



Career Booster Intensive

HEY THERE! I'M ANKE.

YOU'VE JUST ENTERED THE SPACE OF REINVENTION. EVERY POWERFUL CAREER AND BUSINESS WOMAN REINVENTS HERSELF AT EVERY NEW STAGE IN HER CAREER AND LIFE.



I CAN'T WAIT FOR YOU TO TAP INTO YOUR OWN GREATNESS.

Anke Menzler



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Create your NEXT LEVEL YOU

Think about your NEW YOU.

What does it have, look like, talk like?

What's important to her?

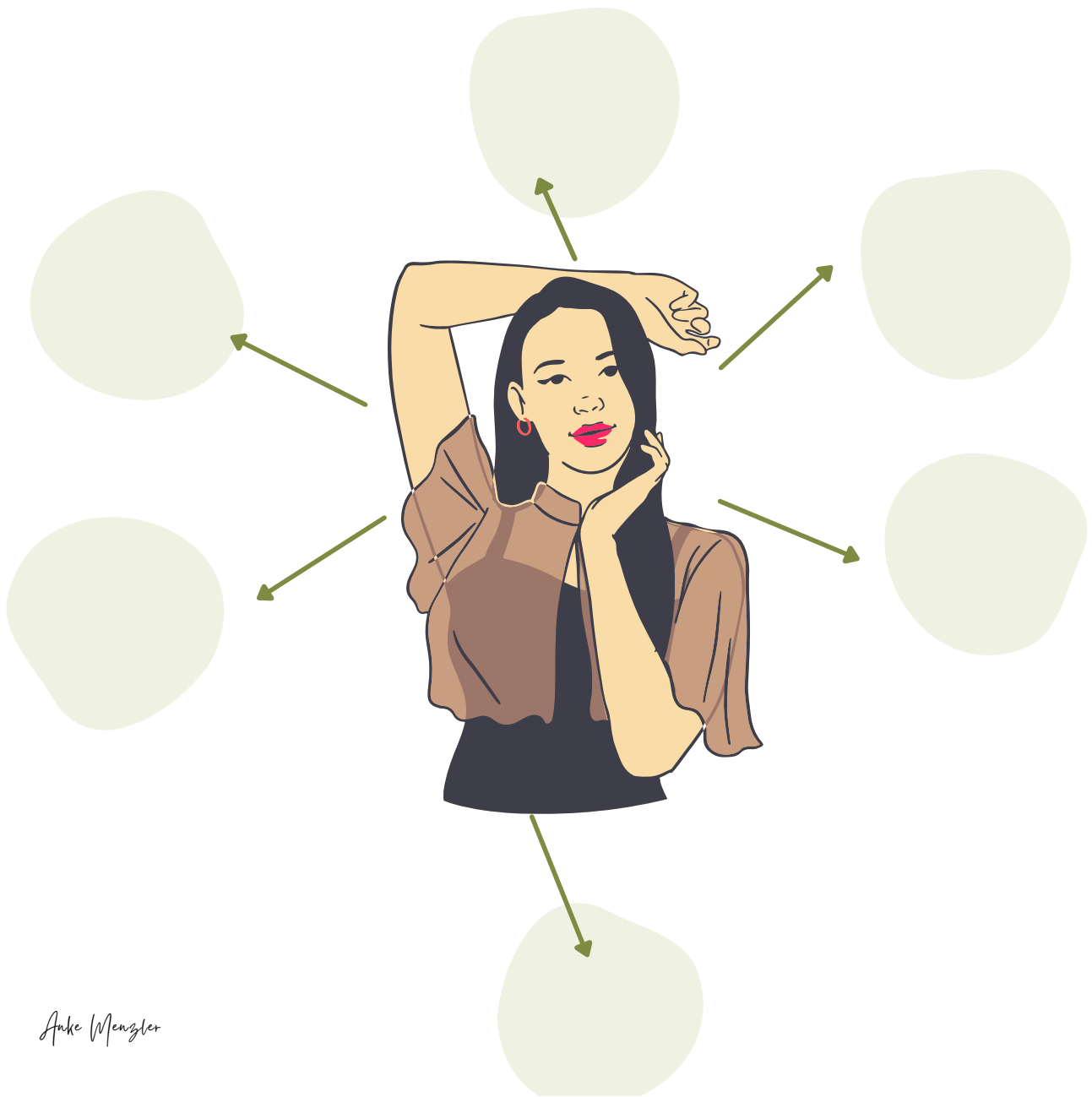
Dive into the New You meditation and let your inner voice guide you.

