

Divine Mama™

7 Steps to Personal And Business Success

Joy and Well-Being

How often do you take care of others?

How much time do you spend in taking care of:

Your boss?

Your kids?

Your life-partner?

Your parents?

Your community?

**Where is the TIME for you?
When do you CHOOSE to
BE THERE FOR YOU?**



As women and mothers we tend to be Givers~

On an airplane the first and foremost rule in case of emergency is:

PUT ON THE OXYGEN MASK ON YOURSELF FIRST BEFORE YOU PUT IT ON YOUR LOVED ONES!

What does this RULE tell you? Do you know and can you feel how valid this rule is?

Call for your FREE consultation

Barbara Bassill

Success~Business
~Mother~
Coach

Divine Mama

You Deserve
your Dreams-
you deserve
to be loved

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**Be the Best Mother you know
to BE!**

The Magical 7 Steps

**Follow Your Dreams-
Get them- Do them- Be them**

Magical 7 Steps-easy and simple

- 1~ Be who you are
- 2~ Trust your intuition
- 3~ Know what you want
- 4~ Follow a personal routine
- 5~ Take care of yourself **FIRST**
- 6~ Set your own **GOALS**
- 7~ **GET IT~~DO IT~~BE IT !!!!!!!**

LOVING YOURSELF IS THE GREATEST GIFT OF ALL

The greatest gift you can give yourself, you can give to your children, to your husband, to your significant other, to your world is **TO LOVE YOURSELF FIRST!**

HOW TO LOVE YOURSELF

First of all you will need to be **WILLING** to accept that it all starts with **YOU!**

Thus loving yourself, taking care of yourself, is **THE KEY**

Not selfishly, not self-centered-but authentically, honestly, caringly.



Show your world – This is WHO I AM!