

4 PRACTICAL STEPS TO WORK LESS & LIVE MORE THAT YOU NEED TO KNOW

*So that you can go from
workaholic to soft life*



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I'M RASHIDAT

CORPORATE DROPOUT,
RECOVERING WORKAHOLIC, &
YOUR DREAM STRATEGIST

Nice to “e-meet” you! I am so excited that you’re here.

If you’re anything like me, you’ve been a lifelong workaholic, strong Black woman, and everything in between.

You’ve probably found yourself working harder and harder, changing jobs, changing careers, looking for more in life, or even starting your own business all in hopes to finally get far enough ahead to finally rest.

Which led you to overextend yourself... a lot.

And now you’re wondering... how the heck can I work less and live more without losing traction towards the life I’m building and ...

- a) create lifestyle flexibility
- b) increase my disposable income and
- c) finally be able to get some radical rest.

If you want to do all 3, you’re in the right place.

I WANT TO HELP YOU

I've built a lifestyle flexibility where I not only don't have to be 'on' all the time, but I've gotten to travel the world, make money in a low stress environment, become debt free, & have disposable income all without working myself to the point of burnout...

And now I want to help you too.

Below you'll find my 4 phase process I used to go from workaholic to soft life that you can use to get started towards working less & living more!

I'm passionate about this work and I'm excited to help you reclaim your peace of mind, enjoy your life, and work less and live more so that you can live your soft life!

You're not too late and you're not behind.

This is a *sign* that its time for you to take the next step to work less & live more!

Let's get into it! Shall we?



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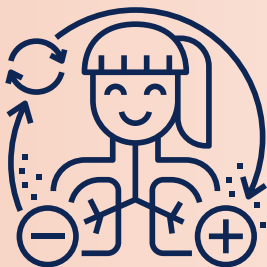
STEP 1: REINVENT YOUR IDENTITY, SUCCESS, & LIFE PURPOSE

As a workaholic, you've been steeped in doing and getting things done for so long that it can be hard to imagine not being that person. Who would you be, how would you define your worth, and could you actually live a soft life without being bored?

These are all the questions we'll answer in this first step! You are an amazing person with worth and value despite what you do to make a living, but you'll never believe me or anyone else without knowing that for yourself. So step one is a discovery process where you detox your workaholic mindset & reinvent your identity so that you can show up as your authentic self all day in all ways!

THE WORKAHOLIC DETOX

GOAL:



**GET OUT OF BURNOUT &
REINVENT YOUR
IDENTITY**

(USE YOUR STRENGTHS AS TOOLS)

NOW:

- YOU MAY FEEL STUCK AND BURNT OUT, BUT HOPEFUL ABOUT YOUR FUTURE. IT'S PERFECT PLACE TO BE TO MAKE THIS TRANSFORMATION REAL!

WHAT WE'LL DO:

- REDEFINE YOUR IDENTITY OUTSIDE OF WORK
- ARTICULATE YOUR STRENGTHS - YOUR CHARACTER, YOUR WHY, & YOUR VALUES
- CREATE YOUR POWER STATEMENT™ TO DEFINE WHO YOU WANT TO BE RATHER DEFAULTING TO WORK

BY THE END OF THIS STEP

- YOU'LL CONFIDENTLY BE ABLE TO ANSWER THE QUESTION "WHO AM I" WITHOUT USING YOUR JOB TITLE

**STOP BEING 'ON' ALL THE TIME & SHOW UP AS YOUR AUTHENTIC SELF
ALL DAY IN ALL WAYS WITHOUT FEELING LIKE YOU HAVE
TO WORK 10X HARDER TO GET YOUR FLOWERS**

STEP 2: BUDGET YOUR TIME & ENERGY AND GET OUT OF DEBT

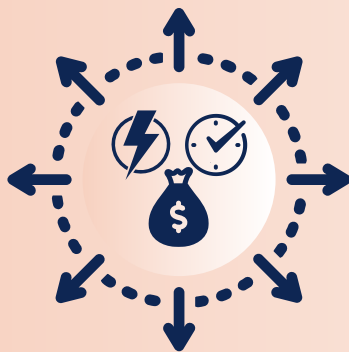
In this second step, your main goal is set up boundaries with others, but most importantly, you're setting up boundaries with yourself.

You've spent the last step detoxing your workaholic tendencies, but if you don't replace them with new healthy, habits you'll fall back into your old workaholic cycle.

So, in this step you'll create a budget to include time for work, rest, and fun so that you have a balance of getting things done and doing things that also replace your energy in addition to getting out of debt and having the income to support your lifestyle.

