

- Book 1 -

Start Building Your Beautiful Life

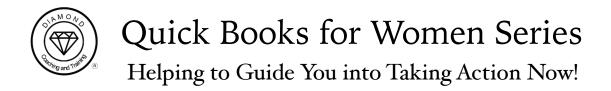
The beginning first steps to taking charge of your life and your future

Christine Schwarz

- Book 1 -

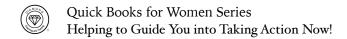
Start Building Your Beautiful Life

The beginning first steps to taking charge of your life and your future



Christine Schwarz

DIAMOND Coaching and Training®



Book 1 Start Building Your Beautiful Life

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First Edition

Disclaimer

Welcome to Quick Books for Women Series, Helping to Guide You into Taking Action Now!, Book 1, Start Building Your Beautiful Life, The Beginning First Steps to Taking Charge of Your Life and Your Future.

We hope that this book will help to inspire you and move you forward into action, to your vision of your Dream Life and Goals.Please read the Disclaimer below while using this book.

This book is not intended to replace the need for a professional psychologist, medical practitioner, therapist or special counselor. If you need extra help, please contact one of the many places of worship, support groups, a professional psychologist, medical practitioner, therapist, counselor or call 911.

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Life has abundant opportunities for you, believe!

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This book is for any woman striving to create her best life.

It is multicultural, it's for all women, all over the world.

This book does not participate in unfair criticism of men. We love good men as we all love good women.

It is intended to be used as a tool for women who are starting to move forward to achieve their dreams, get clarity of their goals, stay on track and get expert mentoring, coaching, counseling or teacher training.

The *Quick Books for Women Series* was created to help women jump start their forward momentum and get into action right now.



Quick Books for Women Series

Helping to Guide You into Taking Action Now!

Book 1

Start Building Your Beautiful Life

The Beginning First Steps to Taking Charge of Your Life and Your Future.

is dedicated to all women, all over the world.

For your Success, Brilliance and Joy!



This book is a guide to help you get started moving **forward** in the right direction towards your highest good, joy, beautiful life and greatest potential.

It is the first steps to help you start taking 100% responsibility for own your life.

Often times, women may end up back in the same negative situation due to fear, being traumatized, abandonment, lack of information, confusion, overwhelm, lack of safety and security, low self esteem, or even lack of self love.

It is here to help you begin to get clarity and awareness of your situation and empower you to make new right choices and decisions that will enable you to start creating your best life.



Finding an Expert Coach, Counselor, Mentor, or Teacher

A Coach, Counselor, Mentor or Teacher is a person who can help guide you while you are creating your beautiful new life.

They can help you work out areas of your life where you are stuck, get you out of being overwhelmed, support you, share wisdom and give you the information to your questions.

They are there to help you learn how to take 100% responsibility for your own life.

They must also have the right qualities in order for their presence in your life, to be of any value.

They must not judge you, you should feel comfortable talking to them, and they should be someone you can trust. They should be positive and make you feel uplifted and hopeful. They should be **very experienced** in their field of expertise and strive to walk their talk. Meaning they should be living the standards they teach.

You can find career counselors in schools, like colleges, mentors and coaches in places of worship or support groups of every kind. You can even talk to professionals who own their own businesses, part time or full time employers or medical doctors or nurses, if that's your interest.

Government agencies and social services are also good sources for getting answers to your questions. You can find them online or in your local area.

Don't be afraid to ask. You would be surprised how many people would love to answer your questions.

If they can't answer your questions, find somebody else. Be positive.

Step 1: Write questions below that may show up for you, concerning any
area of your life, that you need answers for. Try to be specific:
Step 2: Write down ideas of who you could talk to in order to get your
questions answered. Do the research to find someone who is an expert at
answering that question. Take this book with you, with your notes and
questions, when you go talk to them:
questions, when you go tank to them.

Your Self Love and the Divine

There are many names for the one we call the Divine, the Source, God.

The Divine is unconditional love at it's best. It is the only constant in your life and therefore you are constantly loved, cherished, and supported.

Truly loving yourself is you receiving this unconditional love.

You are valuable beyond words, just the way you are.

You are a gift to the world. You are already special.

Your beauty is unique in every way. Embrace your beauty and treasure every inch of you.

You are enough just the way you are. Your best is perfect and your best is enough.

Comparing yourself to others is a useless activity because no two people are exactly alike and we all have our own purpose in this world.

It is vitally important that your relationship with the Divine, Source, Creator, God, is strong. The stronger that connection, the stronger is your life force foundation.

Some of you have not had an opportunity to explore this part of you. Give it chance and start by just saying a simple prayer or calling out to the creator and asking for guidance.

Some ways to connect with the Divine is by meditating, praying, journaling, being in nature or group worship and study.

And remember, if you are having trouble loving yourself, don't worry because God is doing it for you.

how often? How can you create daily spiritual practices? List some ideas
below and then do them:

Your Tribe and Support

Your tribe is a group of loving authentic friends, whom you can trust, and feel comfortable with, who accept you just the way you are.

These are people with a positive mindset who contribute to your life by lifting you up and supporting you in your ongoing journey to reach and become your highest potential.

Ideally you want a tribe who supports you in moving forward, not ones who pull you back by reliving the past, victim talking, gossiping, criticism, mind games and advice giving.

You can find the right groups in school classrooms, support groups of all kinds, places of worship, common activities and hobbies, people who are on the same journey and have a group leader, mentor or teacher or even groups who do heart warming volunteer work. You may find one or more that you enjoy.

Do your research and ask people. Find a tribe that fits you. Give it a chance and just try one out. If it does not work out for you, and they do not make you feel comfortable, then find another one. Be positive.

