



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!

ADVANCED BLOCKS

#1 THIS CREATIVE LIFE

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

#3 ACHIEVING GOALS

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

#2 CUSTOMERS & CLIENTS

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

GENERAL BLOCKS

#1 BODY & MIND

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

#2 MEDITATION LECTURES

- 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!

#4 WORKING MATERIAL

- Course Books for All Blocks
- Workbooks for All Blocks
- Infographics
- Work Sheets

#5 PUTTING IT ALL TO ACTION

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

BUILDING BLOCKS

#1 SELF CONFIDENCE

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

#3 MIND FULNESS

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

#5 STRESS RELIEF

- Negative Stress
- Learn to Say No
- Nothing Has Happened Yet
- The DeStressor
- Get Into Gaming Mode
- and more!

#2 BASIC PSYCHOLOGY

- Definition and Purpose
- Meet your Inner Child
- Controlling your Emotions
- Self Confidence vs. Ego
- Urge of Justification
- and more!

#4 STOP WORRYING

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

New
LECTURE
Every Week!