



# Quick Books for Women Series

Helping to Guide You into Taking Action Now!

- Book 1 -

# Start Building Your Beautiful Life

*The beginning first steps to taking charge of your life and your future*

Christine Schwarz



- Book 1 -

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DIAMOND Coaching and Training®



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Book 1

## Start Building Your Beautiful Life

*The beginning first steps to taking charge of your life and your future*

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First Edition

# Disclaimer

Welcome to **Quick Books for Women Series, Helping to Guide You into Taking Action Now!, Book 1, Start Building Your Beautiful Life, The Beginning First Steps to Taking Charge of Your Life and Your Future.**

We hope that this book will help to inspire you and move you forward into action, to your vision of your Dream Life and Goals. Please read the Disclaimer below while using this book.

This book is not intended to replace the need for a professional psychologist, medical practitioner, therapist or special counselor. If you need extra help, please contact one of the many places of worship, support groups, a professional psychologist, medical practitioner, therapist, counselor or call 911.

You are 100% Responsible for your own choices and decisions.

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Life has abundant opportunities for you, believe!

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## PURPOSE OF THIS BOOK

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This book is for any woman striving to create her best life.

It is multicultural, it's for all women, all over the world.

This book does not participate in unfair criticism of men. We love good men as we all love good women.

It is intended to be used as a tool for women who are starting to move forward to achieve their dreams, get clarity of their goals, stay on track and get expert mentoring, coaching, counseling or teacher training.

The ***Quick Books for Women Series*** was created to help women jump start their forward momentum and get into action right now.



## DEDICATION

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Quick Books for Women Series

Helping to Guide You into Taking Action Now!

Book 1

Start Building Your Beautiful Life

*The Beginning First Steps to Taking Charge of Your Life and Your Future.*

is dedicated to all women, all over the world.

For your Success, Brilliance and Joy!





## INTRODUCTION

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This book is a guide to help you get started moving **forward** in the right direction towards your highest good, joy, beautiful life and greatest potential.

It is the first steps to help you start taking 100% responsibility for own your life.

Often times, women may end up back in the same negative situation due to fear, being traumatized, abandonment, lack of information, confusion, overwhelm, lack of safety and security, low self esteem, or even lack of self love.

It is here to help you begin to get clarity and awareness of your situation and empower you to make new right choices and decisions that will enable you to start creating your best life.



## CHAPTER ONE

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# Finding an Expert Coach, Counselor, Mentor, or Teacher

A Coach, Counselor, Mentor or Teacher is a person who can help guide you while you are creating your beautiful new life.

They can help you work out areas of your life where you are stuck, get you out of being overwhelmed, support you, share wisdom and give you the information to your questions.

They are there to help you learn how to take 100% responsibility for your own life.

They must also have the right qualities in order for their presence in your life, to be of any value.

They must not judge you, you should feel comfortable talking to them, and they should be someone you can trust. They should be positive and make you feel uplifted and hopeful. They should be **very experienced** in their field of expertise and strive to walk their talk. Meaning they should be living the standards they teach.

You can find career counselors in schools, like colleges, mentors and coaches in places of worship or support groups of every kind. You can even talk to professionals who own their own businesses, part time or full time employers or medical doctors or nurses, if that's your interest.

Government agencies and social services are also good sources for getting answers to your questions. You can find them online or in your local area.

Don't be afraid to ask. You would be surprised how many people would love to answer your questions.

If they can't answer your questions, find somebody else. Be positive.





## CHAPTER TWO

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# Your Self Love and the Divine

There are many names for the one we call the Divine, the Source, God.

The Divine is unconditional love at it's best. It is the only constant in your life and therefore you are constantly loved, cherished, and supported.

Truly loving yourself is you receiving this unconditional love.

You are valuable beyond words, just the way you are.

You are a gift to the world. You are already special.

Your beauty is unique in every way. Embrace your beauty and treasure every inch of you.

You are enough just the way you are. Your best is perfect and your best is enough.

Comparing yourself to others is a useless activity because no two people are exactly alike and we all have our own purpose in this world.

It is vitally important that your relationship with the Divine, Source, Creator, God, is strong. The stronger that connection, the stronger is your life force foundation.

Some of you have not had an opportunity to explore this part of you. Give it chance and start by just saying a simple prayer or calling out to the creator and asking for guidance.

Some ways to connect with the Divine is by meditating, praying, journaling, being in nature or group worship and study.

And remember, if you are having trouble loving yourself, don't worry because God is doing it for you.





## CHAPTER THREE

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# Your Tribe and Support

Your tribe is a group of loving authentic friends, whom you can trust, and feel comfortable with, who accept you just the way you are.

These are people with a positive mindset who contribute to your life by lifting you up and supporting you in your ongoing journey to reach and become your highest potential.

Ideally you want a tribe who supports you in moving forward, not ones who pull you back by reliving the past, victim talking, gossiping, criticism, mind games and advice giving.

You can find the right groups in school classrooms, support groups of all kinds, places of worship, common activities and hobbies, people who are on the same journey and have a group leader, mentor or teacher or even groups who do heart warming volunteer work. You may find one or more that you enjoy.

Do your research and ask people. Find a tribe that fits you. Give it a chance and just try one out. If it does not work out for you, and they do not make you feel comfortable, then find another one. Be positive.

Tribes are not people who are responsible for your life or fixing your problems. You are the only one who is 100% responsible for the choices you make in your life.

**List some ideas below of where you can start looking for your tribe and join them:**

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**Release What Does Not Fit You and Claim Your Own Beautiful Life:**

Compare your future vision of your best life with the observations of what’s around you.

What does not belong in your life anymore. Right now look at what does not match the vision of the beautiful life of your dreams.

You want to start living your best life right now.

Just do the best you can, and start removing one by one, that which does not fit the vision of your best life.

Some will be easy to remove and some may take some time. But as you experience the joy that is a result of letting go of these things, of that which does not fit you, the other things will become easier to let go of as well.

**Step 2: What can you let go of right now? Big or small it all counts. Write them down below and do them:**

Horizontal lines for writing.















## CHAPTER TEN

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### Summary

Congratulations!

You are now taking the first steps in creating your beautiful life and moving forward to your goals.

The power is in your hands.

Your commitment to yourself is what will empower your action steps.

Stay in your joy and believe,

because your life starts now!



## ACKNOWLEDGEMENTS

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Infinite gratitude and thankfulness to the Divine for the inspiration to create this book.

Gratitude and thanks to all the wonderful women who courageously stepped forward to  
make historical changes in humanity in order to create a better world.



## ABOUT THE AUTHOR

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# Christine Schwarz

Christine Schwarz is a teacher, trainer, speaker, writer, Life Empowerment Coach, Career and Business Identity Coach, Leadership Coach, Music Professional, Engineering Specialist and Humanitarian.

She has been supporting women since the late 1980's but decided to create "Diamond Coaching and Training, LLC" to inspire, empower and guide women into creating the beautiful life they deserve and want.

Christine has real life experience as a woman, independently and successfully moving through massive life transitions and change.

Her belief is that all women stand the strongest when they become aware and lean into their collective unity and Divine connection, to create a better world.

Her programs will inspire you to take action, learn key success life skills, evaporate limiting beliefs, become aware of the resources that are available to you, teach you how to take charge of your life, and give up the habits that do not serve your highest good.

Christine successfully designed her career as a single woman working in major industries. She knows the priceless value of women in the workplace and their impact in creating a better world through their own natural instincts.

In her classes and coaching, she encourages women to grab the hand of the woman next to her, for a fun journey of abundance and joy.

