

Workbook

CIRCLE OF L.I.F.E.

FREE SAMPLE WORKBOOK

By Diva Enterprises



www.divafinancial.com.au



Welcome!

Welcome to the Circle of L.I.F.E.: Free Sample Workbook, crafted by DIVA Enterprises to support your journey towards personal growth. Dive into essential aspects of love, identity, finances, and emotions with this thoughtful guide, designed to offer a taste of our transformative workshop experience.

Why We Created This Sample:

At DIVA Enterprises, we aim to empower individuals to navigate life's complexities with confidence. This workbook addresses knowledge gaps and offers practical tools for thriving in every area of life.

Led by founder Melissa Cuturich, DIVA Enterprises is committed to empowering women and young individuals. Our team provides holistic support for achieving financial independence and personal empowerment.

What You'll Find Inside:

Inside this workbook, discover modules covering key aspects of love, identity, finances, and emotions. Each section offers valuable insights, reflections, and activities, providing a glimpse into the transformative journey offered by our full workshop experience.

Note: Please note that this workbook is a sample designed to give you a glimpse into the content and style of the Circle of L.I.F.E. Workbook. For access to the full workbook and to learn more about our programs, please visit our website.

"Believe you can and
you're halfway there."

Theodore Roosevelt



CONTENTS



MODULE 1 : LIFE

1. Activity 1
2. Activity 2

MODULE 2 : IDENTITY

1. Activity 3
2. Activity 4

MODULE 3 : FINANCES

1. Activity 5
2. Activity 6

MODULE 4 : EMOTIONS

1. Activity 7
2. Activity 8



01

LOVE

Welcome to the Love section of the Circle of l.i.f.e. Workbook!

This section will guide you through exploring the meaning of love at different stages of life and understanding the importance of self-love and respect. By reflecting on your experiences and beliefs, you'll gain insights into building healthy relationships and nurturing a positive sense of self.

LET'S DO IT!





LOVE

What does this 4 letter word mean to you

As a child?

Example: Feeling safe and cared for by family

As a teenager?

Example: Desire for acceptance and validation from peers

As you get older?

Example: Building long-lasting partnerships and companionships



Consider the importance of self-love and respecting yourself, regardless of circumstances. Write down three ways you can practice self-love in your daily life.

Example: Start each day with positive affirmations, reminding myself of my worth and capabilities.

1.

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2.

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3.

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02

IDENTITY

In the Identity section, we'll delve into the importance of understanding and embracing your unique identity.

