



YVONNE VICTOR  
LIFE COACH | LIFE DESIGN

# GET READY FOR A BRAND NEW YOU!

Five Simple Steps for  
Creating a Victorious Life!

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[WWW.YVONNEVICTOR.COM](http://WWW.YVONNEVICTOR.COM)

# A WORD FROM YOUR COACH

You'll be hard pressed to find, an individual who does not desire a life filled with freedom, happiness, abundance and adventure.

Most of us crave those things but willing live life without them and why? They are yours for the taking and easier to attain than you think.

Just imagine waking up excited to meet the day because your life is phenomenal!

You have the things that you need, your relationships bring you joy, your finances support your dreams and lifestyle, you excel in your career, you're healthy, at peace and filled with joy.

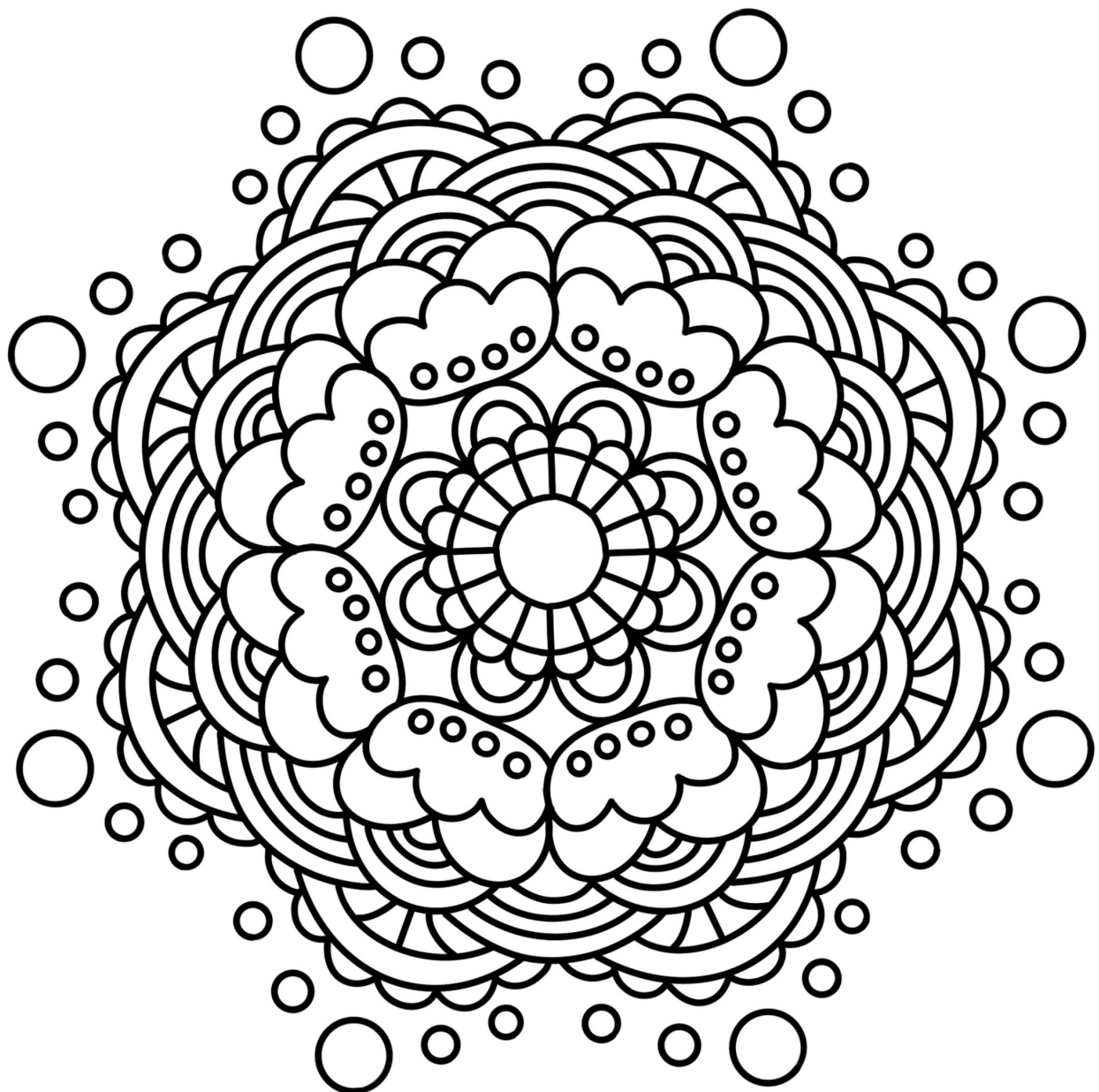
How much better does that life feel than the one you're living now?

