

## Personal Action Strategies **BONUSES** courtesy of Laura Rubinstein and Transform Today



### **BONUS #1: Mini-Vacation**

Would you like to feel invigorated and energized?

Why not take a mini-vacation right now?

Tired, overwhelmed, exhausted or anxious? This is your lucky day. Sit back relax and unwind to our soothing guided relaxation and start fresh in the middle of your day.

Treat your body, mind and soul to this refreshing decadent time. Journey to a deep state of relaxation. Watch your stress melt away.



### **BONUS #2: Guide to Maximizing Coaching**

In this power packed guide, you will receive over 100 tips on how to make the most of the coaching experience. If you haven't experienced as many benefits as you would like to with your coach, be sure to read and apply these methods. They are simple and will make a huge difference when you work with a professional coach.

### **BONUS #3: 10 Tools for Transformation**

This is an easy to read and motivating article on how to get results in any area of your life.

### **BONUS #4: Heart-Centered Living Tips**

If you're a woman who yearns to grow beyond old models of being a superwoman that no longer sustain you, to heal old wounds, and reclaim your power, then welcome to a growing community of women dedicated to enhancing joy, well-being, and compassion in the world. Our tips will inspire you to :

- Experience joy in knowing yourself deeply
- Cultivate my love for your Self
- Establish your happiness as a priority
- Make yourself available to love more deeply
- Receive more love in your relationships
- Connect with other like minded-women



The work of Laura Rubinstein and her *Feminine Power Cards* are endorsed by John Gray.

### **BONUS #5: Monthly Joy Newsletter**

Each month Coach Laura makes herself available for advice, resources, gatherings and more. You will be kept up to date with the latest in the WomenInJoy.com community happenings and connected to others who are bringing more positive energy into their lives.

### **BONUS # 6: Club Joy Membership & *The Relationship Transformation Kit***

Join women worldwide who are committed to having joyful intimate relationships. You will receive support and be giving support to other women in having great relationships. The *Relationship Transformation Starter Kit* is yours with your complimentary Club Joy membership. We are dedicated to inspiring women to have more joy in their lives and more passion and harmony in their relationships.

### **BONUS #7: Free PAPER greeting cards**

There's nothing like the feeling of going to your mailbox and seeing a greeting card from a loved one or special business associate. You will receive a complimentary account where you can send out a few greeting cards on us.

### **BONUS #8: Transform Your Body Teleclass**

- ✓ Do you want to know the secret to transforming your body for good?
- ✓ Have you tried every diet program out there and been disappointed?
- ✓ Are you ready to stop the insanity and make this the year you overcome your weight challenges?
- ✓



If you answered yes to any of these questions, listen to our introductory teleclass where you will learn about the keys to a permanent and lasting shift to healthy eating habits. Get ready to release cravings, shed pounds and reveal the REAL YOU.