

HOW LIFEBUFF PRO WORKS



- skyrocket your self confidence, enabling you to reach all your goals!
- get rid of 90% trouble when dealing with customers & clients!
- · more productivity and living a happier (working) life!
- overcome impostor syndrome and self doubts!
- improve your health and overall well-being!
- · worry less and become more mindful!
- get into the "upward spiral" and quickly experience positive results!
- convert negative stress into positive stress!
- maintain your creativity which is your fuel to keep working!





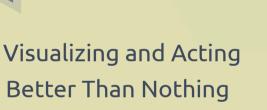
- Work Day Structure
- Procrastination
- Turned Down Work
- Overcoming Impostor Syndrome
- Writer's Block
- and more!



- It's About the Project Not You!
- Descriptions & Tags
- Client Types
- **Body Language** • The Art of Conversation
- and more!

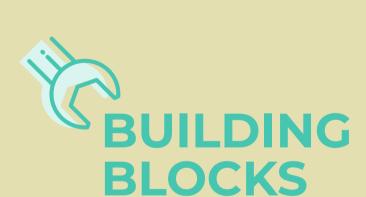


- Start Visualizing and Acting
- 3% is Better Than Nothing
- It's Experience
- Forget Talent and more



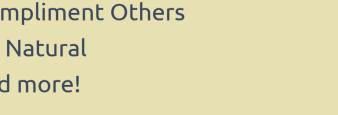
- Focus and Stick To It



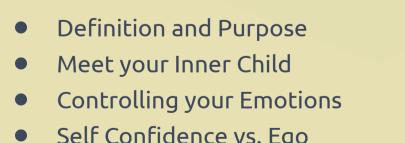




- Accept and Love Yourself
- Stop Negative Thinking • Life is About Creating Yourself
- Compliment Others
- Be Natural
- and more!



- **MIND FULNESS**
- Mindfulness The Mindful Walk
- Room Awareness
- Stop Prejudging Music is Always Now
- and more!



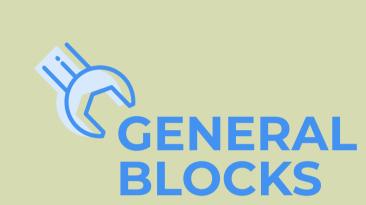
BASIC

PSYCHOLOGY

- Self Confidence vs. Ego
- Urge of Justification • and more!



- Why Worry
- The Tax Letter The Safe Box Portal
- Self Fulfilling Prophecy
- Invisible Drugs
- and more!





- **Eating Balanced**
- Neurogenesis
- Solve Problems the Next Day
- Your Desk
- Cold Showers
- and more!



- An Introduction to Meditation
- One Minute Meditations Three Minute Meditations
- Five Minute Meditations
- Ten Minute Meditations and more!
- **#3** CREATIVITY **BOOSTERS**
- Roll the Dice
- Lower Your Expectations
- Change Your Workflow
- Mindwandering Locate the Notes
- and more!
- WORKING **MATERIAL**
- Course Books for All Blocks
- Workbooks for All Blocks
- Infographics
- Work Sheets



- guides on how to implement LifeBuff Pro into your daily routine
- weekly plans





STRESS RELIEF

- Nothing Has Happened Yet
- The DeStressor
- Get Into Gaming Mode • and more!

- **Negative Stress**
- Learn to Say No