



# Getting Started

ORIENTATION PACKET

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## A Note from Alessandra

Hey Thriver,

Welcome! I am so incredibly pumped that you are here. CONGRATS for choosing you and making the grand statement that you DESERVE TO THRIVE. I am excited for you and the journey you are about to embark on.

It won't be easy, but you're here, and that proves to me (and to YOU, most importantly) that you can do it, that you believe in yourself, that you KNOW that you are ready to moved forward in your life.

Because that is why you are here. To push yourself past your limits, dig deep, and move closer to thriving.

Let's do this!!



## What makes you feel like you are thriving?

In order for you to be successful in this course, which I KNOW you will be, there are a few things that I want you to explore and get into place before you even start the deeper PREPARE phase.

All of these topics will be teased out throughout the course, but this is your starting point and a place for you to gauge where you are (so you can see how far you've come when you're finished with the course).

What makes you feel like you are thriving?

Let's first talk about your definition of thriving and how you know you are (or will be) thriving. I ask you this, because everyone's definition of thriving can be different. I really encourage you to explore what it exactly looks like to you because when it comes, you will recognize and FEEL it easier.

I feel like I am thriving when...

- I feel ready for each day – getting up earlier than I “have to” and knowing exactly what I would like to accomplish that day
- I have a plan - this is more broad, but I feel like I am thriving when I actually have a plan to either my day or week
- I make time for myself – this can be either during my miracle morning (more on that later), or during my little one's nap time, or even just taking a few deep breaths outside. I feel like I am thriving when I create more space for ME.
- My house is de-cluttered and clean – this can be a hard one for me, I have recently realized how much clutter effects me emotionally and physically on a daily basis
- I feel connected to my purpose – every day I am living for my purpose and passion. It doesn't have to consume my day, but each day I am conscious and connected to my ultimate purpose and what I want my life to look like
- I have freedom – this looks like freedom of time, money, and location. I can travel when I want to, buy what I want to, and spend time with those I love. •
- I am strong physically – I exercise daily with the goal of strength (not weight loss) and feeling empowered in my body
- I am patient and kind always – I know I'm thriving when I don't get upset by little things, I have more patience when things don't go my way, and I am kind with my words even in difficult situations.
- I am connected to others – I get out of the house to be with friends with intention (meaning I make plans, I choose connection over staying at home, and I say “yes” even when it is easier to say “no”, talk to those close to me about my feelings and thoughts, and make connection with my husband a priority.
- I get outside every day – this can be difficult on those rainy pacific northwest days, but I have found that I truly feel better on the days where I spend time outside.
- I practice daily gratitude and mindfulness – I am conscious and aware of what is occurring around me and practice a deep gratitude for what this life has given me.

When we know what thriving looks like to us, we are more aware of what we can do even when we don't feel like we are thriving. For example, on a day where I do not feel good, feel lazy, maybe feel caught in my head a bit, I know that getting outside may help. An easy, small shift in my day can make a difference.

So I encourage you to start treating yourself like you are thriving as your first step. ..

What about you? What makes you feel like you are thriving?

# YOUR MORNING

What makes you feel strong, successful, like you can conquer anything?

For me, a kickass morning routine is key to me feeling like I can take on the day, that I can accomplish anything on my to-do list (and that I can confidently make a to-do list knowing I will be able to achieve it).

I was introduced to the miracle morning by my sister or maybe it was a Facebook group, or maybe it was another coach (you get the picture - the miracle morning is everywhere!). I didn't know what to expect when I read the book, but what I did know, was that I needed to jumpstart my day. I needed some life and connection in the morning because what I was currently doing, a big fat nothing but getting up when my one year old woke up, was not working for me.

I felt flat. I felt lazy. I felt disconnected from my purpose and passion because how could I help others when I was not prioritizing myself?

We will dive into the specifics of the Miracle morning and how you can implement it for yourself in the PREPARE module of the course, but I wanted you to explore your current relationship with your morning routine.

What is your current morning routine?

# YOUR MORNING

What would you like to incorporate into your morning routine?

What do you need to do in order to create your morning routine?

# YOUR ENVIRONMENT

I want you to think about where you spend your time. It could be your home, your office, your room, your closet, your bathroom, your car, anywhere where you encounter during the day and spend some of your time. How can you make that space more enjoyable?

Here are a few ideas to get you started:

- De-clutter – clearing your space, cleaning off the table, tackling your “dump zone,” making a designated trash can in your car
- Creating a cleaning routine that works for you so that your space is clean on a regular basis
- Find an air freshener you love (or a candle)
- Give your living space a revamp – if you don’t have money to buy new furniture, move it around, switch up what is on the wall (swap the pictures out of frames)
- Only surround yourself with things that you LOVE – not things that people have given you that you feel obligated to display
- Practice minimalism – go through your closet and other areas of your space. What do you no longer use that you could give away? Is there something in your closet that you haven’t worn for 5 years? Get rid of it.

Thoughts/Notes



# YOUR ENVIRONMENT

What are some ways you can make your space more enjoyable?

What makes you feel at peace, calm, and most connected to you?



# YOUR BEAUTY

As much as I don't want to say this is important, it totally is. Personally, when I am dressed and ready, hair looking ok (doesn't always have to be done, but at least presentable - I have curly hair so sometimes this can be a challenge), and maybe a little mascara on I really feel like I am ready for anything. I feel confident and more in tune with myself.

Feeling beautiful is something we all deserve to feel at some point during the day. And so creating a beauty routine, no matter how minimal it is, can be a game changer when it comes to thriving.