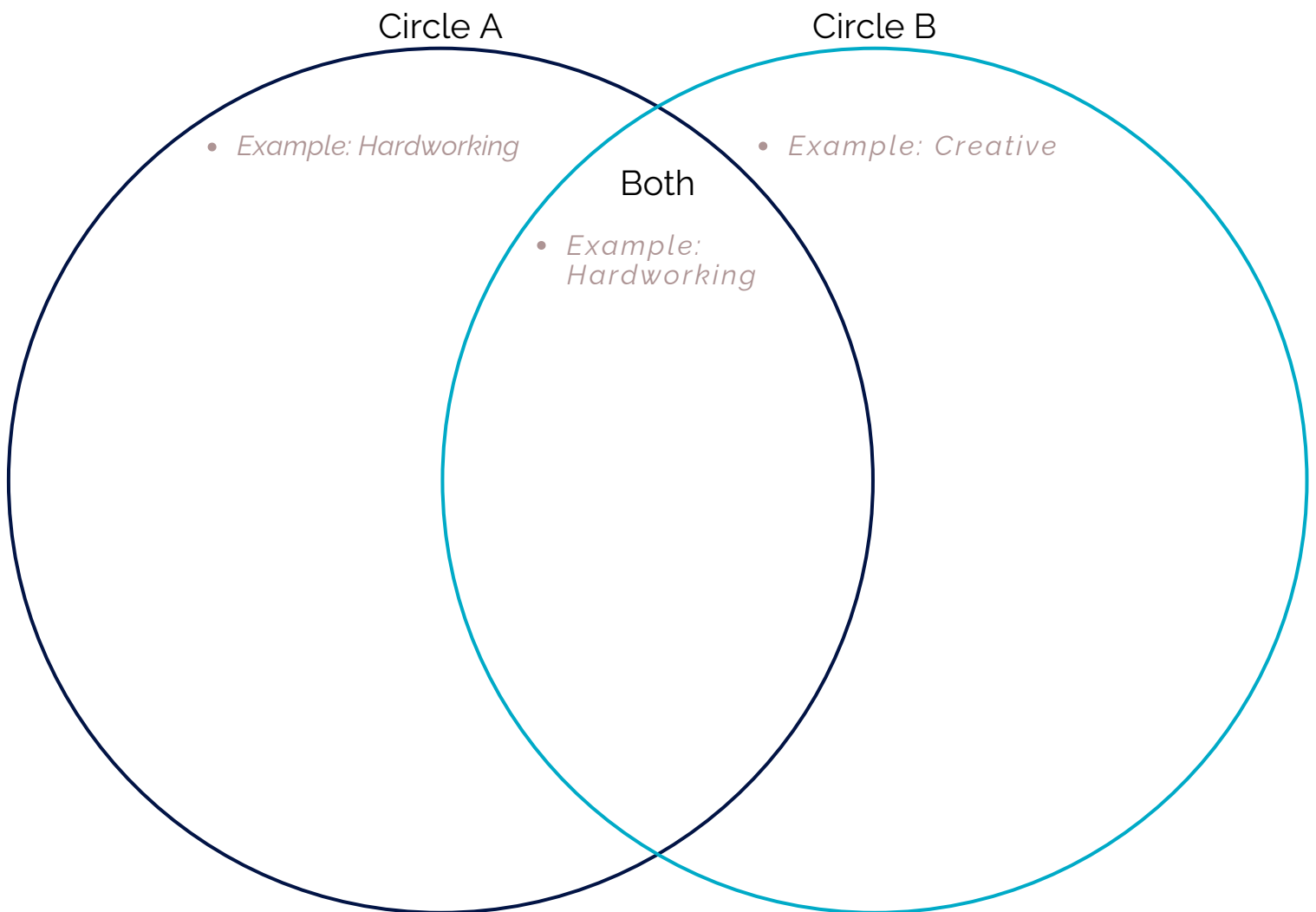
By exploring aspects of self-awareness, self-acceptance, and personal growth, you'll discover how your identity shapes your relationships, goals, and overall wellbeing. Let's explore the essence of who you are and celebrate your individuality!

LET'S DO IT!