DEVELOP SOFT LIFE DISCIPLINE

GOAL:



**BUDGET YOUR
RESOURCES**
(GET OUT OF EMERGENCY
MODE & THRIVE)

NOW:

- AFTER STEP ONE YOU'LL FEEL REFRESHED AND OPEN HEARTED BECAUSE YOU'VE RECONNECTED TO YOU SO IT'S TIME TO SET YOU UP TO MAINTAIN THAT FEELING.

WHAT WE'LL DO:

- LEARN TO BUDGET YOUR TIME & ENERGY
- USE A SPENDING PLAN TO MAKE SURE YOUR BILLS GET PAID & SET ASIDE MONEY TO DO THINGS YOU LOVE WITHOUT GUILT
- GET DEBT FREE - SNOWBALL YOUR DEBT SO HAVE LESS BILLS & MORE DISPOSABLE INCOME

BY THE END OF THIS STEP

- YOU'LL HAVE THE TOOLS & DISCIPLINE TO STOP OVEREXTENDING YOUR TIME, ENERGY & FINANCES.

**USE YOUR RESOURCES TO SERVE YOU RATHER THAN
BEING STUCK IN EMERGENCY MODE AND JUST SURVIVING**

STEP 3: PLAN YOUR EXIT FROM WORKAHOLISM & THE STRONG BLACK WOMAN TROPE

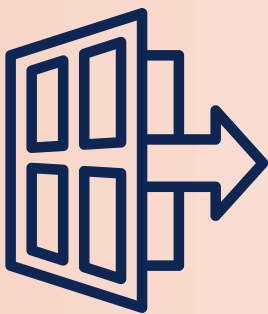
This is where the fun happens! It's time to dream and decide what exactly do you want your soft life to look like!

In step 3, you're creating the new focus for your life now that work is no longer the goal. All of those dreams and passions that you've put off to the side, it's time to bring them to the forefront so you can create a plan to live them.

Even though this is the fun part it's also work, but, probably for the first time in your life, all the work you do will be about serving you, setting you up to live your values, and creating your soft life.

THE WORKAHOLIC EXIT PLAN

GOAL:



STOP BEING A WORKAHOLIC
(SET YOUR LIFE UP TP WORK LESS & LIVE MORE)

NOW:

- REFRESHED, MAINTAINING WITH YOUR BUDGET & SPENDING PLAN, NOW IT'S TIME TO REDEFINE SUCCESS SO YOU CAN HAVE CLARITY OF THE LIFE YOU'RE BUILDING!

WHAT WE'LL DO:

- DREAM WITHOUT BOUNDARIES & CREATE YOU 10 YEAR VISION MAP
- CREATE YOUR ANNUAL VISION BOARD & GOALS TO BREAK YOUR 10 YEAR VISION MAP INTO MANAGEABLE CHUNKS
- CREATE LIFE (& BIZ) SYSTEMS - DAILY ACTION - THAT BUILDS YOUR ANNUAL GOALS

BY THE END OF THIS STEP

- YOU'LL HAVE A WRITTEN 10 YEAR PLAN, ANNUAL GOALS, AND AN ANNUAL VISION BOARD AS CLARITY & DIRECTION FOR THE LIFE YOU'RE BUILDING.

HAVE A CLEAR PLAN OF ACTION SO YOU CAN FEEL CONFIDENT OF WHAT TO DO (AND WHAT NOT TO DO) TO GET THE LIFE TRANSFORMATION YOU WANT

STEP 4: TAKE DAILY ACTION; ACTUALLY WORK LESS & LIVE MORE

We're out of planning and into the phase of taking action! You've set yourself up for success by detoxing your workaholic tendencies, developing your soft life discipline with your budgeting and spending tools, and then you redefined success so that you'd have clarity and focus as you move into your next chapter of building the soft life you've envisioned.

In this last step, you'll take action and things won't actually go as planned (because Rome wasn't built overnight in a perfect storm and neither will your soft life be either) so you'll learn how to adapt and pivot your adventure without getting off course.

THE SOFT LIFE EMERGENCE

GOAL:



**BUILD YOUR
SOFT LIFE**
(CREATE SOFT LIVING IN
DECISION & ACTION)

NOW:

- THIS IS WHERE DETERMINATION COMES INTO PLAY! BUT DIFFERENT THAN YOU'VE EVER HAD BEFORE, YOU HAVE A PROVEN PLAN, CLARITY & SUPPORT TO GET THERE.

WHAT WE'LL DO:

- START TAKING DAILY ACTION TO BUILD YOUR SOFT LIFE
- REFINE YOUR LIFE SYSTEMS TO CONTINUE DOING WHAT SERVES YOU & STOP DOING WHAT DOESN'T
- CHOOSE EVERY DAY TO LIVE YOUR JOYS, WORK LESS, & LIVE MORE

BY THE END OF THIS STEP

- YOU WILL HAVE ALREADY SEEN SO MUCH CHANGE IN YOUR LIFE FROM BEING REFRESHED TO HEALTHIER FINANCES & MORE ENERGY & TIME TO DO THE THINGS YOU LOVE. ALL YOU HAVE TO DO IS KEEP GOING!

