



HOW TO LIVE A

vibrant life

BY UNLEASHING YOUR

inner resilience



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GETTING STARTED

decode living a *vibrant life*

the secret to unleashing your *inner resilience*

kickstart your journey toward *fearless confidence*

MY NOTES

action step *one*

define what living a
vibrant life means to **YOU**

MOM. ENTREPRENEUR. WOMAN. & *everything in between.*



MY NOTES



the secret to unleashing your *inner resilience*

what is inner resilience

why is being resilient important

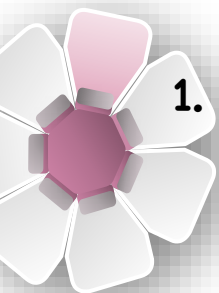
what determines our level of resiliency



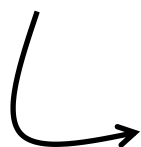
3 effective ways to boost *inner resilience*

1. *find your purpose* & boldly move toward your goals
2. bravely face your fears & learn to *embrace change*
3. maintain *healthy routines* and develop new ones

life doesn't get easier or more forgiving
we get stronger and more resilient



1. *find your purpose* & boldly move toward your goals



**MANAGE YOUR MIND
POWER OF POSITIVITY**



action step *two*

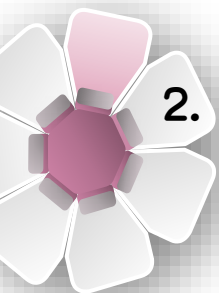
write down ways to invite more positivity, more calm and more emotional intelligence into your life

HOW TO RELAX & BREATHE MORE

JOURNAL & AFFIRMATION IDEAS

HOW TO HAVE MORE FUN

[CLICK HERE TO CHECK OUT THE CHALLENGE JOURNAL](#)



2. bravely face your fears & learn to *embrace change*

↳ BE AWARE OF YOUR UNCONSCIOUS
THOUGHTS & LEARN TO CONTROL THEM



action step *three*

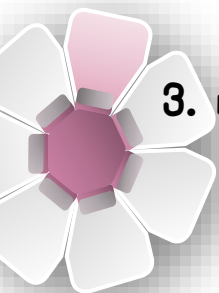
find your spark by being at your best
REFUEL & REFOCUS

HOW TO BE MORE ACTIVE

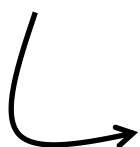
ENERGY FOODS

HOW TO SLEEP MORE

[CLICK HERE TO JOIN THE FREE DETOX](#)



3. maintain *healthy routines* and develop new ones



EXPECT THE UNEXPECTED
CREATE A ROUTINE
BE PREPARED



action step *four*

get your daily routine planned and
schedule your bombshell pomodoro

HABIT STACKING IDEAS

TIME BLOCKS

TASK BATCHING

BOMBSHELL POMODORO TIME



kickstart your journey toward

fearless confidence

action step *five*

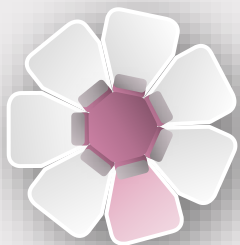
**join the free LOVE
YOURSELF workshop**



action step *six*



**book your free CLEVER
confidence discovery call and
let's see how I can help you**



action step *seven*

your starting date

I CAN LIVE A

vibrant life

BY UNLEASHING MY

inner resilience

USING A PERFECTLY BALANCED

love yourself plan

YOUR NEXT STEPS

VISIT <https://healthyfamilyandme.com/love-yourself/> FOR ACCESS

EXCLUSIVE FACEBOOK *group*

get access to our Good Mom Collab community



group



blog

for more healthy living and mom life resources

VISIT THE *blog*

LOVE YOURSELF *workshop*

join our next mompreneur coaching workshop
FREE ACCESS TO ALL-ACCESS-PASS MEMBERS



workshop



coaching

CONFIDENCE *coaching*

book your free discovery call now to join
the 90-day intensive coaching program

any **QUESTIONS, COMMENTS** or
COLLABORATION IDEAS

email me



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