Now, grab a cup of tea and your favorite colored pencils, markers or crayons and take a moment to color the mandala. After you have completed your picture, answer the journal prompt on the following page.



# COMMIT TO A BRAND NEW YOU!

Make a commitment in stone that from this day forward, you will do everything you can to become a better version of yourself. There is still time to be a rockstar!



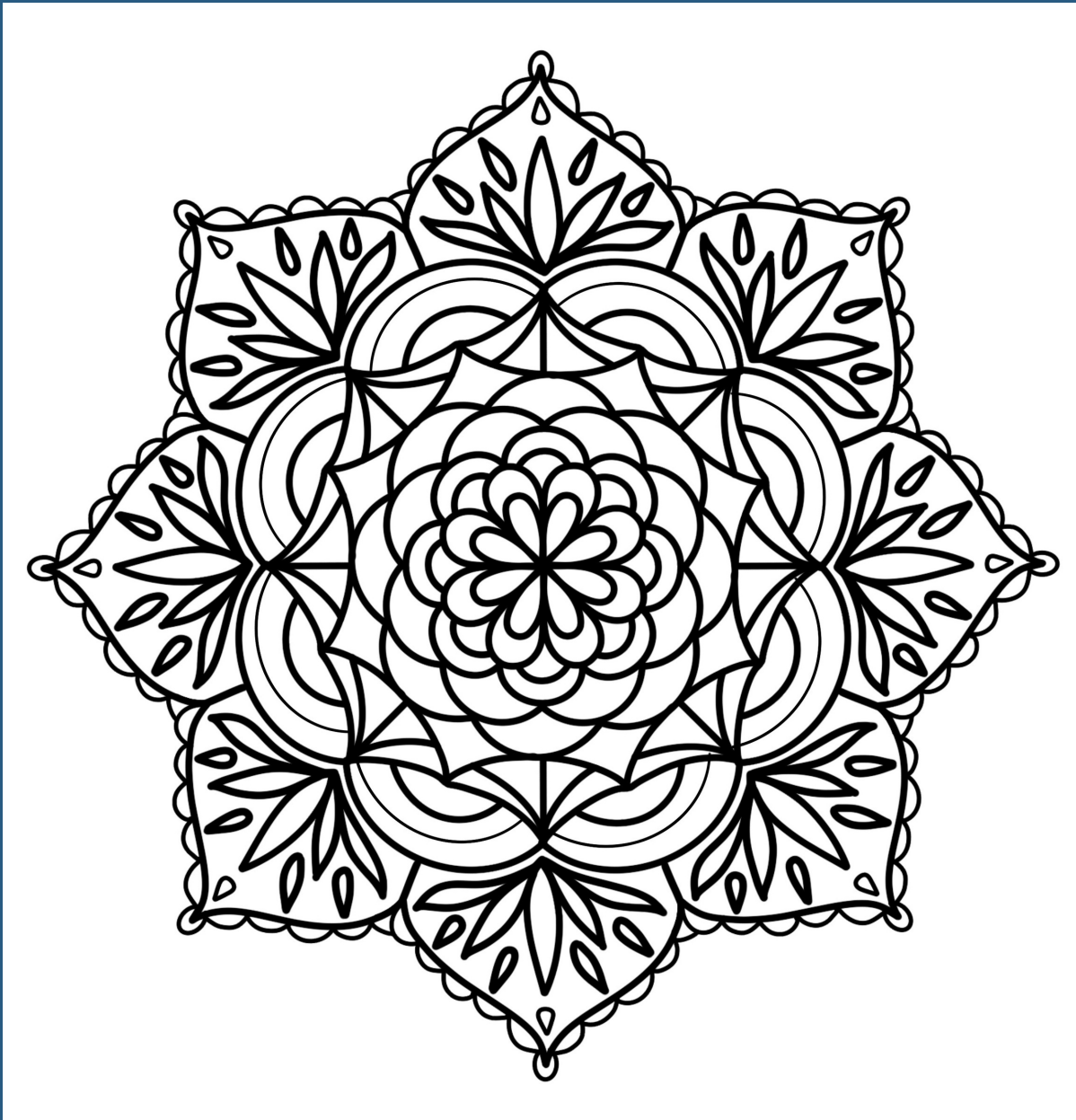


**DESCRIBE YOUR BETTER  
VERSION OF YOU.**

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# CHANGE YOUR MIND CHANGE YOUR LIFE

Mindset is everything! One simple change in thought can change the trajectory of your life. Practice daily affirmations and watch the magic happen.



