



Workbook

FEELING FABULOUS

What? Why? How?

NAME:

DATE:



Welcome to your Workbook

The beauty of a woman must be seen from in her eyes, because that is the doorway to her heart, the place where love resides.

Audrey Hepburn

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.

FEELING FABULOUS – WHAT / WHY / HOW

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!*

FEELING FABULOUS – WHAT / WHY / HOW

THE STORY OF MY LIFE (from my diary 4 years ago)

In the last few months I became a workaholic. I realised that I hardly ever went out with my friends anymore, most of the time I stayed at home in my tracksuit or other not so sexy outfits, I wasn't wearing makeup, and I paid less attention to being that beautiful, desirable, high quality lady that I used to be, not for anyone else but for myself. I generally felt that I lost contact with my feminine side. That realisation was rather difficult to bear. How did I get there?

If you feel that you can relate to my story and you would also like to reconnect with your feminine side, then this workbook is for you!

- 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 [10-day challenge of changing your financial destiny](#), where you will receive a video for 10 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!

FEELING FABULOUS – WHAT / WHY / HOW

HOW TO BECOME A
HIGH QUALITY
WOMAN?

*Ready to re-
write your own
story?*

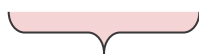
Sign up to my coaching program and start
living the best version of yourself, right NOW!
www.jumpwithorsi.com



Our core is love, but we often hide it thinking of it as a weakness. I understand that we want to come across as tough women and show that we have our acts together. It is appealing to a certain degree, but deep down these are just defence mechanisms as we don't want to get hurt or be vulnerable. In order to find the love of our lives we need to be open, learn to reconnect with our hearts, and get in touch with our feminine side.

Before you move on to becoming that beautiful woman you always desired to be, let's stop here for a second and see

- what resources you have to make this dream of yours come true and
- why you so desperately would like to feel amazing in your own skin, and be the best version of yourself.



FEELING FABULOUS – WHAT / WHY / HOW

1. Let's start with identifying what exactly you would like to achieve in 2019 regarding your femininity? **WHAT?**

- Would you like to finally attract Mr Big?
- Would you like to create and live a healthy lifestyle?
- Would you like to reconnect with your heart?
- etc.

In this exercise it is extremely important for you to be as precise as you possibly can be and follow the rules of the SMART goals. Anything that you come up with must be measurable, achievable, and realistic, but also timely.

Examples:

- "I will lose 30 pounds by the end of this year."
- "From today I will exercise 3 times a week for at least 30 minutes each time."

So what is your biggest goal for 2019?

.....

.....

Once you completed this task, I would like you to write down your goal on a post it and place it somewhere in your house, where you can see it all the time. I would also like you to find a picture in a magazine that perfectly represents this beautiful goal of yours and stick it onto the next empty page.

FEELING FABULOUS – WHAT / WHY / HOW

FEELING FABULOUS – WHAT / WHY / HOW

2. The second thing I'd like you to do is to think about **WHY?** it is so important for you to feel absolutely amazing in your own skin.

So please list 10 different reasons why it is so important for you to achieve this goal.

Remember the bigger your WHYs, the easier the HOWs!

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Now that you have the list in front of you, I'd like you to rate them one by one on a 1-10 scale (1 being not so important and 10 being very important for you to achieve).

FEELING FABULOUS – WHAT / WHY / HOW

After this exercise you will probably see that some reasons are super important while others are just there to fill the space. So go ahead and cross everything off your list that you have not given at least a 9 or 10 rating to.

Superb, now you know, what your true reasons are to feel truly fantastic as a woman. Once again, place this revised list next to your other post it so you can revisit them any time, when you need some encouragement.

3. Your final next task is to identify what resources you already have in order to achieve this very important goal of yours! HOW?

So first I'd like you to finish my next sentence:

I deserve to feel(your goal), because.....

Please state 5 different qualities that you already have, and that either make you unique, or you strongly believe that anyone with similar attributes should feel amazing about themselves.

Examples:

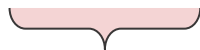
- I have an “everything is possible” mentality
- I can always take a few steps back and see the big picture
 - I'm focused
 - I see opportunities everywhere
 - I always learn from my mistakes
- I give a massive value to other people's lives
- I have a really great relationship with my heart and I always follow what it says.
 - etc.

FEELING FABULOUS – WHAT / WHY / HOW

So go ahead and find your top 5 attributes that will no doubt make you achieve your goals.

1.
2.
3.
4.
5.

Once you are done with this question, I'd like you to place this list next to the others. It will serve you as a reminder when you face some setbacks or challenges to never give up as you have already got what it takes to become that beautiful woman you always desired to be.



Well done, now you have a what, why and how board that will keep you reminded if you get side-tracked or lost in your daily challenges.