



The Love Mondays Success Blueprint

Hi, it's so great to have you here! I'm excited to share with you my **Love Mondays Success Program Blueprint**.

If you would like to transform your life and your career starting right now then you're in the right place!

I'm about to take you through **The SHINE Technique™** A step-by-step process I've personally created to help you create a career and life you love!

Now it's time for YOU to discover how to transform your life and your career following my 5 easy steps!

So let's get started!

Jacqueline

www.lovemondaysnow.com

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STEP #1 – Simplify your life & lighten up!

“LESS IS MORE!”

STEP #2 – How to get out of your own way

“There are plenty of obstacles in your life, don’t allow yourself to become one of them.” Ralph Marson

STEP #3 – Ignite positive change in your career & life NOW

“The secret of change is to focus all of your energy, not on fighting the old, but building the new.” Socrates

STEP #4 – New Path and a New You!

“Clarity is power – where do you want to go?”

STEP #5 – Establish Your Recipe For Success

“Start cooking up your recipe for success today!”

All the information, strategies and concepts contained within this publication are of the nature of general comment only, and are not in any way recommended as individual advice. The intent is to offer a selection of insights and examples and should any reader choose to make use of the information contained herein, this is their decision, and the author, publisher and contributors (and their companies), do not assume any responsibility whatsoever under any condition or circumstances. It is recommended that the reader obtain their own independent advice.

STEP #1 – Simplify your life & lighten up!

Don't let life weigh you down! I can't tell you how great a feeling it is, to simplify your life, lighten up and get organised! Plus, it's so important to do so before you embark on something new. Here is how you do it, and your new motto is...

“LESS IS MORE!”



Is your life, in various areas, bursting at the seams and overflowing with excess stuff?

You can't do *outrageously fabulous* new things in your life, with a whole lot of clutter, or unfinished business around you.

We're going to look at both your external environment and internal environment.

Here are some external areas in your life you can start to de-clutter right away:

1. Clean out your INBOX to zero – Yes, that's right, I said zero. Have you ever done that? It is a great feeling and something I recommend you do at least once every week.

2. De-clutter your AGENDA – Is your schedule packed to the max? Create space in-between appointments and commitments. Tick off anything that doesn't really need to be there. Then, be very careful in regards to what you agree to put on it moving forwards.

Don't run around on adrenalin all day long, as it eventually catches up with you and then you won't be good to anyone.

3. Your house – You will have heard this a million times before but I highly believe in creating an environment that sets YOU up for SUCCESS so I must ask you!



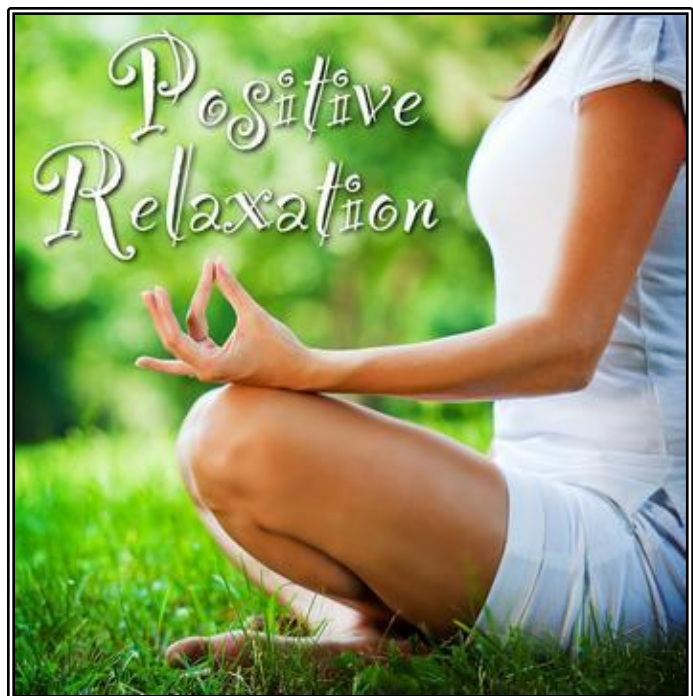


2. Don't over complicate things – I see this happen all the time and it stops people dead in their tracks. For example: Let's say you're trying to make a decision but are really worried about which way to go. Perhaps you're thinking about changing jobs. You worry that the new working hours might be longer, you might not get the salary you want or a boss you respect. So you just sit and worry about it. How about you simply start looking for a new job first? How are you supposed to guess about these things before they are even presented to you? You're pre-empting and thinking the worst. The hours might be less and pay more! You never know. So keep things simple and gather the facts first.

