

Life Design Mini Course Workbook



Rhonda Cimorelli

Workbook

LIFE DESIGN MINI-COURSE WORKBOOK RHONDA CIMORELLI 1

Congratulations, Use this workbook as a guide to help you get the most out of this course.

My name is Rhonda Cimorelli. I am the CEO and Founder of A Balanced Life for You - where you Design The Life Of Your Dreams.

As an NLP Practitioner, *accredited* Transformational Coach, author and podcast host, I help Mompreneurs clearly identify and remove the hidden obstacles that hold them back from living the life they love.

Join me in my new Facebook Community - [Million Dollar Mompreneurs](#). We are Creating Financial Success from Home and YOU'RE invited!

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Intro

Welcome to the Life Design Mini-Course!

I enjoy work with Mompreneurs because when Mom is able to have organized chaos, she feels in control of her life thus allowing her to have increased self confidence. When Mom feels appreciated and valued, she emits a positive energy vibration which ripples into her family. And I'm sure you've heard the expression, "When Mom is happy, everyone is happy, when Mom is not happy - look out."

I want to show women that it is possible to not only design your ideal life style but you can also fully live that life without guilt or regret. It *is* possible to have more time, energy and fun in your life. And it's up to you.

If you feel like there's something missing but you just cant put your finger on it, this course will help you release the doubt and fear and realize the life you have been dreaming about is just around the corner.

Keep in mind that you did not arrive here over night so your transformation will not happen over night, but it will happen when you understand the principles and do the work.

This workbook is written in a format which correlates with the timed email sequence you will receive. That way, you may work at a pace suitable for you.

Bonuses include 2 free coaching calls with purchase of this course. This is to help you get the most out of the course material.

Freedom and Fun are in your Future.

Rhonda Cimorelli

Disclaimer:

Rhonda Cimorelli, A Balanced Life For You LLC, make no guarantee on your success. You agree to purchase the material and apply the lessons as you feel accommodate you and your life situation.

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Course Index

Intro

- Welcome Video
- PDF - Focus quiz #1 and #2

Module 1: Beliefs

- Video - Beliefs - (apx 16:35 mins)

PDF - Beliefs Worksheet; Powerful Beliefs; Values List

Module 2: Fear [Life Blueprint]

- Video Part one : Your Life Blueprint (apx time 16:42 mins)
- PDF - CZ 1&2, Fear Worksheet
- PDF - Life design evaluation, Life Design Evaluation 2 and Life blueprint exercise
- Video Part two : The Truth About Fear time (apx 12:03 mins)

Module 3: Emotions

- Video - How did I get here? (apx 21:36 mins)
- PDF Emotional Scale

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Module 4: Purpose

- Video -Mission Possible (18:24 mins)
- PDF's : The Dash poem; Eulogy instructions; Mission Possible keynote

Module 5: Action Plan

- Video : Game plan (11:11 mins)
- PDF : Goal setting; game plan

Module 6: Mastery

- Video - Road Blocks (30:36 mins)
- PDF - mindful exercises ; weekly planner

Conclusion

- video - Conclusion (1:39 mins)
- PDF - Life Direction conclusion

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Week #1 : BELIEFS

The program is intended to be completed in weekly increments so that you can avoid overwhelm as you apply these principles to your life.

Your Mini-Course is comprised of 6 Modules:

- Module 1 : Examine your BELIEFS.
- Module 2 : Learn how FEAR blocks your ability to manifest
- Module 3 : Learn how your EMOTIONS can hijack your agenda
- Module 4 : Discover your Purpose and Mission
- Module 5 : Learn and apply a proven formula for success
- Module 6 : MASTERY ; Fail forward to Success

Imagine feeling aligned with the life you are living...

If you want to identify what's *really* holding you back so you can fast-track your way to success and discover the new way to reformulate your beliefs, this module is for you.

In this module, you will learn how you came to believe what it is that you believe. Now you have the knowledge and the power to make significant changes in your life.

