Transformation Kit

workbooks/cheatsheets/handouts

Do Over your life

WORKBOOK-1

Guide to

RE-SET *your life*

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Establish SMART goals

Once you've identified your vision and take stock of your priorities and values, the next step is to set effective goals.

SMART stands for:

Specific: Each goal should be specific. For example, rather than "lose weight," your goal should be "lose 10 pounds."

Measurable: Establish how you will measure your goals

Attainable: Make sure your goals are realistic and possible to achieve.

Relevant: The goal should be relevant to your long-term vision and compatible with your priorities and values.

Time Bound: Set an ambitious but achievable deadline for the completion of your goal.

How to stick with a

Good Habit

Every Day

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KEEP YOUR HABITS ON TRACK

The best and easiest way to track your habit is through **habit tracker**. It's a simple way to measure whether you did a habit.

By tracking your behaviour daily you will be able to move ahead with consistent efforts. It tells us that conssitent efforts help us grow, no matter how tiny.

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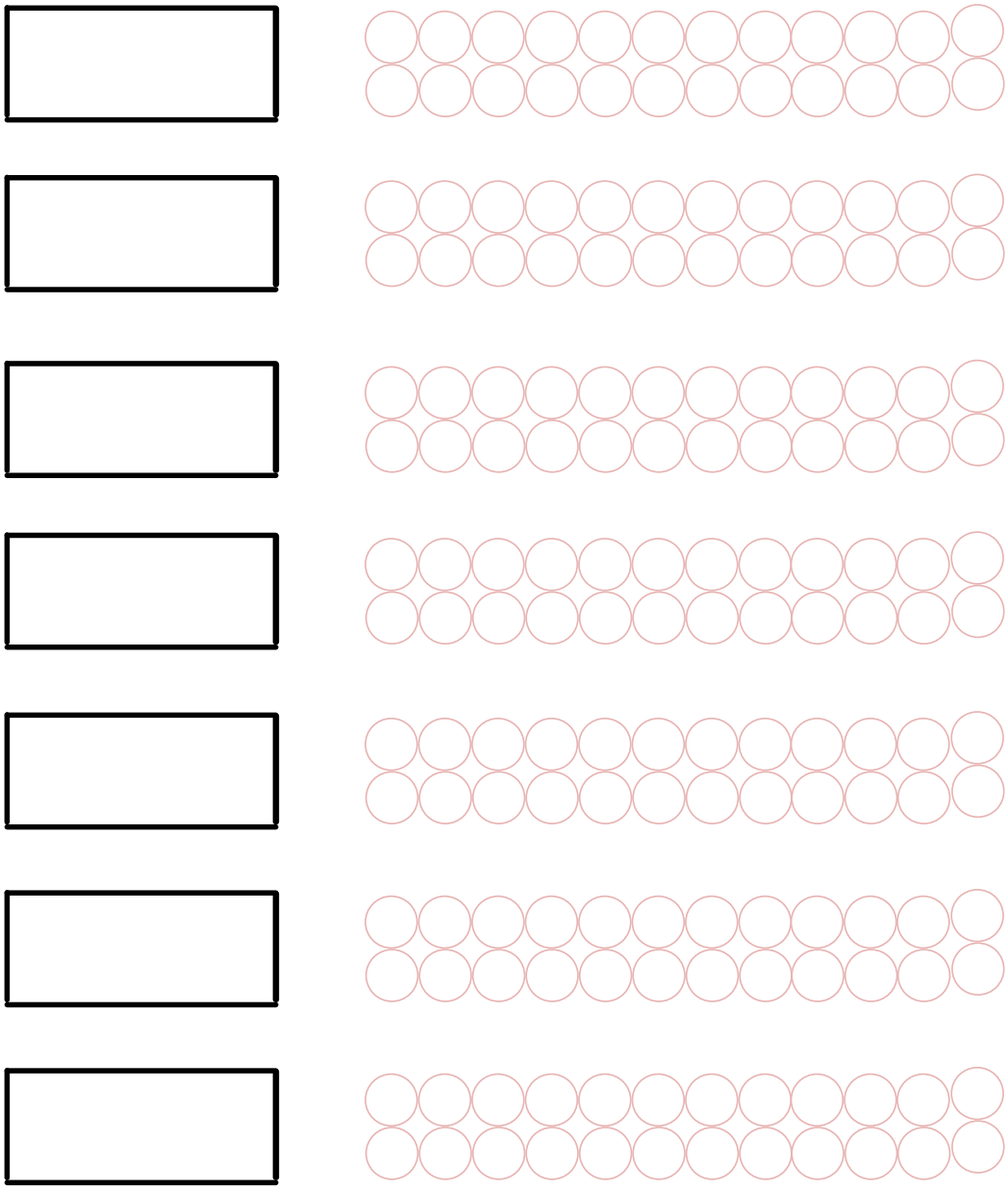
Habit Tracker