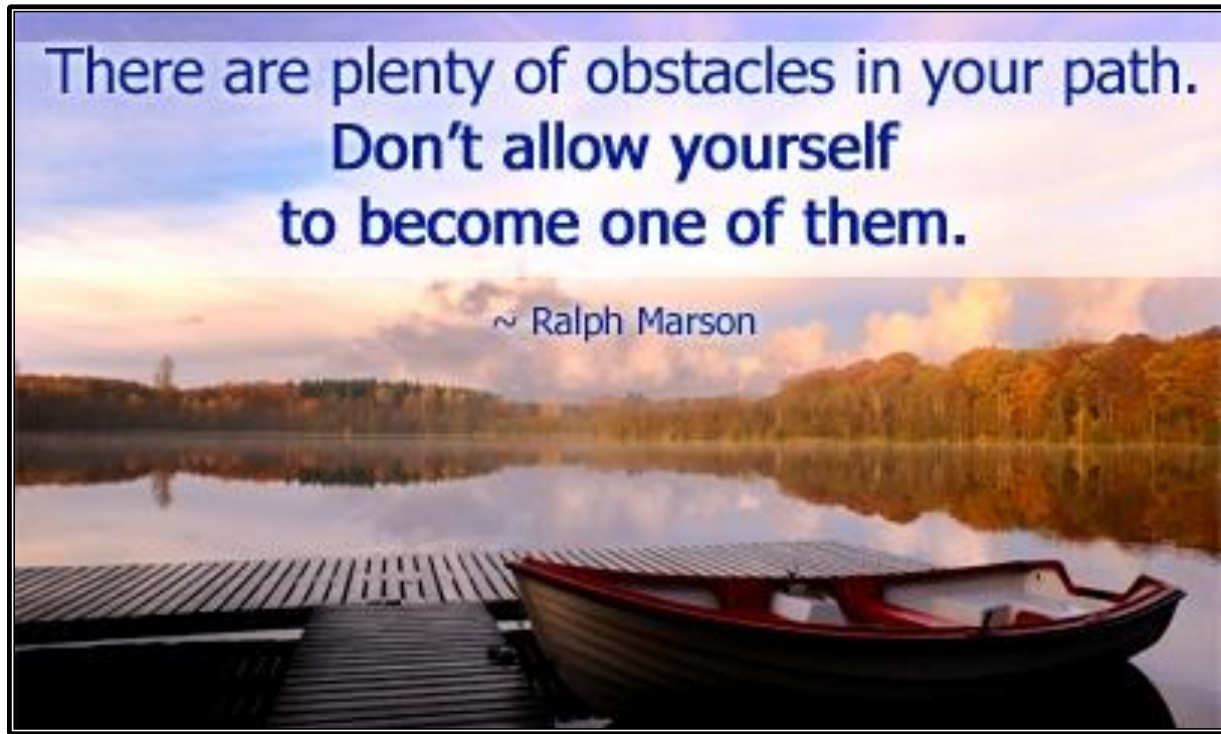
3. Take time out – Calm down and free your mind of clutter by taking up meditation, yoga or simply having a walk in nature. I do one of these at least daily. Another favorite thing of mine is to take myself out for a coffee!

Yep, just perfect "me time."

I often do this after a morning run or row, when I'm out and about in-between coaching my clients or while shopping. I get centered, I reflect and get completely in the moment. 😊



STEP #2 – How to get out of your own way



It's so easy to get in our own way to success, with behaviours such as; self sabotaging, self doubt, fear of failure, fear of success, lacking in self confidence, under valuing ourselves and the list goes on.

But the great news is that, if we are the ones getting in our own way, changing it is in our control!

This step all starts with self awareness. Here at **Love Mondays Now** we have a fantastic tool for helping you become aware of exactly how you're getting in your own way.

If you would like to know more about this simply go to:

www.lovemondaysnow.com/work-with-jacqueline/

In the meantime, here are some activities to help you increase your own self awareness of what you might be doing, that is getting in the way of your dream career and life!