LIVE YOUR SOFT LIFE WITH EVERY DECISION YOU MAKE

BEFORE I WENT THROUGH THIS TRANSFORMATION I THOUGHT I WORK MYSELF TO DEATH UNTIL I DIE

I know that sounds harsh, or you may be feeling that too, but I knew I wanted some thing different, to be better, to be MORE, but I couldn't see how to make it happen. So I took the hard way and stumbled my way through until I finally cracked the code and that's what I've giving YOU!

- Through my own trial & error, I created my proprietary method to redefine my identity despite work so that my job title no longer defines me
- Budgeted my resources - my time, energy, & money - so I can stop overextending myself & learn to prioritize work/life balance
- Made a mindset shift that trying to keep everyone afloat does not prove my worth, that I don't have to be 'on' all the time to get my flowers, & that I don't have to be a millionaire to live a good, full life.
- I'm finally found the more I was looking for in living a life of freedom I've built - debt free, low stress, able to spend months with friends & family anywhere in the world at any time without having to ask for time off, and not bullying myself into working more when really should be resting or having fun.

If you're still reading, I know that's what you want, too! Here's how you do it...



HOW TO WORK LESS & LIVE MORE IN 6 MONTHS

While your soft life can't be built overnight, once you decide you want to work less and live more, you can make significant changes in half of year

HERE'S HOW IT ALL WORKS

GET OUT OF BURNOUT



REINVENT YOUR IDENTITY



REDEFINE SUCCESS



CREATE YOUR EXIT PLAN



TAKE DAILY ACTION

IT'S DAMN NEAR IMPOSSIBLE TO BUILD A NEW LIFE IF YOU DON'T
GET CLEAR ABOUT WHAT YOU WANT & WHAT YOU DON'T WANT
SO THAT YOU CAN STOP MAKING THE OLD MISTAKES & BUILD YOUR NEW FUTURE.

Want to get crystal clear about what your new future & soft life will look like?

I got you!

You're probably wondering...

I love the idea of soft living, but "How do I actually build my soft life without working myself till death or being a millionaire?" and what does all this look like?

Your soft life will be all about...

SAYING NO TO...

- ✗ working 10X harder to be seen & overextending yourself to everyone else afloat
- ✗ staying late to make things perfect or get ahead
- ✗ being 'on' all the time & saying yes because you feel like you "should"
- ✗ accidentally overbooking yourself
- ✗ bogged down by debt & feeling behind on life

SAYING YES TO...

- ✓ Getting to wake up naturally without an alarm
- ✓ Making time to take care of my health and my body
- ✓ Spending time with the people I love and care most about
- ✓ Getting plenty of sleep
- ✓ Making the money I need to live the life I want without debt & having a measure of disposable income
- ✓ Not burnt out, energy to do the things that are most important to me, and no unreasonable pressure on my boundaries
- ✓ Making money in away that allows me to use my strengths & feel fulfilled



BOOK YOUR LIVE MORE BREAKTHROUGH CALL

Recognizing that you're stuck is the first step.

And I want to help you.

The Live More Breakthrough Call will support you in 3 ways.

First - We will discuss what's been holding you back on your soft life adventure and what your goals are.

Second, I will give you an action plan breaking down exactly what you need to do to build your soft life within the next 6 months.

Lastly, if it makes sense for the both of us, we will discuss next steps on how we can implement this action plan together.

[BOOK YOUR CALL](#)



THIS CALL IS FOR YOU IF...

YOU'RE A WORKAHOLIC, STRONG BLACK WOMAN, OR
ENTREPRENEUR

✗ WHO'S DOESN'T WANT TO BE DEFINED BY WORK ANYMORE.

✓ WANTS TO MAKE TIME FOR GIGGLES WITH YOUR KIDS,

✓ TRAVEL WITH YOUR PARTNER, &

✓ ENERGY TO PURSUE YOUR PASSIONS.

✓ YOU WANT A PROVEN WAY TO BUILD A SOFT LIFESTYLE
THAT WILL STICK SO YOUR TIME ENERGY & MONEY ARE NEVER
OVEREXTENDED AGAIN.

✓ YOU WANT TO GET OUT OF DEBT, WORK 40 HOURS OR LESS
WITH A DECREASE IN SALARY & AN INCREASE OR DISPOSABLE
INCOME, & PROTECT YOUR PEACE SO THAT YOU HAVE THE
RESOURCES TO work less & live more

[Book Your Call / Apply](#)

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