



Bodies and Soul By

BENDER

Dynamic Life Coaching, Mind Body Fitness

30 Day Your Best Life Challenge!

A circular image showing a man and a woman embracing outdoors. The man is wearing an orange shirt and the woman is wearing a grey top. They are both smiling and looking towards the right.

Relationship

A circular image showing a group of four business professionals in an office setting. They are all smiling and raising their arms in celebration. A man in a suit is in the center, flanked by two women in business attire.

Career

A circular image showing a woman with her arms raised in a field of tall grass under a blue sky with clouds. She is wearing a dark top and dark pants.

Free Time

A circular image showing a woman in athletic wear sitting on grass. She is wearing a light green tank top and black shorts. She is smiling and looking towards the camera.

Health

last 30 *days*

Start 2019 Living the Life of Your Dreams

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand. While imagination embraces the entire world, and all there ever will be to know and understand.”

Week Four

Designing the Vision of the Life You Want to Live

How to Harness Your Imagination

Inside each one of us is a child like part that knows all things are possible. Keeping your mind open creates a sense of liberation and joy. As you let the childlike side of yourself begin to dream and open your heart up to experience emotionally what you would love, you will feel enlivened and open to new possibilities.

Let's get started!

Design your dream through the eyes of a child. The adult will get involved later but for now dream big! Run, play, and have full reign of this exercise!

Imagine you have found a magic bottle. You open it up and a genie appears. You can have whatever you want in each of the four domains. What would life look like as a perfect

10?

Describe below what your life would look like ranked as a perfect 10:

1. Career: _____

2. Health: _____

3. Relationships: _____

4. Free time, volunteer, spirituality:

1. How do you feel about your current state in each domain of your life? List those feelings below. List at least one feeling for each domain.

- Personal Growth: _____
- Friends/Family: _____
- Finances: _____
- Fun & Recreation: _____
- Career: _____
- Health: _____
- Significant Other/Romance: _____
- Physical Environment: _____

2. Replace any negative emotions you wrote in question one with the emotions you would prefer to experience in each area of your life and list them below.

- Personal Growth: _____
- Friends/Family: _____
- Finances: _____
- Fun & Recreation: _____
- Career: _____
- Health: _____
- Significant Other/Romance: _____
- Physical Environment: _____

As a participant of this 30 day challenge you are eligible for a deeply discounted rate on my Dream Builder Program. Now is the time to see, live and experience REAL results!

There are two options:

Group Coaching:

Join me and a group of four others for a 12-week journey.

Regular price: \$1,200,

Your Price: \$900

[SIGN UP NOW](#)

Individual Coaching:

A one-on-one 12-week journey

Regular Price: \$1,900

Your Price: \$1,500

[SIGN UP NOW](#)

Now is the time to see, live and experience real results.

Start building your dreams NOW