The Self Awareness Test



This test is so much fun, (unless you have extremely good self awareness already), you will be in for a real eye opener!

Let me tell you a quick story...

I had a client, let's call her Bree for confidentiality purposes, who sat in her session with me and said:

"Jacqueline, I had an argument with my husband. I had said to him that I don't drink very much, only about five standard alcoholic drinks per week and he went crazy! He told me I was wrong, that there was no way I only drink five standard drinks per week. He said it's much more like twenty! Can you believe it?"

Anyway, I was really upset and we ended up having a dreadful weekend."

"Sometimes, what we think we're doing isn't what we're actually doing. When someone else shares a different perspective, it's time to stop and think. Maybe, what if, he's right?" I asked her.

"That would be terrible," said Bree, "It would mean I'd almost be an alcoholic!"

"What I would like you to do Bree, is continue as you normally would as far as alcoholic drinks are concerned over the next two weeks. Count every drink you have and report back the number in your next coaching session with me."

Here's what happened in her next session:

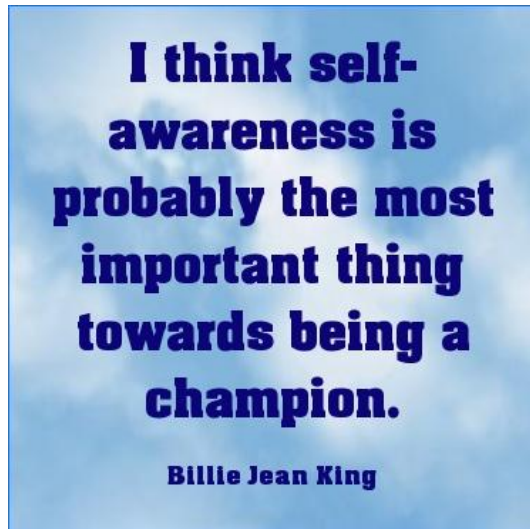
"Jacqueline, I cannot believe it! My husband was right! I have on average twenty standard alcoholic drinks per week! I've had forty drinks since I last saw you! I can't believe how quickly they add up, from a business event, lunch with the girls, Friday night drinks, parties on Saturday and a relaxing bottle of wine on Sunday evenings with the family, it certainly adds up."

Now it's entirely up to her if she wanted to change this average to match more to what she deems healthy and respectable for herself but my point here is self awareness.

'What you THINK you do can vastly differ from what you ACTUALLY do.'

Take my word for it I see it all the time....

For your self-awareness test you might like to choose one of the following activities, to get an accurate measure on, or select another one of your own. The important thing is that you follow through.



** How many minutes you actually exercise per week.*

** How many hours sleep you get.*

** How long it actually takes you to get ready and out the door in the morning.*

** How much you spend per month on bills, entertainment, drinks, coffee...*

** How many hours you spend watching TV or on social media sites.*

** How many hours you actually work each week.*

STEP 1 - You first need to estimate the number you 'think' it is and write that down.

STEP 2 - Proceed forward measuring your chosen area.

STEP 3 - After your designated period is up e.g. two weeks or one month, compare your actual to your estimate. .

Once you have your data, you will be able to see how well you have estimated your own reality.

