



# Light up Your Life!!!

A Stress and Anxiety Reduction Program  
Empowering People to Live and Work Stress-Free!

**A life skills program for people of all ages...**

✓	Reduce anxiety and stress at home and work
✓	Avoid burnout with proper work/life balance
✓	Eliminate workplace and family conflict
✓	Become more productive and efficient
✓	Deal with toxic people at home and at work
✓	Handle stress with calmness and dignity
✓	Experience more peace and serenity
✓	Enjoy more job and career satisfaction
✓	Free up more time and energy
✓	Increase engagement and motivation





## **A life skills program for people of all ages...**

Includes a eight-week video series, personal notebook,  
an online community and daily wellness message.

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## **Here are the topics...**

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### **Introduction**

- Reducing Chaos
- Success Cycles
- Work/Life Balance

### **Session One**

- Reducing Stress
- Mindfulness
- Self-Empowerment I

### **Session Two**

- Self-Empowerment II
- Becoming more Effective
- Achieving Goals and Targets

### **Session Three**

- Mindfulness
- Reducing Anxiety
- Overcoming Self-Imposed Barriers

### **Session Four**

- Creating Healthy Relationships  
at home & work
- Eliminating Conflict

### **Session Five**

- Health and Well-Being
- Eat to Energize
- Fight the Fat

### **Session Six**

- Health and Well-Being
- Fitness and Reversing Aging

### **Session Seven**

- Managing My Energy
- Managing My Time

### **Session Eight**

- Value-Based Living
  - Pulling it all Together
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