MONTH OF _____

The amount of time you have been performing a habit is not as important as the number of times you have performed it.



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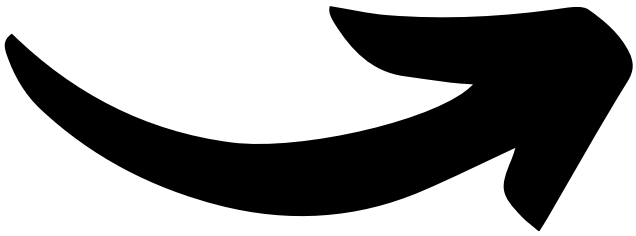
Not able to follow your
To-Do list?

Did you try



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Time Management *through* Quadrants

	Urgent	Not Urgent
Important	**Quadrant of Crisis & Deadlines** • The most Urgent tasks • Have to be done today. • 2-3 must to-do tasks here	**Quadrant of Planning** • Important but no near deadline • Planning phase for future tasks
Not Important	**Quadrant of Delegation** • Tasks which can be delegated. • Tasks which consume your time	**Quadrant of Pleasure & Leisure** • Selfcare tasks. • Tasks which give you time to relax. • May look unimportant but should never be missed

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Not able to follow your To-Do list? Did you try

Time Management *through* Quadrants

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Remember:

This is a continuous process.
There is no finish line.

Make it

Obvious,
Attractive &
Easy

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& look for the next way to get a tiny bit better everyday.

2 steps front and 1 step back. Is still

1 step ahead

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Here's how you can take a step today:

Do-Over
6 Weeks Bootcamp

23rd Sept to 4th Nov

Give yourself a second chance &
find what missing in your life.

Know More!

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WORKBOOK-2

PLAN *Your Life*

Using 5 easy steps

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CONTENTS

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We often spend a lot of time thinking or talking about what we want.
But we don’t take steps to achieve it.

It’s not because we’re lazy.
It’s because we don’t know where to start.

We don't have a PLAN

5 easy steps to PLAN Your Life

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STEP-1

Create a vision

To get started, imagine your **dream life**

1. Use this guided meditation

by Ksenia Consultation to picture your vision

RE-SET Guided Meditation

Ksenia Consultation / 349 INR

Meditate Now!

2. Write/ Sketch the vision you saw for yourself

(Its a peek into your subconscious mind and what it desires)

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STEP-2

Self-assessment

A self-assessment of your achievements gives you a starting point for your life plan.

1. What are your strengths? How will it help you achieve your goal?

2. What are your weaknesses? What are you doing to overcome them?

3. What is something that you can do better than others? Can you convert that into a career opportunity?

4. What challenges do you face in the way of achieving your goals?

STEP-3

Establish SMART goals

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Time Bound: Set an ambitious but achievable deadline for the completion of your goal.

Now write down a list of your **goals**

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STEP-4

Prioritise your life

Your behavior is like a mirror to your priorities — reflective and brutally honest.

1. What is your daily routine like?

(Mention time stamps & location)

Time is money, so you need to invest it wisely.
Prioritising will help you do so.

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2. What would you like your daily routine to be?

(Mention time stamps & location)

Time is money, so you need to invest it wisely.
Prioritising will help you do so.

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STEP-5

Action plan

Your action plan should detail a step-by-step process that will help you work toward your intermediate goals.

1. What is one thing you can do TODAY to work on your goals?

2. What support do you need to move ahead?

Place your action plan somewhere you will see it everyday — for example, above your desk.