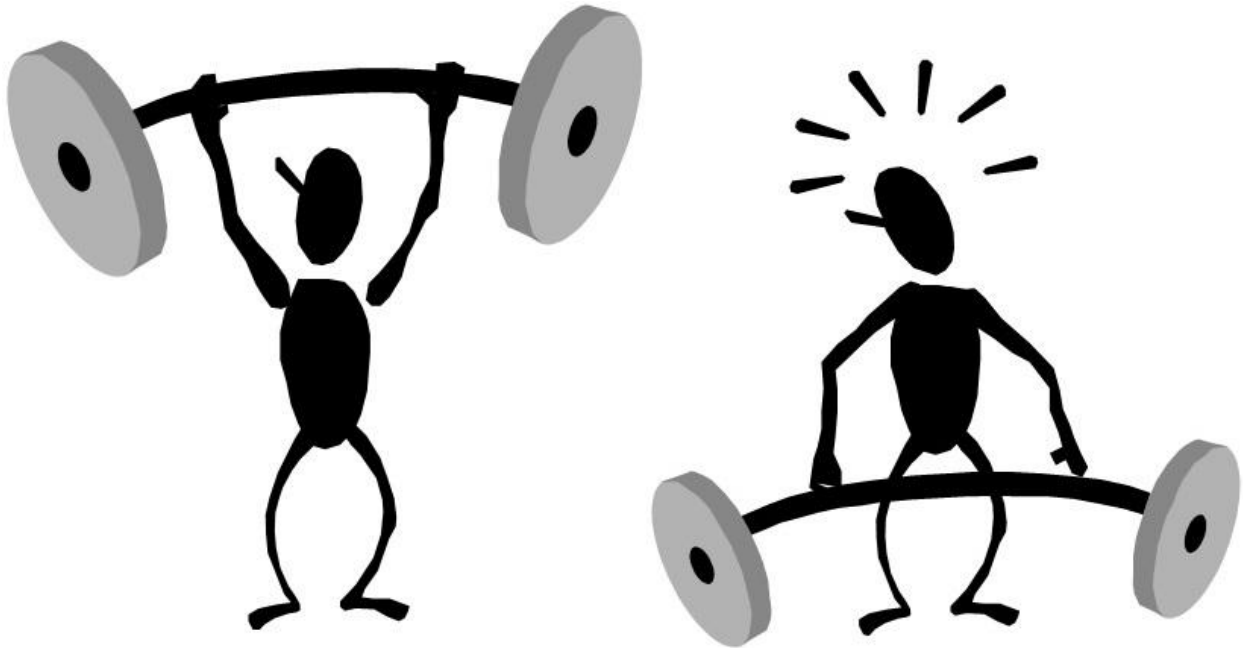
This will show you your level of self awareness in that area.

Chances are if you have poor self awareness in one area, you may well have it in others as well.

Is it time you had a reality check?

Once you have your data you can also decide if you need to make any positive changes that will help you align to what you actually want to be doing or not doing.

Your Strengths & Weaknesses



There is nothing like knowing what your strengths and weaknesses are. If you don't know what you want in your life, which career path to take or direction to follow, then chances are you don't know yourself well enough. The good news is that there is room for you to learn. If you really know yourself then you will know exactly what you want!

So, your next activity is to:

Write down what you currently think or know your strengths are:

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Write down what you think or know are your biggest weaknesses:

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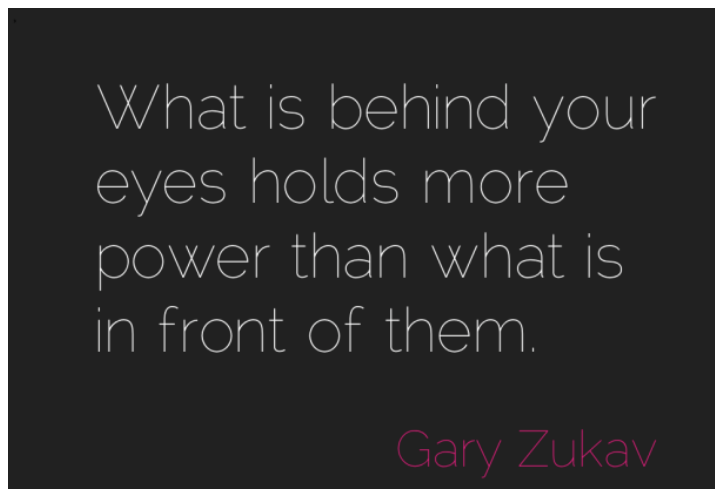
Are you fully maximizing your strengths? What are you doing right now, to work on turning your biggest weakness, into a strength?

If you are not sure of your strengths and weaknesses, make a draft list and ask your friends and/or family to help you.

Now this can be very confronting, many people skip this exercise, in fear of hearing something they may not like. But remember, it's your choice how you view the responses you receive, and feedback is the fastest way to improve your self-awareness and yourself.

After you have completed the above now it's time to make an **ACTION PLAN** to enhance your strengths and work on turning your weaknesses around.

Here is a list of example qualities and characteristics, but the trick here is to know that so many of them, can be either a strength or a weakness. How you use them is the difference between success and failure.



PERCEPTION

COMPETITIVE: Being extremely competitive can win you lots of races but it can also get out of hand if you can't just relax back and have fun with people.

