

## **7 Benefits of attending 'The 90 Day Designer Life' Workshop**

### **Create your own designer life**

You will be able to first of all understand what it is you want in your 'designer life.' Many people have a vague idea of what they want and sometimes can say clearly some aspects of their ideal life, but without a very clear picture and concise plan you will not get anywhere. It's like firing your arrow without aiming.

### **Implement the power of goals**

Whether you write down goals or never really make any, this alone will be worth attending. Written goals have a power that even if you had a bad day or week, your goals are still alive and doing the work it needs to do in your subconscious mind to achieve what it you want. You will set clear and concise goals for the next 90 days and beyond!

### **The truth behind your motivation**

Many people say 'I have goals, but I can't seem to get motivated' or 'I can't seem to achieve them.' You will understand exactly what motivates you and how your higher values are linked to your inner drive that will get you to your ultimate destination. Your motivation determines what you do or don't do.

### **Picture your dream life**

We will spend some unadulterated time just helping you to picture what you want and how you can get from A-B; this is where you can dream without any interruption or distraction this is your time to invest in your future.

### **Living a perfect day**

Design your perfect day and make immediate action to begin living it. You can make small changes, but you can only make changes if you know what you want and then can see what needs to be done.

### **90 day challenge**

You will leave with a 90 day action plan which will be your blueprint to reaching your goals in the next 90 days. Doing this alone will help make a massive leap before 2012

### **Meeting others**

You get to meet like minded people and support other s in their aspirations and also receive encouragement for your dreams and goals. You will leave, renewed, alive, driven, focused, de-stressed and inspired!