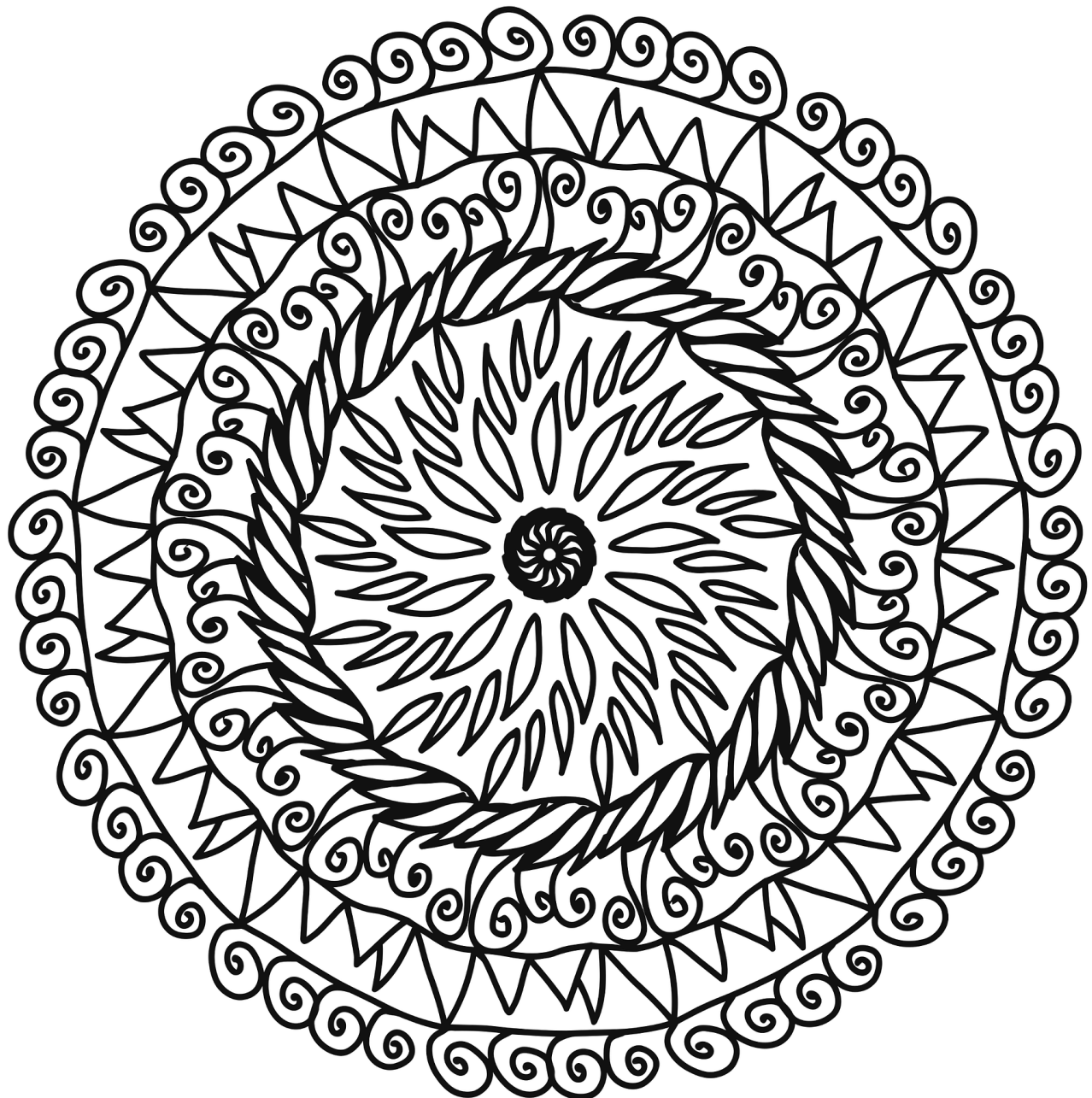


**WRITE 10 POSITIVE  
AFFIRMATIONS.**

A large white rectangular area intended for writing 10 positive affirmations.

# CREATE A VISION FOR THE LIFE YOU WANT

"Whatever the mind of man can conceive and believe, it can achieve."  
You can live as big and fancy or as simple and wonderful as you please.  
However, you have to give your mind a map to follow. Dream big!