STUBBORN: Being stubborn can keep you closed minded, and inflexible, however it can be an excellent trait to have when you remain stubborn towards upholding your principles and values.

CARING: Of course being caring is a fabulous quality to have, but what if you're caring too much about what other people think, and are failing to follow your own path in life?

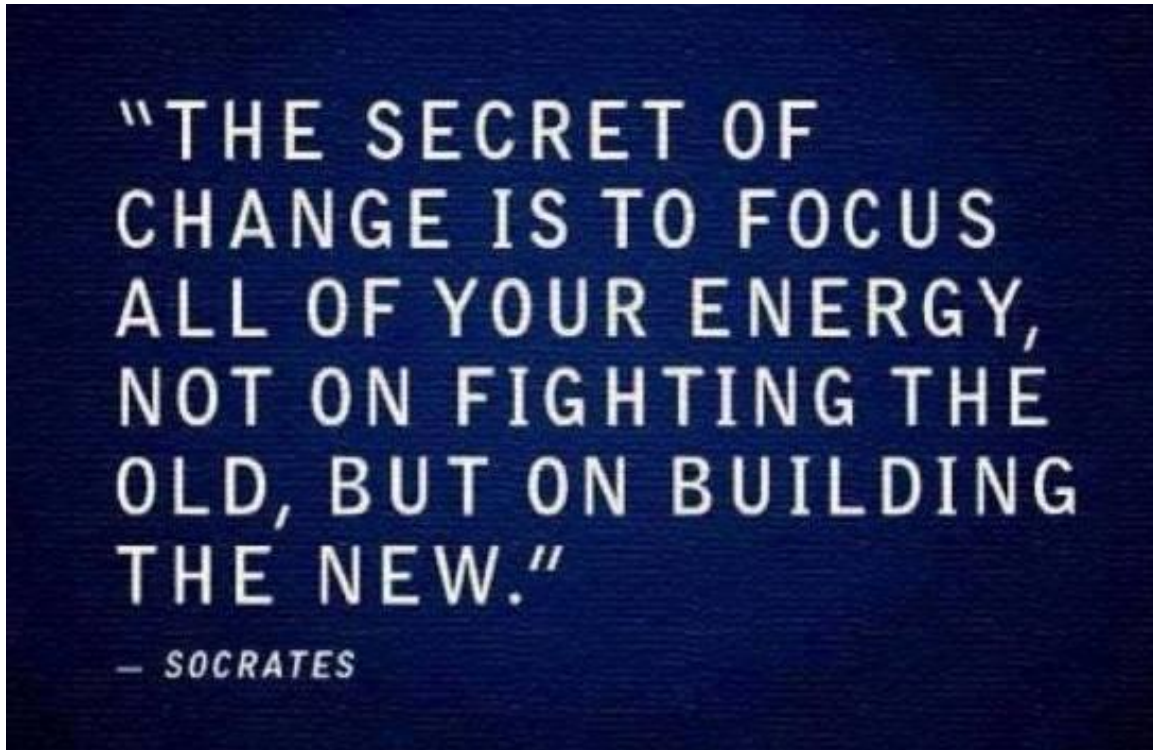
I have many more examples in my book **LOVE MONDAYS NOW** of how you can understand yourself, at a greater level, and stop getting in your own way.

I invite you to come on over and check it out at:

<http://www.lovemondaysnow.com/shop/lets-get-reading>

What is the first positive action you will take this week to turn one of your weaknesses into your greatest strength?

STEP #3 – Ignite positive change in your career & life NOW



One of my favourite things to do when someone first comes to me who is unhappy in their career or life is to tell them this:

"Stop looking outside of your current situation, I know you want to change it but guess what? The answers to your biggest problems are right under your nose! You just can't see them."

If you're unhappy in your current work situation, there is something there that you have not yet learnt. Once you do the thing you're meant to do there, and learn the lesson you need to learn, will the next thing appear.

Think about where you are now, as a stepping stone to where you need to go next. I have analysed so many career paths, it's remarkable how you can look back and see, even a tiny part time job you had when you were young, helps you in your ideal career, sometimes decades later.

So the exciting news for you is; go into work tomorrow and look for your lessons!

You don't have to change your job to be happy, just your perception of it. You don't need to get a promotion tomorrow or, do anything drastic. Why? Because, it all begins with changing from within.