I remember a time in my life when I was quickly advancing as a team leader, but also felt like I was hitting a brick wall. When it came to helping the women on my team overcome their personal challenges, I often felt like I was in the dark.

I wanted more than anything to figure out how to help them in both business and personal without being intrusive. I wanted to be able to celebrate all levels of success with them.

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So, what did I do? I dove into personal development courses, learned a new skill set and then transferred this knowledge to my team.

Whether she secretly desired to be the CEO or the best Stay-At-Home Mom, she now had the ability to redirect her life. She was able to have clarity on the problem, reconnect to her authentic self, and then she would be able to set and achieve goals accordingly.

- How To Establish New Beliefs
- How To Use Your Unconscious Mind To Direct your Thoughts
- How Beliefs Are Formed
- How To Use The Power of Visualization
- How To Access the Power Of Imagination

Which of your personal or professional obstacles would you like to conquer first?

Grab a pen and paper, download your course materials and let's get started. Discover how to make the changes necessary to create longterm transformation.

Start here:

Intro

- Welcome video
- PDF - Focus quiz #1 and #2

Module 1: Beliefs

- Video - Beliefs - (apx 16:35 mins) PDF - Beliefs Worksheet; Powerful Beliefs; Values List

So, enjoy the process of learning and creating a more exciting and fulfilling future for yourself.

Rhonda Cimorelli

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P.S. Another great way to enhance your beliefs is to get around a community of like-minded people. My group coaching program is designed to compliment the Life Design Mini-Course.

- Join Million Dollar Mompreneurs for FREE [HERE](#).
- [Schedule](#) your FREE "Chaos to Clarity" session . Two free with the purchase of this course. Don't forget to inquire about upcoming Group Coaching dates and if it is a suitable match for your personal development.
- You can find more details about examining and changing your beliefs in my new book, Life Directions.

Week #2 : FEAR

In week 2, you will learn how to conquer fear and learn how to do so without regret. This will set you up to create the life of your dreams.

No matter how smart, how rich or even how experienced you are, a fearful mindset, can significantly stall you.

A few of the most common fears:

- Failure
- Abandonment
- Rejection
- Intimacy
- Success
- Financial Loss
- Inadequacy

If you noticed , many of these fears seem to be the complete opposite of one another. How can you fear financial loss AND success?

Because FEAR is just a heightened state of mind that can paralyze you from taking new action.

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There is a part of you that wants everything to remain status quo. The purpose of fear is to keep you safe. It's an innate response that stems from the beginning time for mankind.

And now it's time to win your war against fear. A war that can ONLY be conquered within.

In Module 2, You Will Learn:

- **How Fear Blocks You From Manifesting Your Desires**
- **How To Conquer Fear Without Regret, So You Can Build The Life Of our Dreams**
- **How To Use Fear As A Compass**
- **How To Work With Fear**
- **What You Should Never Do When You're Fearful**

People who are ruled by fear are enticed by every imaginable carrot: a secret formula, an expensive training or a clever sounding mastermind that does nothing for their personal fulfillment.

That's why, if you hope to remain driven towards your goals, you **MUST** understand the alternative to the kind of fluff being pushed by the majority of coaches and consultants who do nothing to acknowledge and guide you past your fears.

The alternative: **elf-directed study, aligning with like-minded people and having a coach or mentor support you by holding you accountable.**

It's possible to profit from the best of both worlds.

You can conquer your inner fears **WITH** a community of like-minded people.

It is said, 'Only **YOU** can release yourself from fear'.

Get started in this week's module.

Here are the Lesson Materials:

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Module 2: Fear [Life Blueprint]

- Video Part one : Your Life Blueprint apx time 16:42 mins
- PDF - Life design evaluation , Life Design Evaluation 2 and Life blueprint exercise
- Video Part two : The Truth About Fear time 12:03
- PDF - CZ 1&2, Fear Worksheet

Prove 'them' wrong. You'll be so glad you did.

