



Momnificent!™ - A Feeling, A Mindset, and a Way of Life





A Feeling, a Mindset, and a Way of Life


8 Essential Ingredients of a Momnificent!™ Life

1.  = _____ Foundation

2.  = Supportive _____

3.  = Healthy _____

4.  = _____

5.  = Life _____

6.



= Self-_____

7.



= Positive _____

8.



= _____ and Effective Parenting



= A Momnificent! (or magnificent) Life

CONFIDENCE

When we are confident:

- Our perspective on life is generally _____.
- Who we are on the _____ is pretty much the same as who we are on the _____.

4 Confidence Boosters

1. Keep your _____ to yourself.
2. Stay focused on your _____ and not your _____.
3. Face your _____ and act with _____.
4. Nix _____.

SELF-CARE

4 Ways to Practice Self-Care

1. _____
2. _____
3. _____
4. _____

Elements of Momnificent!™

Where does your life need a little housekeeping?



Spiritual Foundation



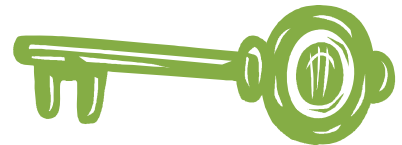
Nurturing and Effective Parenting



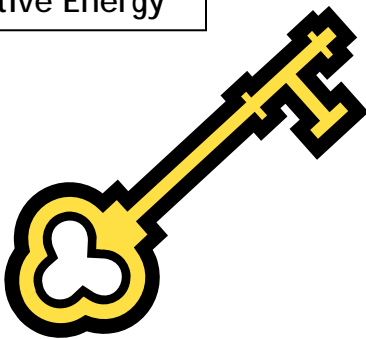
Supportive Relationships



Positive Energy



Healthy Boundaries



Self-Care



Confidence



Life Balance

About Lori Radun Founder of Momnificent!™

Lori Radun, CEC, AELC is a certified life coach, accredited energy leadership™ coach, inspirational speaker and author of several personal and family development products. Her company, Momnificent!™, specializes in providing coaching and speaking services to mothers of all ages. Her mission is to inspire moms to live healthy, balanced and magnificent lives. She believes that when mom is at her best, the whole family is strengthened. Her clients include stay-at-home moms, working mothers, work-at-home moms, and even mothers with grown children.



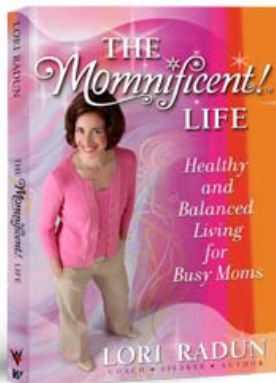
Lori's focus is on helping moms:

- ✧ Develop confidence as a woman and mother
- ✧ Create and maintain healthy boundaries
- ✧ Have positive energy for herself, her family and the world
- ✧ Develop and nurture supportive relationships in marriage and friendship
- ✧ Balance their lives
- ✧ Utilize a spiritual foundation for greater peace, hope and joy
- ✧ Practice self-care in all areas of their lives
- ✧ Be nurturing and effective parents

On her website, www.momnificent.com, you will find a complete array of coaching and speaking services, many personal development products, as well as tips for creating a Momnificent!™ Life Group. Please stop by to sign up for The Momnificent!™ e-newsletter and visit The Momnificent!™ Blog.

Other Products by Lori Radun, The Momnificent!™ Coach:

The Energy Equation Home Study Course
The Self-Care Series
Guilt-free Parenting DVD
The Five Essential R's for Families Home Coaching Program
Express Yourself! - A Guide for Finding and Creating Your Dreams
101 Great Ways to Improve Your Life



For more tips on how you can raise your energy, raise your morale, and raise your consciousness while raising your children, pick up a copy of Lori's new book, *The Momnificent!™ Life ~ Healthy and Balanced Living for Busy Moms*. Available Online May 2009 at Amazon, Barnes and Noble, Walmart and Target.

Lori loves reading, chocolate and Tae Kwon Do!
You can find her on Facebook, LinkedIn, or Twitter.