Now some of the strengths and weaknesses you listed in **Step 2 – How to get out of your own way**, will help you here in **Step 3 – Igniting positive change in your career and life NOW**.

Identify, are 3-5 things you could change about yourself when you go to work tomorrow. Focus on one of them until you've achieved it, then move onto the next.

Here are some examples:

Simple common traits to change immediately are:

- **Get to work early, dress for success and be in a good mood.**

Why? This shows so many things about you, a late person communicates lack of self management and organizational skills. Do you say: "I don't care because I want to leave anyway?" Remember, everything you do either enhances or diminishes your own personal branding and reputation. What if there is a senior manager or client who happens to see you at work and has an absolutely AMAZING opportunity but sees you coming into work late, dressing carelessly or in a bad mood. Do you think they would want to give that opportunity to you? No way! Just think big brother, you never know who is going to be around watching you. Be your best self right now and everywhere you go.

What about some of the bigger issues you may face at work?

- Your boss promised you that promotion, but now after 10 months you're pretty much doing the new role, yet you're neither getting paid for it, or have the job title to match.

This is easy to fix!

Stop waiting around for your boss to give it to you. If you're already doing the job, your boss may not be eager to give you a pay rise, or he or she might just be extremely busy and forgot about it.

So what do you do?

STEP 1 - Arrange a 1:1 meeting with your boss.

STEP 2 - Follow my favorite communication structure which I have named for you as:

The REN Technique™

R – Remember when...

E – "Example."

N – Now let's make that change!

Here is a dialogue example:

YOU: "I'm really enjoying the new tasks and responsibilities you have given me to work on, since we spoke last October."

BOSS: "Great."

YOU: "Remember how we sat down and discussed my career development plan, to move from the Administration Officer to the Social Media Manager?"

(The key is to pause and let them agree don't rush!)

BOSS: "Yes."

YOU: "And we talked about me handing over my administration duties to Amy, creating a marketing plan and implementing new social media strategies."

BOSS: "Yes." Or nodding in agreement.

YOU: "As you know, I have been doing all of these things for example: I have trained Amy to handle all administrative tasks on her own. I designed a new online marketing strategy, which generated 20 new leads, and 5 new clients last month. Plus, we now have an active social media presence with a growing following. Would you agree I have fulfilled all of these objectives?"

BOSS: "Yes absolutely."

YOU: "Excellent, so the only thing that hasn't happened, since our discussion, is changing my job title and salary to match my new role. Can we please discuss that now?"

You have set the tone of this meeting, demonstrating how you have followed through your part, and now it's time for your boss to follow through on his/her part. Now your boss may agree to discuss this right now and if in that case you need to be ready to negotiate your salary. So you need to have thought of this already, in preparation to this situation. Or your boss may say he/she would like to think about it, check with the budget or HR and get back to you.

Now the key here is to ask when! Set a deadline for when he/she expects to get back to you. Then you have a date to follow up if it doesn't happen.

It doesn't stop here. Immediately go back to your desk and write your boss a follow up email.

Example:

Boss,

Thank you for your time today, it was much appreciated.

As discussed in our meeting today, since our previous meeting regarding my career development here at [COMPANY] last October I have fulfilled the following new objectives and responsibilities:

[list as you discussed in the meeting, any others you may have forgotten, but certainly don't go on and on, be concise and to the point]

I look forward to hearing back from you regarding my new job title and remuneration package after you have spoken with HR by [Date he/she gave you].

Many thanks,

Your name.

Now you need to have confidence to do this. Many people rattle in their boots, but remember you can either take responsibility for your situation and try and make change in your life, or accept it the way it is, and wait for others to give you what you want, which means, you could be waiting forever, good luck!

There are endless opportunities to turn your current situation around right now and ignite purpose and passion into your day. Once you start to open your eyes to see them they are everywhere!

The sooner you address negative work or life issues the sooner you will start to love your job, yourself and your life. Plus the sooner you will move into the next chapter that you ultimately want to be in!

Please note: These are just a couple of examples to get you started. For more training on my '5 Steps to a Career & Life You Love' please come on over and check out my popular online course at:

www.lovedmondaysnow.com/shop/the-love-mondays-success-program/

STEP #4 – New Path and a New You!



Once you have worked through steps 1 to step 3, now it's time to look forward.