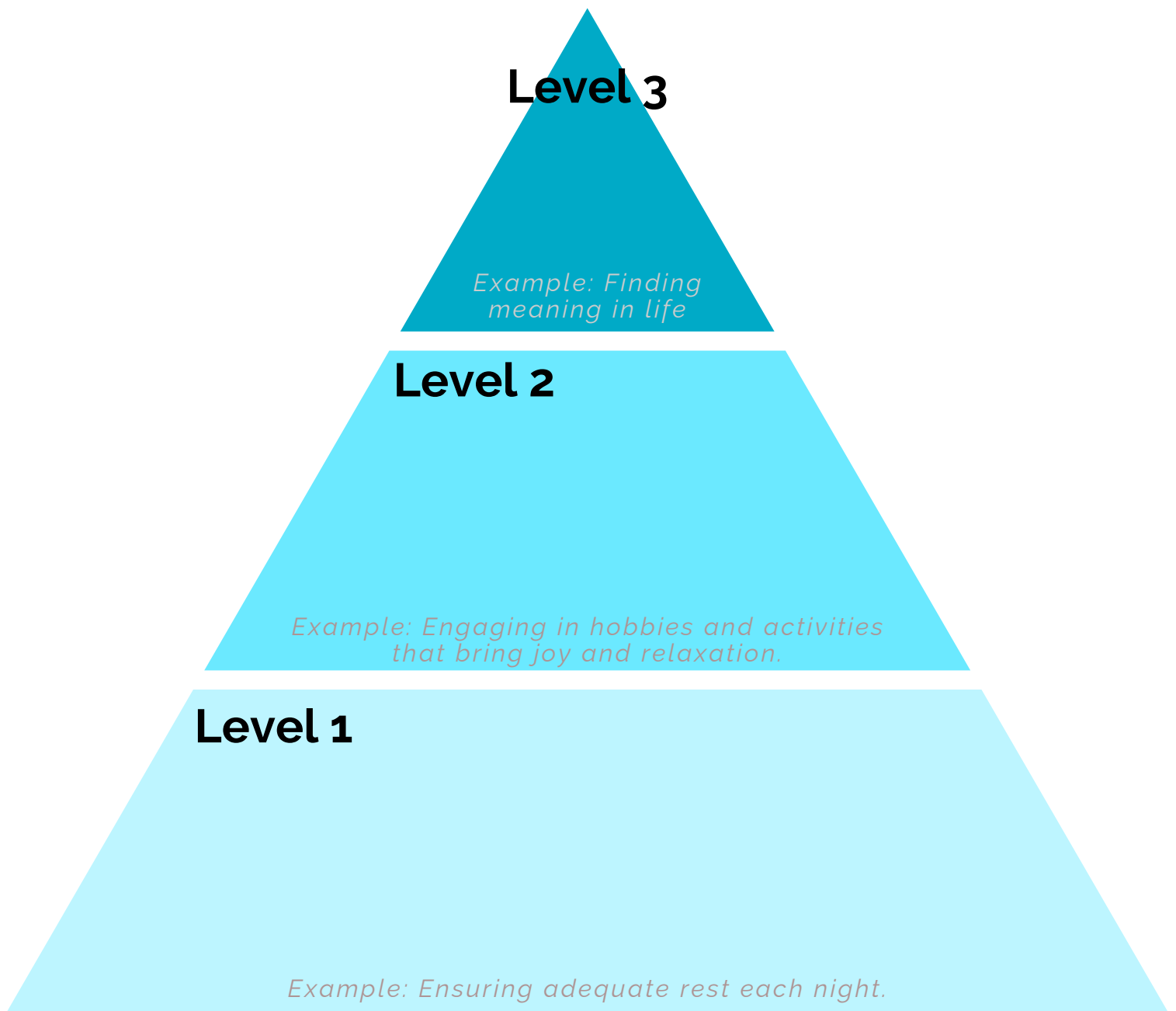


Consider the personalities of your family members and select one whom you believe you resemble the most. In Circle A, jot down their qualities, while in Circle B, contemplate your own traits. Note any shared characteristics in the intersection and reflect their significance in shaping your identity.



Design your own self-care pyramid by categorizing different aspects of self-care into three levels, where the most essential needs are at the base and the higher-level needs are at the top.

Reflect on three levels of self-care that you believe are important for your well-being. Assign different aspects of self-care to each level based on their significance to you.





03

FINANCES

Welcome to the Finances section!

Here, we'll explore the fundamentals of financial literacy and discuss how family dynamics shape our attitudes towards money. Through practical insights and strategies, you'll gain confidence in navigating your financial future effectively.

LET'S DO IT!





Think about the beliefs or attitudes you have about money. Consider where these beliefs came from and how they may influence your financial decisions. Write down three common beliefs about money that you've learned from others.

BELIEFS	SOURCE
<i>Example: Saving money is essential for a secure future.</i>	<i>Example: Parents' advice</i>

Note: This activity is just a glimpse into the broader scope of our program. Our comprehensive course covers essential life skills, including financial literacy, tax management, and other vital skills often overlooked in schools. Learn more about the program in our website.



Rate each statement below from 1 to 5 by shading the stars, with 1 indicating strongly disagree and 5 indicating strongly agree.

1. I keep track of my spending and know where my money goes each month.	
2. I have a budget and stick to it most of the time.	
3. I save a portion of my money regularly for future goals or emergencies.	
4. I prioritize spending based on needs rather than wants.	
5. I explore ways to earn extra money, such as through part-time jobs.	