Tribes are not people who are responsible for your life or fixing your problems. You are the only one who is 100% responsible for the choices you make in your life.

them:	below of where yo	u can start looking	g for your tribe at	ia join
		·····		



Where Are You Right Now?

Observe your situation. Where are you? What is going on around you? What do you see and how do you feel?

Making observations of what is happening around you, gives you more clarity and awareness of your situation. Clarity and awareness of your situation gives you clues on what needs to change. Remember, the power to change your life is in your hands, right now.

Write down below your observation of your present situation in regards to

soulmate or just			nas, iun,

	·



Your Goals, Your Dreams, Your Future Vision

What kind of life do you really want? If you could have anything, what would it be? Close your eyes and just imagine you are living your ideal life and see yourself there. Dream big. Really visualize what you want in regards to your spiritual life, health & fitness, finances, career, family, friends, fun, and soulmate or just make one general statement of the life that you truly want that fulfills all your dreams and desires.

Write down the vision of your future dream life and your goals. Really ask for what you want, and write it all down below:				

Letting Go and Claiming Your Dream Life

The Past:

You can cause the past to become smaller and less significant by taking increasingly more positive forward steps, making more positive life-affirming changes and bringing more beautiful newness into your life.

The past is an experience that often times has lessons to learn, but it doesn't define your identity of who you really are.

You are the creator of your own life. Don't look back, focus forward. To paraphrase a famous statement of truth "You can't plow and plant a field looking back over your shoulder". To harvest a beautiful field or a beautiful life that yields great abundance, requires you to focus forward.

Claim your goals and your own beautiful dream life right now.

that yo	that you will work everyday to make a change in some area of your personal world to prove how committed you are in creating your greatest					
life and	d owning yo	ur joy:				

Release What Does Not Fit You and Claim Your Own Beautiful Life:

Compare your future vision of your best life with the observations of what's around you.

What does not belong in your life anymore. Right now look at what does not match the vision of the beautiful life of your dreams.

You want to start living your best life right now.

Just do the best you can, and start removing one by one, that which does not fit the vision of your best life.

Some will be easy to remove and some may take some time. But as you experience the joy that is a result of letting go of these things, of that which does not fit you, the other things will become easier to let go of as well.

Step 2: What can you let go of right now? Big or small it all counts. Write

them down	and do th		•		



Claim Your Future Now

Claim Your Goals and Beautiful Dream Life and start living in it right now by adding elements or things that reflect that reality. For instance;
You could set out a vase of flowers that you envisioned for your beautiful new home.
Buy a new pair of shoes that are part of a wardrobe ensemble for your new career.
Find a favorite coffee mug with a quote that states your goals.
Or you can say something out loud such as, "I now have a beautiful physically fit body" or "I am grateful for all the loving friends that I have".
Anything, big or small, its all counts.
List some ideas below and then do them:



Fun Self Care

Fun Self Care is essential for your health and wellbeing. It's important to have a balanced life. The mind, body and spirit needs to be refreshed and recharged regularly at least once a week. It is highly recommended to have a full 24 hour period of time where there is no work involved.

Activities such as hiking, walking, exploring or any type of sport can be an easy way to incorporate healthy rejuvenating fun into your week.

Gathering with friends for a fun social activity is also recommended.

But you want to make sure it is an activity that you enjoy and are not stressed out. Avoid people or situations that cause you to feel distraught or ill at ease. You want to be in a state of joy, relaxation and freedom. After a day off you should feel refreshed, recharged, rejuvenated and ready to start the next work week.

List some ide	eas of fun self ca	re and then do	them:	

A Career that Fits You

A career that fits you, adds to your joy.
A career, business, full time or part time work is an important part of your life.
It's necessary to sustain your wellbeing and lifestyle.
It's also important to find something that fits you and who you are, as you create a beautiful life that you enjoy.
Taking career testing is easy and gives you the big clues on where to start. You can find career tests in books in the library, online or ask your local colleges and schools.
You can then follow this up with interviewing various people in the same line of work.
Another way, is to work in that field either part time or full time to see if it's something you would really enjoy, before you move forward and invest in any type of education.
After you decide what field of work you are interested in, find out what education and training is needed.
Write down the results from your career testing below, and circle or check-off the ones that most interest you:

Write down ideas of who you could interview in that field of work and their contact information:	
Write down the questions you would like to ask them and take this book	
with you with your notes:	



Summary

Congratulations!

You are now taking the first steps in creating your beautiful life and moving forward to your goals.

The power is in your hands.

Your commitment to yourself is what will empower your action steps.

Stay in your joy and believe,

because your life starts now!

ACKNOWLEDGEMENTS

Infinite gratitude and thankfulness to the Divine for the inspiration to create this book.

Gratitude and thanks to all the wonderful women who courageously stepped forward to make historical changes in humanity in order to create a better world.



Christine Schwarz

Christine Schwarz is a teacher, trainer, speaker, writer, Life Empowerment Coach, Career and Business Identity Coach, Leadership Coach, Music Professional, Engineering Specialist and Humanitarian.

She has been supporting women since the late 1980's but decided to create "Diamond Coaching and Training, LLC" to inspire, empower and guide women into creating the beautiful life they deserve and want.

Christine has real life experience as a woman, independently and successfully moving through massive life transitions and change.

Her belief is that all women stand the strongest when they become aware and lean into their collective unity and Divine connection, to create a better world.

Her programs will inspire you to take action, learn key success life skills, evaporate limiting beliefs, become aware of the resources that are available to you, teach you how to take charge of your life, and give up the habits that do not serve your highest good.

Christine successfully designed her career as a single woman working in major industries. She knows the priceless value of women in the workplace and their impact in creating a better world through their own natural instincts.

In her classes and coaching, she encourages women to grab the hand of the woman next to her, for a fun journey of abundance and joy.