Don't forget to **reward** your tiniest achievements.

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1 year

from now, make sure you can say that you chose your life, you didn't settle for it.

Still not sure

HOW

TO DO IT?

BONUS

STEP

Seek mentorship

from someone who can help you make an easy step-by-step plan to help you achieve your goals. Become the master of time management and goal setting

Join us

From 23rd Sept. to 4th Nov.

Book now

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WORKBOOK-3

Be The **Master** Of Your Mind

& Achieve **Success**

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A Tale of Two Minds

Fixed Mindset

Believing that your qualities are carved in stone, that you only have a certain personality, a certain amount of intelligence and assuming that you can't change them. You constantly live in a state of urgency to prove yourself over and over. A fixed mindset wants to look SMART, every situation calls for an approval and confirmation of their intelligence, qualities, or character.
Will I fail? Will I look dumb? Will I be rejected? Will I feel like a loser?.

Growth Mindset

Thriving on challenges and seeing failure as a slingshot to grow and succeed. Having a desire to expand your limitations instead of fixating on them. A growth mindset wants to LEARN, it embraces challenges, finds inspiration everywhere and it doesn't dwell on why things happen, but instead refocuses on how to take advantage of the situation. They don't worry of what others might think of them, see the positive side to any situation and use their experiences to grow.

The power of our beliefs, both conscious and unconscious, and how changing even the simplest of them can have the biggest and most profound impact on nearly every aspect of our lives.

Q1. What is something that is holding you back from achieving your biggest dreams?

The first step is to become aware of what is setting you back. Do you compare yourself too much? Do you think you lack the skills?

Q2. What do you think are your problems?

Do you think your problems are due to who you are or how the world around you is?

Q3. Convert your problems statement into action statements.

Convert the statements that you have written in answer no. 2 into small actionable steps that you can take today.

Q4. Who do you wish to transform into?

Sketch out how does this person look like, what is their personality trait, what kind of skills they have and what kind of lifestyle they follow

Mind Your Own Business

Adapting a growth mindset creates a passion for learning rather than a hunger for approval. Why waste time proving over and over how great you are, when you could be getting better? Why hide your flaws instead of overcoming them? This is the mindset that allows people to thrive and succeed in every part of their lives. Here are some exercises that you can do to help start shifting your mindset and eventually master your THOUGHTS, WORDS and ACTIONS.

1. Self Love Affirmations

Think about those pep talks for your bestie to make her feel better after getting dumped. Now do the same for you. Write daily affirmations for yourself, things like: I am so worth it, I am beautiful!, I am so talented, I can do better and I will etc.

2. Visualization

A mini meditation of 1-5min. Close your eyes, breathe, relax and literally visualize yourself at your end goal. Imagine it's already happened you made it. Imagine as much detail as possible, what are you doing? what are you wearing? who is with you? how do you feel?

3. If, Then

Simple, start replacing negative thoughts with positive ones. If I start to doubt myself, then I will remind myself that I have the skills! Become aware of your thoughts and master them. I'm not good enough, wait, YES I AM, I am good enough! Write a list of the thoughts you know are recurring and turn them into a positive phrase.

4. Be The Main Character

We are the main characters and authors of our own lives. Every day we have the opportunity to write a new chapter to see how our character is going to reach our goals. What life are you consciously creating? Is it so exciting that it makes you jump out of bed every day? Is this chapter taking you closer to your dream? Ask yourself these questions, then choose what to change and write that.

5. Life Manifesto

A promise to yourself or a written mission statement of your intentions. I like to think of it as half and half, a place where you can write down your main goal and ultimate dream AND as a physical reminder and self promise of what you want to be and the life you want to live.
The legendary Bruce Lee did it at the age of 28 with his second child recently born and no financial security. He went on to accomplish every single thing he wrote down.

6. Be-Do-Have

Before you ask, no, that's not Minion talk. Most people operate from the mindset of HAVE-DO-BE which sounds something like this: If I only HAD more (money, time, love, knowledge), then I could DO (be a millionaire, do what I want, find a partner, be a famous painter), and then I could BE (happy, successful, loved).
You should really be operating and embracing the exact opposite of that. It's called BE-DO-HAVE, which looks like this: I want to BE (happy, successful, loved) so I need to DO (work on myself, focus on growing my biz instead of comparing it, learning to love myself) and then I will HAVE (happiness, success, love).