Reflect on your responses and think about actions that you can take to enhance your money management skills.

Area for Improvement	Action Steps
<i>Example: I want to buy a car when I get my license</i>	<i>Example: I will get a part time job and turn my hobby into an income source</i>



04

EMOTIONS

In the Emotions section, we'll explore the realm of feelings and how to navigate them effectively.

Understanding your emotions and building resilience are essential skills for maintaining mental wellbeing. By exploring different aspects of emotional awareness and coping strategies, you'll develop the tools to manage your emotions in a healthy and constructive way.

LET'S DO IT!



EMOTIONS



Think about the actions and practices that help you feel grounded, balanced, and at peace with yourself. Consider what you can do on a daily basis to tend to your emotional and mental health, as well as how you can respond kindly to yourself during tough times.

THINGS THAT BRING ME HAPPINESS:

Example: Spending time with loved ones

WORDS THAT INSPIRE ME:

Example: "Your efforts are making a difference."

BEHAVIORS THAT DRAIN MY ENERGY:






Example: Negative self-talk

ACTIVITIES THAT NOURISH MY SOUL:

Example: Meditation and mindfulness



Look at the list of emotions below and consider how each one makes you feel. Label each emotion and think about specific situations or experiences that trigger these emotions for you.

Emotion	Emoticon Pictogram	I feel it when...
<i>Example: Happiness</i>		<i>Example: I am doing something fun and I am not worrying about what people think of me.</i>
		
		
		
		

CONGRATULATIONS!

You've started the basics of Circle of L.I.F.E. Workbook!

Well done on your journey through love, identity, finances, and emotions. By engaging with these sections, you've taken important steps towards understanding yourself better, managing your finances wisely, and nurturing your emotional well-being.

Remember, this is just the start and there is so much more to unpack and learn so you can create a life you love and are in control of your destiny. Continue to reflect on what you've learned, apply it to your life, and embrace the journey of self-discovery and empowerment.

We're incredibly proud of your commitment to personal growth and empowerment. Keep shining bright on your path to a fulfilling and empowered life!

Mel xx

MEET OUR BRAND AMBASSADOR



BELLA MERLINO, 18 YEARS OLD TEEN DIVA

Bella is an international acclaimed filmmaker, student, and unstoppable force for good.

She is the recipient of multiple awards in service and leadership which culminated in 2021 when she was awarded the Youth Community Service Award conducted by the NSW Branch of the Order of Australia Association.

Bella attended the first Mother/Daughter workshop at the age of thirteen and has dedicated her time and invaluable input to all future programs. Diva's workshops for teens and online programs are developed to provide girls with the resources and Life Skills essential for independence and equality. Bella has been instrumental in helping us tailor these workshops as appropriate.

We could not ask for a better role model for teenagers. We are proud of our Teen Diva and her many achievements that will surely lead to further greatness.

“ —

**The Circle of
Life helped me
understand
how I needed
to show up and
live without fear
and judgement
of others.**

”

Evelyn, 15 years old

— ”

Ready to Take Your Journey Further?

JOIN OUR PROGRAM!



You've reached the end of the sample Circle of L.I.F.E. Workbook, but your journey toward empowerment is just beginning. Our DIVA Academy Programs offer a deeper exploration of love, identity, finances, and emotions, with personalized guidance and expert support.

- ✓ **Tailored Workshops:** Our programs are designed to meet your specific needs and circumstances, providing practical tools and strategies to navigate life's challenges effectively.
- ✓ **Flexible Formats:** Choose from face-to-face or online workshops, individual sessions, or group workshops to fit your schedule and preferences.
- ✓ **Expert Facilitation:** Led by DIVA Enterprises founder Melissa Cuturich and our team of experienced professionals, our workshops offer insights, expertise, and compassionate support to empower you on your journey.

Ready to Begin? Contact us today to learn more about our upcoming DIVA Academy workshops and reserve your spot. Your journey towards empowerment starts here!

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