

UNLEASH YOUR FEMALE POWER

How To Reduce Stress And
Achieve Emotional Balance In Your
Love, Life And Career.



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EMPOWERING YOUR LOVE, LIVE AND CAREER
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Are you feeling overwhelmed in your life?

When you feel overwhelmed and over-loaded because you are taking over many roles all at once you don't live the life you have been looking for and you deserve.

Yet, all of your demands are a fact and they are important to you. And, they dominate your thoughts! With the result that you might act like a hamster in a wheel – you keep going and going and going to manage your career, your love life, your kids, your social life, your fitness ... So in essence: your thoughts are spinning around these demands...



And here is with what you can start do to unleash your female power and rather feel empowered and proud than over-whelmed:

The following will be a simple yet effective ***Two-Step-Process*** which can be implemented into your daily routine easily.

In order to have the best results employing this process, it is important to take notes. Therefore, I recommend that you get a nice notebook. 😊



Step 1

Before you go to bed take 5-10minutes and reflect your day in reference and contemplate ***what you are grateful for?***

Now, write down:

What are you grateful for....

What went well today

What have you accomplished ...

What have you enjoyed ...

What have you laughed about

.... *write your bulling points in your notebook*

In the beginning it might feel a bit weird as we normally tend to focus on what does not go well. Yet, this is the time to just only focus on what went well!

The benefit for you will be creating awareness for any positive aspects in your life. This will help you to (re-)create positive energy and therefore helping to unleash your female power. Additionally, you will have an even better night's sleep

Step 2

In the morning before you get up take also 5-10minutes to ***plan out your day***:

ask yourself:

How do I want to present myself to my environment today? And how would I be feeling when I would present this version of myself to my environment?

The benefit for you will be that you are consciously starting your day with a focused purpose which increases your self-awareness and will help to unleash your female power.

Repeat this simple yet effective process every day that it will eventually become second nature to you. Even after a couple of days you will recognize that with this new strategy situations which have been perceived as difficult will lighten up.

Do you need help empowering your Love, Life and Career?

Schedule a 30-min. free Empowerment Assessment with me. [CLICK HERE FOR THE SESSION](#)



Anja Dittmeier is Founder of kAleidoscope Coaching & Counseling. Anja coaches and provides counseling for her clients in German and English.

She graduated with an M.A. in education, psychology and theology, and works with her clients on the question why some people's careers flourish while others are not able to overcome obstacles with the same ease. How did we become who we are? Anja Dittmeier is specialized in interpersonal relationships and studied the causes and underlying mechanisms of it.

[Information on Anja Dittmeier's comprehensive education.](#)