my entire goal is:

.....

The person who will hold me accountable to complete these actions is:

.....

On a scale of 1 – 10 (1= low, 10 = high), how motivated are you to change?

.....

When I finally achieve my goal I will reward myself with...

.....

.....

.....

I'm fully committed to completing all my actions by the date I set for myself.

Signed: .....

Dated: .....

Thank you for participating fully and  
congratulations for taking your fate into your hands!

**Good luck, you ROCK!**