

DESIGNING YOUR DESTINY

with COSETTE BONJOUR



Winner of AARP's 50+ Living your Best Life Model Search 2013!!
Plus: Motivational Speaker, Certified Life Coach,
Certified Yoga Instructor, Painter and World Traveler!

If you are ready to live the life of your dreams...
in this dynamic presentation you will learn to **★SPARKLE★**

START

become aware • notice thoughts • cultivate awareness • live in the present moment

PLAN

your vision • think about what you want • create a vision board • compose your perfect day

ACT

on your desire • start small • set time frames • identify desired outcome

REFLECT

go inward • let go of your negative thoughts • focus on what you want • create a daily practice

KINDLE

your feelings • what do you want to have in your life? • how does that thought make you feel?
• what can you do to get this feeling now?

LIBERATE

your lifestyle • identify your unique creative self • dream BIG • take steps to live the life you desire

EMPOWER

your world

What is unique about you? How can YOU make a difference?
Unleash your creative self to the world!

"Shine Your Light - the world
needs you! - Cosette Bonjour

"The tragedy of life is not that it
ends so soon, but that we wait so
long to begin it." - WM Lewis,
American

'Live the Life you Imagined.'
- Henry David Thoreau