Rhonda Cimorelli

P.S. Remember when I mentioned that I helped my team reshape their beliefs? A major part of that was recognizing and overcoming my own fear of rejection in order to be a more effective leader. With a community of like-minded people, you can inspire others to conquer their fears as you conquer yours. My group coaching program is designed to compliment the Life Design Mini-Course and give you the opportunity to enhance your lessons by sharing the learning experience with other Mompreneurs that want to take their lives and businesses to the next level. ● [Join Million Dollar Mompreneurs for FREE HERE.](#)

- Schedule a Discovery Session to find out Group Coaching dates.
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Week #3: EMOTIONS

In week 3, You will learn the importance of emotional intelligence and emotional management. You'll learn how to get a grip before you loose control. You are on your way to handling any curveball life may throw at you.

When it comes to intense EMOTIONS, negativity can wreak havoc on your goals.

No matter how cheerful, personable, or level-headed you are, negative emotions can rear their ugly head at the worst times.

Especially when it comes to running a business from home and the fears that come with supporting your family that way, it's easy for the stress of all that to have a depleting effect on your emotions.

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The truth is, we are being bombarded with emotionally triggering messages and advertisements all day long and being triggered to feel afraid, surprised, angry or disgusted.

BUT, when we choose to master our emotions and feel that which we intentionally want to feel, we will no longer be a victim, affected by the signals being sent in our direction. We become powerful beings and radiate genuinely happy and prosperous emotions from within.

This affects every area of your life from how you run your business, running your household, the quality of your relationships and so on.

In Module 3, You Will Learn:

- **How Your Emotions Affect Your Perceptions**
- **How To Overcome Negative Emotions Without Effort, So You Can Experience Lasting Tranquility**
- **How To Use Your Emotion As A Guide**
- **How To Balance Your Emotions**
- **How To Identify Your Emotional Indicators**

Your Emotions are the key to activating your will with a full understanding of what you want and what you're willing to do to get it.

That's why, if you hope to handle the inevitable emotional ups and downs and experience explosive growth, it's best to not only keep yourself accountable, but also have a community of people to talk to who can help guide you through your difficulties.

With this module, you can experience more of a balanced life for YOU.

Here are the Lesson Materials: Module 3: Emotions [How Did I Get Here?]

- video - How did I get here" time 21:36
- PDF Emotional Scale

And at the end of the day, isn't BALANCE something we all want to experience?

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Rhonda Cimorelli

P.S. Once I understood what my team was going through, I got right to work helping them understand their emotions.

With a community of like-minded people, you can inspire others to conquer their fears as you conquer yours. My group coaching program is designed to compliment the Life Design Mini-Course and give you the opportunity to enhance your lessons by sharing the learning experience with other Mompreneurs who also want to take their lives and businesses to the next level. ● Join Million Dollar Mompreneurs for [FREE HERE](#).

● Schedule a Chaos to Clarity Session and ask about Group Coaching dates.

Week #4: Life

In week 4, you will learn how to create a legacy you can be proud of for your future.

No matter how much happiness you have in the moment, you aren't fully living if you haven't considered your **legacy**.

It's important to consider what your strengths have brought to your family and how your children will use what you've taught them as leverage for success.

In Module 4, You Will Learn:

- **How Your Strengths Influence Your Legacy**
- **How To Create A Legacy You Can Be Proud of without feeling like you aren't benefiting now, so you can live and act happily in the moment.**
- **Difference Between Purpose and Mission**
- **LIVE Like You Are Dying**
- **Leaving Your Legacy**

Your life has unimaginable value.

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Before you complete this week's module, take a moment and stop to think about your life so far... Now, think about the life you want to create in the present and the kind of future world you want to create.

Here are the Lesson Materials:

Module 4: Life [Mission Possible]

- Video -Mission Possible -time 18:24
- PDF's : The Dash poem ; Eulogy instructions; mission possible keynote

Fully immerse yourself in this one.