Start BE-ing the person you want to be,
Do-ing the things you love to do and
Have-ing the things you want.

START NOW,
START WITH YOU.

Know More

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The Secret To Success

Become the master of your time and goals

If you have a dream to build something, achieve something and transform yourself.
This 6-week Do-Over Bootcamp is just for you.
In just 6 weeks learn how to master yourself in goal setting and achieve your hardest goals through the biggest time management strategies.

Venue: Google meets
Duration: 6 weeks (23rd sept to 4th Nov)
60 minutes of live training every week and question and answer session every alternative week for extra 30 minutes
Time: Every week between 3-5 PM

Something that'll not make you want to miss out; the price of the programme is 1/10th of the ACTUAL price of the programme.

Book Now

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If you are:

- Someone who's confused about your next step every day
- Who often feel overwhelmed and fight with distractions that stop you from doing even the bare minimum
- Someone who ends up wasting hours on scrolling social media which makes you feel unfulfilled
- Someone who spends time procrastinating and can only get work done at the last minute, a victim of urgent addiction
- Resentful about how much time you have already wasted in life doing nothing worthwhile
- Incapable of saying no to people and which leads to your success being on the backburner
- Can't manage work and personal life
- Procrastination and over-thinking is your best friend
- Want to achieve everything but don't know HOW
- Having relationship conflicts due to lack of management
- Want a routine for a healthy lifestyle but nothing works or you
- Unhappy and regretting about the time you are wasting everyday
- Zero productivity makes you hate your job

What's stopping you to succeed in life?

- The unhealthy comparison with everyone else doing better than you on social media
- The urgent tasks that life slaps you with out of nowhere
- Never ending family responsibilities
- Lack of knowledge about time and goals
- Lack of resources to learn about time management from experts

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What will you lose?

(What will happen if you don't work upon your time management & goal setting)

We often think time management is in relation with work environment but the negative effect of not being able to manage ourselves can lead to:

- Lacking patience, feeling irritable and end up having relationship strain
- Failing to set goals and realistically achieving them
- Lack of self esteem due to failing to perform your best in time
- Hard to make decision in life and forgetting about prioritizing yourself and end up feeling stuck.
- Having burnouts every time you get a new task

People are different in their ways, different in their dreams, different in their goals! Unable to find the right solution by yourself can lead:

- Unable to see upcoming opportunities due to lack of focus.
- The feeling of lost can lead to low self esteem and low confidence.
- Fear of failure and not getting anywhere will turn you into a frustrated person
- Being addicted to procrastination
- The pressure of working on everyday but don’t know the destination
- Zero priorities in life

Just imagine grabbing a cab (or a type service like Uber) and telling the driver you don't know your destination! *Where will he drive you to?*
This is basically what you're doing with your life when you don't set goals.

What you'll get:

- 6 weeks of live training by Ms. Divya Aggarwal
- 90 minutes session every week with 30 minutes of question and answer round
- Master yourself in goal setting and time management
- Get your personal transformation slide which will be with you for lifetime
- Workbooks to practice effective time management and goal setting
- Get a full backend support throughout 6 weeks
- An opportunity to learn from upcoming success stories experience
- Personal development feedback by Ms. Divya Aggarwal
- "Certificate of Completion" signed personally by your mentor, Ms. Divya Aggarwal
- After bootcamp offers

Our process and procedure is different from all the courses and programmes you'll find out there as it's comes from a person who has faced it all and tried everything to find the perfect fit.
Someone who has managed his time well and effectively over years and has a repository of experiences to share.

Our content is something you'll not find anywhere else . It is something we share from years and years of learning, training and experiencing

We teach through our own practical methods and not from any book or theoretical materials. Hence, we help you with the execution plan along with your customized solutions which works perfectly for your lifestyle.

We have 100% clientele satisfaction because we just don't provide you solution we help you execute them
until you get your desired RESULT.

Start Now. Start With You.

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