Here are a few ideas to get you started:

- Take a shower first thing in the morning and get dressed - even if you don't have to, even if you work from home and can be in your PJs all day, even if you are going to get messy because you have kids to look after
- Put on a little make-up (no matter how minimal, this can be a little mascara, lip gloss, anything that makes you shine a little brighter in your eyes)
- Create a routine for your hair - this was a big one for me - I have curly hair and it is SO easy for me to just throw it up in a bun after my shower, but I was finding that I did not feel like my best self when my hair was constantly in a bun and knotty/ratty. So I decided I would take a little extra time right after my shower (only about 5 minutes) to give my hair the love it needed to be worn down and let my curls/waves go free!
- Only wear clothes that you love - I know we all don't have unlimited income to have the wardrobe that we dream about, but that doesn't mean you can't wear clothes that you love. Dress in clothes that make you feel great about yourself.
- Paint your nails (or go get a mani/pedi)
- Get a haircut
- Do something different with your hair • Try a new lipstick color • Splurge on something that will make you feel like a million bucks - maybe there is something you have been eyeing for awhile, go for it!
- Get a massage

# YOUR BEAUTY

Thoughts/Notes

What makes you feel beautiful?

What can you add to and/or change about your beauty routine?

# YOUR RELATIONSHIPS

I realized that at a certain point in my life I could really CHOOSE the people I spent most of my time with. I don't know why I didn't feel that way before, but once I hit around 27-28, I decided that I wanted to only surround myself with people that made me feel genuinely GOOD and who made me a better person.

Connection is so important when you are on your road to thriving. And connection with the RIGHT people is even more important.

We often get consumed with what is going on in our lives (rightly so, it is our ONE life and we want to live it the best that we can), and it can be so easy to shut people out when we don't feel our best.

But this is the time when we need people the most. When you are surviving, you NEED to connect with others in order to feel closer to your best self.

But choose your people wisely. Choose those that build you up and support you, not bring you down (we get into this deeper in Module 1)

Here are some ideas to get you started:

- Send a text to someone that you have been wanting to connect with for awhile now, but just haven't - I actually do this a lot with friends that I haven't spoken with for awhile, but know are people I want in my life. Life has a way of taking us all over the place, but it is so important to just take a step back, evaluate who we want in our lives, and then take steps (even if they are small) to connect .
- Jump into the Deserve to Thrive Pride and connect with the women there
- Plan a girls night or a date night with your partner
- Do a friend purge on social media - I do this often when I find myself comparing myself to others or feeling jealous (or I just see negative posts a lot). I either choose to unfriend or I just unfollow so that I do not have to see their feed. Social media has a way of bringing us down, when it really should be all about connection. Make it about connection again. •
- Find a few Facebook communities to become more active in
- Video chat with a good friend/family member
- Turn of your work self when you go home so that you can connect with your partner (or roommate, whatever your situation is)

# YOUR RELATIONSHIPS

Thoughts/Notes

What do you need in your life to feel more connected?

What FIVE people do you want to spend the majority of your time with?



# YOUR HEALTH, WELLNESS, & FITNESS

When you feel healthy in your body, you will automatically begin to feel healthier in your mind and not only accomplish more, but feel more energized to do it.

Sometimes this is the first step towards thriving, because it often can be the first area we let go when we are surviving our lives.

Putting a little focus into this area of your life can go a LONG way and can lead you not only towards a healthier, more fit, strong you, but a more vibrant (inside and out) you as well.

Here are a few ideas to get you started:

- Plan meals ahead of time – this was HUGE for me, because as a mother I get extremely stressed out when it comes to cooking dinner. 1) because I want the dinner to be healthy and feel a responsibility for my family, 2) because I want it to be good! So I had a talk with my husband and discussed my stress, and we decided that meal planning ahead of time was the way to go, because it wasn't the cooking part that was giving me so much stress! This way I was able to go to the grocery, and make sure my family had everything we needed for the week (healthy foods and all!).
- You could even prepare meals beforehand and freeze them • Make healthier food choices – instead of grabbing fast food for lunch, make a choice to go for a healthier option (or pack your own!)
- Create a workout routine – this could be as simple as walking for 10 minutes every morning to going to a specific workout class every week. Just get moving!
- Have a green smoothie
- Stretch daily
- No screen time 30 minutes before bed – screen time has a huge impact on your sleep and sleep is integral to your health. Making this change for me was a hard one as I like to read a book before bed on my phone.
- Spend time outside – I really recommend one hour of outdoors time a day. It's hard, and for those of you who live in the city, it's not always the most peaceful, but get some fresh air however you can

# YOUR HEALTH, WELLNESS, & FITNESS

Thoughts/Notes

What changes do you need to make to be more healthy?

What do you need to do to feel more connected to your body?

Now that we have a few things in place to get you closer to your path to thriving, let's jump into a few more questions to get you thinking about what you will need to focus on during this course.

Describe your vision for your life going forward.

Describe your current life situation: health/wellness, relationships (friends, romantic family), commitments, career, finances.



What are your strengths?

What are your weaknesses?

What limiting beliefs about yourself do you have?

What personal development have you done? Be specific (programs, seminars, books, mentors, therapists, coaches). What was most useful and why?

What are you most proud of in your life so far?

If you could change 3 things in your life, what would you change?

What does your dream life look like?

What are your key stressors in your life currently?

On a scale of 1-10, how well are you caring for your body?

On a scale of 1-10, how well are you caring for your needs?

In what ways could you be improving your self care?

How often do you get your needs met?



What are your specific goals for this coaching program and for taking a step forward in your life?

What has kept you from what you want and accomplishing your goals?

What is your main reason for enrolling in Deserve to Thrive?

What is your non-negotiable goal for this course?



You DESERVE to THRIVE

“Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don’t belong.”