Rhonda Cimorelli

P.S. When it came to goal setting, I always encourage my team members to focus on the kind of life they want to create - not just for themselves, but for their children and grandchildren. Their goals became more concrete and they felt more excitement about crafting their legacies after sharing their ideas about what it means to leave a legacy.

With a community of like-minded people, you can inspire others to consider their legacy as you determine yours. My group coaching program is designed to compliment the Life Design Mini-Course and give you the opportunity to enhance your lessons by sharing the learning experience with other Mompreneurs that want to take their lives and businesses to the next level. ● [Join Million Dollar Mompreneurs for FREE HERE.](#)

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Week #5: ACTION

In week 5, you will learn how to focus on the life you want to create without feeling like your day is spinning out of control.

Regardless of your goals, genuine focus requires effort.

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Emotional states such as worry, fear and even a poor attitude can disrupt your focus and keep you from feeling fulfilled.

Instead...

It feels better to only FOCUS on what is important and meaningful to you, in your life. Learning how to let go of what others think you should do gives you the freedom to live *your* dreams.

In Module 5, You Will Learn:

- **How To Maintain Focus**

- **how to focus on the life you want to create without feeling like you're not focusing on maintaining normalcy, so you can move forward and manifest your desires**

- **3 Ways To Attract Balance, Peace and Fulfillment**

As you complete this module, it's important to remember the previous lessons we have gone over.

Think about your fearful beliefs and how they've changed since beginning this Mini-Course.

Think about how you feel since making shifts in your mindset over the last few weeks.

Here are the Lesson Materials: Module 5: ACTION [Game Plan]

- Video : Game plan - time 11:11mins

- PDF : Goal setting ; game plan

Your inner value - your pure self worth - expands exponentially when you FOCUS.

Rhonda Cimorelli

P.S. One thing my team did really well was keep each other focused. They joined together for accountability partners and that took their business success to the next level.

With a community of like-minded people, you can inspire and be inspired by others

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Week 6: Mastery Mindset

Welcome to the final lesson of this series, **Life Design Mini-Course Module 6: MASTERY!**

Here, you will learn how to master your heart without losing your mind, so you can attain inner peace.

Inner peace and proficiency are often described as different concepts.

One conjures the image of tranquil settings and meditation while the other may trigger feelings of leadership and expertise.

To become a leader takes a lot of hard work and focus, but MASTERY evokes images of the journey towards specially doing something only you can do.

In order for you to master a skill, you must take inspired action to reduce or eliminate the discomfort associated with doing something new.

That will take determination and consistency to practice of all the techniques we have covered so far.

In Module 6, You Will Learn:

● **How To Master Your Emotions**

● **How to Master Your Heart Without Losing Your Mind So That You Can Attain Inner Peace**

● **Rehearsing Your Positive Thoughts & Habits**

● **How To Discover What To Master**

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As you complete this module and come to the end of the Life Design Mini-Course, think of something that inspires your curiosity.

What makes you want to know more? What do you crave more information about? What is it that you can't get enough of?

Here are your final Lesson Materials and a personal conclusion: Module 6: Mastery [Road Blocks]

- Video - Road Blocks - time 30:36
- PDF - mindful exercises ; weekly planner

Conclusion

- video - Conclusion 1:39 mins
- pdf - life direction conclusion

Master that and you will truly experience a balanced life.

Rhonda Cimorelli

P.S. Practice makes Mastery, and after coaching my team and giving them tasks to practice, they all made amazing progress.

But, the ones who succeeded by far were the ones who kept in touch with other team members.

Protect your environment and energy by staying connected with a community of like-minded people. You can reinforce your new habits, continue to challenge past beliefs, conquer fear, master your emotions, with a tribe of fellow Mompreneurs, who are just as ready as you are, to build and sustain the life of their dreams.

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