Then note everything you know about your new you and follow the questions on the next pages for more clarity.



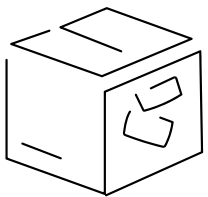
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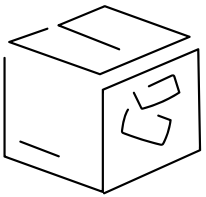
Create your ...



- What's your name? Create an alter ego, nick name you love.
- Who is it you "serve", who are your services for, who benefits from it?
- Who DOESN'T benefit from that new YOU?



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... NEXT LEVEL YOU



- What's the slogan of your new you?
- What are your most attractive skills, traits, behaviour, values?
- What picture would show your new you best? you can create it or search online



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Goal setting 1



What do I REALLY want to achieve?

‘What will be created at the end of this week? Be specific

‘Who do I have to be to achieve that goal?





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Goal setting 2



‘What do I have to let go of for it to happen?’

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‘What do I need to achieve my goal?’

Find your powerpose that reflects your new you and gives you power.





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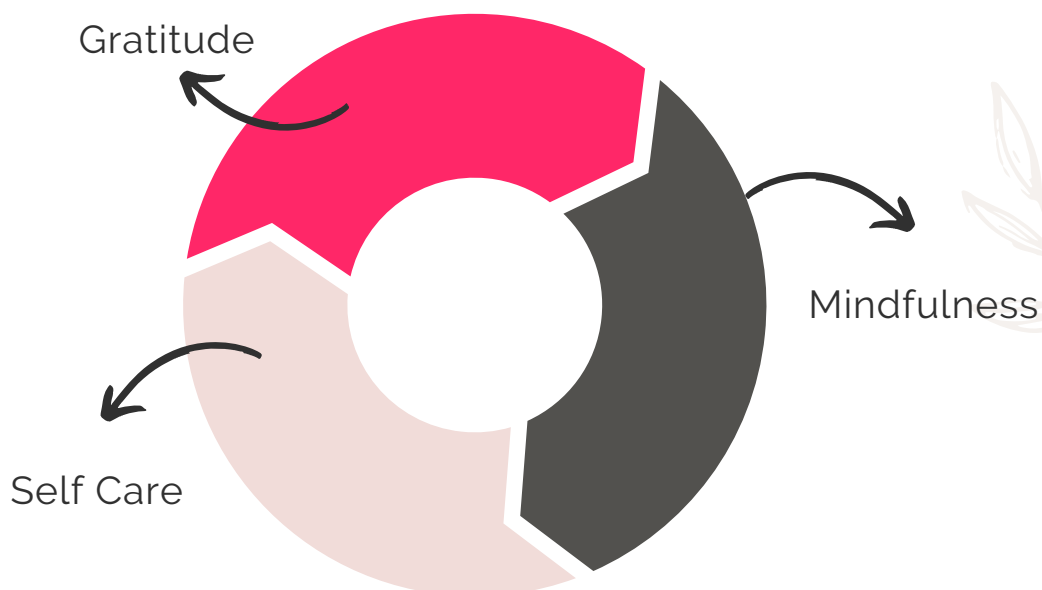
Happy Life Cycle

To be and stay happy there is not greater gift than being grateful. Practice being grateful and mindful, and taking care of yourself every day.

What can you be grateful for?

What self care practice can you integrate into your daily routines?

In which areas could you be more mindful?



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Mindset is key. Practice.

- Success of others inspires. Watch out for other peoples successes.
- Be open to communication and feedback - what can you learn from feedback?
- What challenges can you take and let go of?
- Mistakes are OK
- Where can you see evidence for your success?
- Try new things and experiment with it
- Take ownership and commit yourself

You got this!



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THIS WAS ONE OF 8 STEPS TO A FULFILLED
AND HAPPY CAREER, AND LIVE.

WE WOULD LIKE TO HEAR HOW
THIS WORKBOOK WITH THE CORRESPONDING
MEDITATION HAS
HELPED YOU TO FIND CLARITY AND GET YOUR
MOJO BACK TO A GREAT CAREER.

WE WOULD LIKE TO OFFER YOU
A FREE CONSULTATION.

CLICK HERE

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