# DESCRIBE YOUR BEST LIFE IN DETAIL

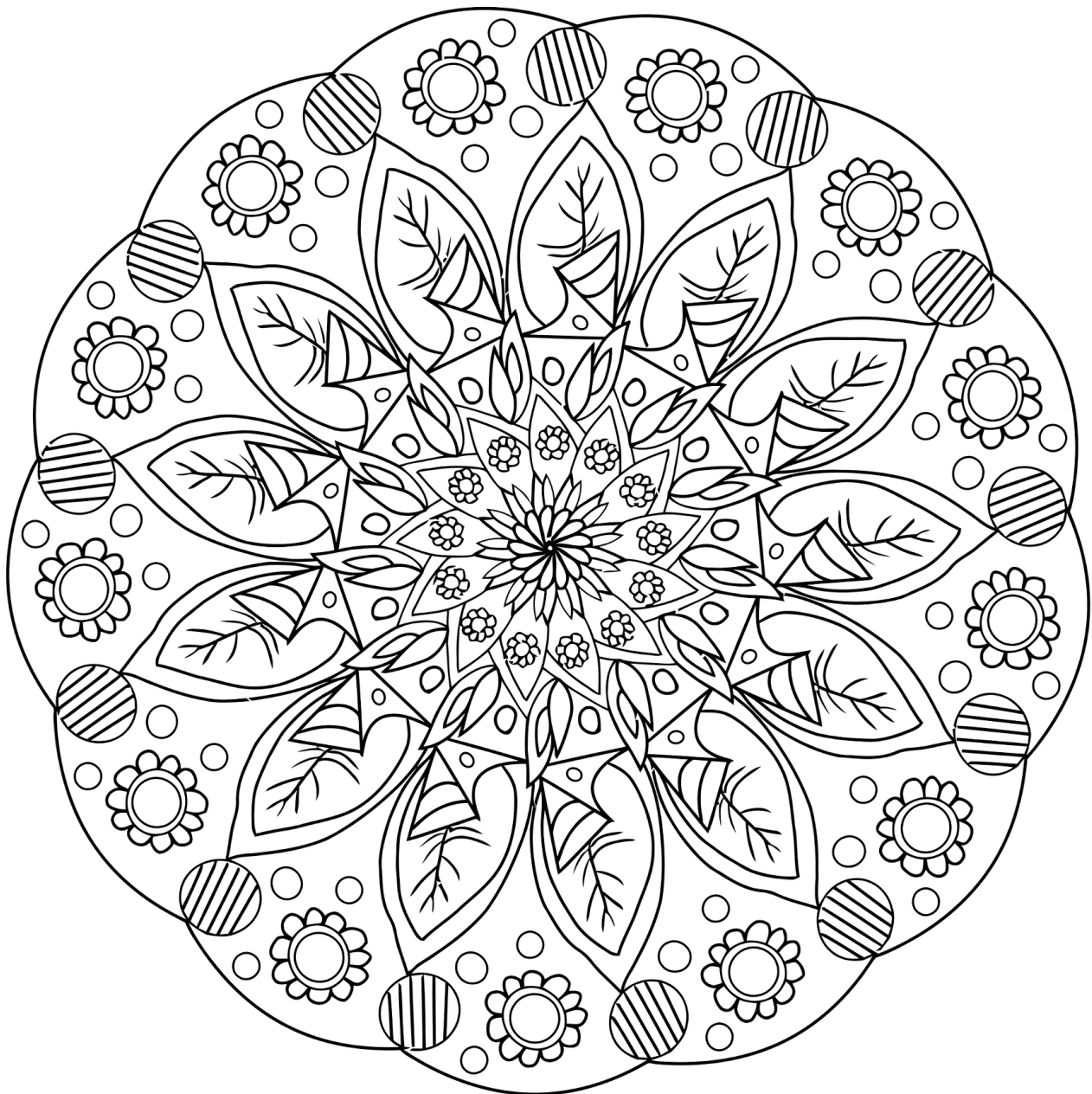


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# SHOW UP AND SHOW OUT!

Do the work and do it well! Every winner stands on a foundation of focus, strategy, conditioning and practice. Own your hustle and stay committed. Sweat equity is required!