- Where do you want to go?
- What do you want to do?

Clarity is power: to achieve your goals you must know what you want.

TIP: To start on a new path with a new you, continue working hard on developing your strengths and turning your weaknesses around so they no longer hold you back.

Then define a new goal, now unfortunately, many people have no idea what to do, what their next best career or job should be, that will, ultimately and finally make them happy.

If you're thinking about changing careers or jobs and having trouble in what to do, here are some tips:

Instead of thinking about which industry you want to be in or traditional role titles, create a vision board with some of the following details:

1. What skills do you have that can help others?
2. What type of working hours would you love to have?
3. The type of people you would like to work with?
4. Would you like to work 'location independent' or have a nice office or outdoor setting to go to each day?
5. Reflect on one of the best days you have had in the last month or year – what were you doing? This doesn't have to be at work, to give you clues on what inspires you and makes you really happy and fulfilled, look in all areas of your life.
6. What do others say you're excellent at doing?
7. What type of salary would you like and/or need?
8. What type of boss would you like to have or would you like to be your own boss?
9. Would you like to start your own business, if so what might it be?
10. If you could do something, that you loved so much, that it didn't even matter if you were paid for it or not, what would it be? Think about your ideal day...

STEP #5 – Establish Your Recipe For Success



We all have a few core elements that keep us on the right track. It's time for you to identify yours and stick to them.

You also need to know your recipe for failure, and steer clear of *cooking it up*, if you truly want to become the best version of yourself.

So what I am talking about here?

It's all about how you set yourself up for success. Here are some examples to get you thinking:

- **Outstanding productivity and outstanding results for you** - Could all be down to what time you get up in the morning and follow your own personal success ritual. That might be exercising, meditating and having breakfast with your family. If you always have your best days starting this way, it's one of your success recipes – so do it! 😊
- **A happy home** – Maybe eliminating blame, criticism or negativity at home sets you up for success. Your recipe for success could be; get home when you say you will, arrive showing up as your best self with happiness, fun and real connection with those in the house – even your pet!
- **Self belief** – If doubt sets in and you realize that is your recipe for failure then self belief is something you must master! Look for all the reasons why you could and should be successful and move forwards with confidence in yourself!

Go ahead and start cooking your 'Recipes For Success' today!

Career Quiz

Answer the 10 Questions below & calculate 1 point for every False answer.

Questions	True / False
1. I currently have my dream job & absolutely love it!	
2. I rarely get frustrated at work	
3. I have a spring in my step each morning when I go to work	
4. I am happy with my job title and salary	
5. I have plenty of time in my week to enjoy my personal life	
6. I'm not stressed about my work, career or money	
7. I continuously grow in my current career, it's always challenging me	
8. I love and respect the people I work with	
9. I sleep well at night and rest peacefully	
10. My personal relationships are not suffering due to my work	

Add up your points and read below our advice:

0-3 Carry On You Are OK

4-7 Room For Improvement

8-10 OH NO! Don't Delay! Email me today – Jacqueline@jinalife.com

Is it time you made a serious change in your career or your life?

- Imagine for a moment, that you were no longer feeling frustrated or unfulfilled in your career, and you knew exactly what you wanted to do, and how you were going to make it happen! How different would your life be?
- How would you feel if, right now, you had someone whose primary goal was to help you achieve your biggest goals in life?
- What kind of person would you be if you stopped to address the areas that may be of weakness, and instead applied focused attention to turn them around? Can you imagine what the best version of yourself looks like?

What should you be doing about this right now?

If, after reading this blueprint you recognised there was at least one thing you could improve upon in yourself and your career. If you are sick of thinking about your ideal career path and life and just want to make a change right now then I would like to offer you a complimentary 45min career strategy session.

FREE 45min
CAREER
STRATEGY
SESSION

CREATE A CAREER &
LIFESTYLE OF YOUR DREAMS!

Author of Love Mondays Now!
Jacqueline

BOOK NOW
VALUE: \$397

FREE TIPS TO CREATE A CAREER & LIFE YOU LOVE Name E-mail **get it!**

To schedule your complimentary 45 minute career strategy session, simply click on the link now to book your session:

<http://www.lovemondaysnow.com/work-with-jacqueline/>

I look forward to speaking with you to help you create a career and life you love!

Live Your Best Life

Jacqueline Pigdon