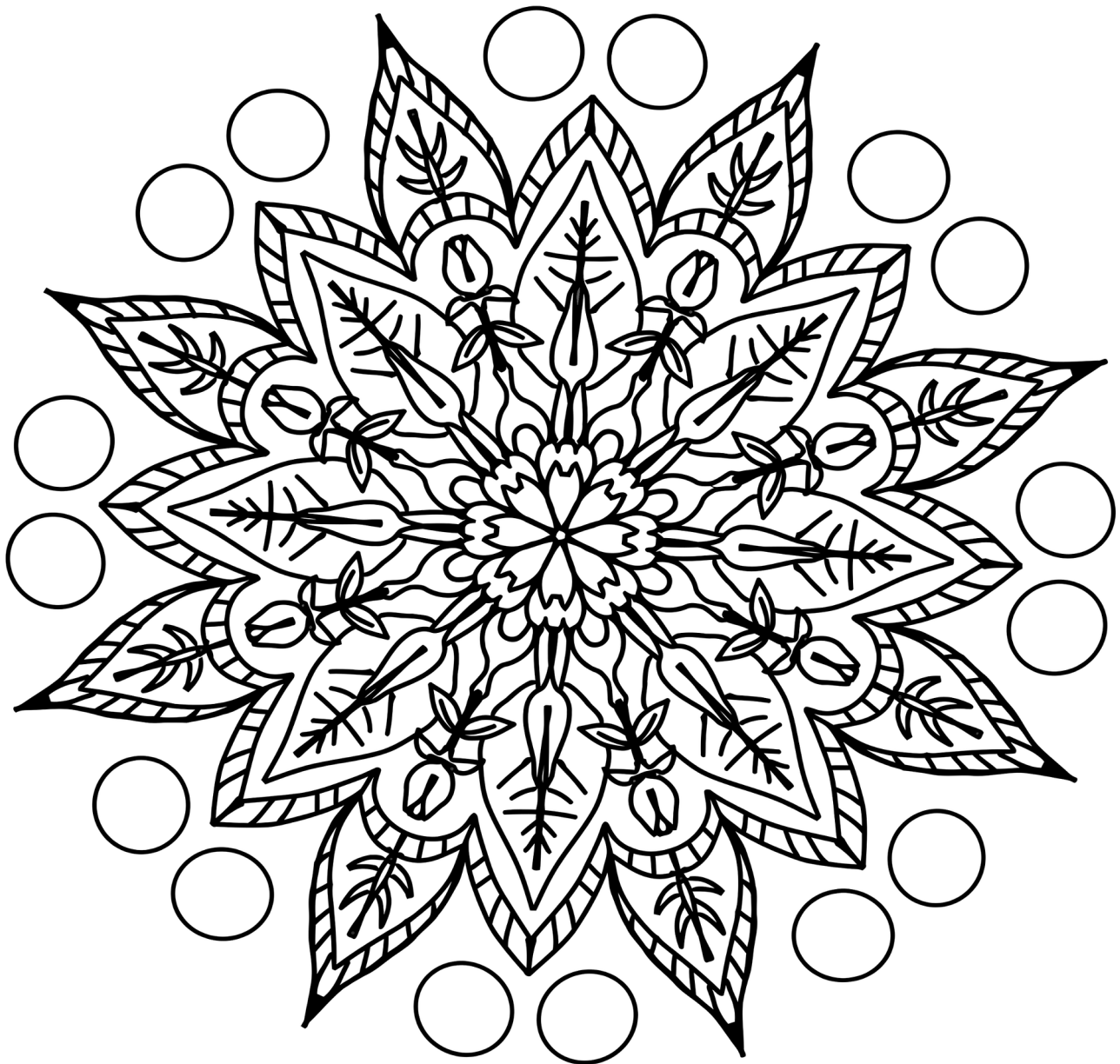


# WHAT THREE GOALS WOULD YOU LIKE TO ACHIEVE AND WHY?

A large, empty white rectangular area intended for writing answers to the question above.

# MAKE AN INVESTMENT IN YOU

Take the class. Get the equipment. Hire the Coach. Buy the book. Spend your time, money and energy on the things that will help you move the needle forward. The best investment you will ever make is in you.





**WHAT ARE YOU WILLING TO  
INVEST, IN ORDER TO LIVE  
YOUR DREAM LIFE?**





As a Certified Life + Business Coach, Yvonne works with professional women, who desire to live life on their terms, by their rules and aligned with their vision.



Drawing from her personal transformation and solid coaching methodologies, she takes her clients on a journey of self-discovery and vision as they consciously design a lifestyle that reflects their most authentic self and leads them from victim to victor.



Yvonne brings a wealth of experience from her 30+ years in corporate administration and her roles as a trained Community Advocate and Peacekeeper. Her commitment to helping others champion their life is reflected in the passion that she brings into the coaching relationship.



As a result, clients feel more powerful, focused, accomplished and joyful. They create a lifestyle that is balanced, sustainable and fulfilling and move on to living victoriously.

## Yvonne Victor *Life Coach | Life Design*

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