



BECOME *her*

10 Power Principles

THAT WILL CHANGE YOUR LIFE

BECOME HER,
A WOMAN WINNING AT LIFE

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WINNING AT LIFE: 10 POWER PRINCIPLES

What does it mean to be a woman who is **Winning at Life**?

Winning at Life means so many different things to different people and at different times in their life.



“What matters... is not the meaning of life in general but rather the specific meaning of a person’s life at a given moment.”

Viktor Frankl, *Man’s Search for Meaning*

So today in this given moment, what does **Winning at Life** mean to you?

Does it mean:

Being the best mum you can be?

Achieving balance between work and home life?

Excelling in your career until you get that leadership role?

Ticking off all the things on your bucket list?

Giving back to the community?

Working towards becoming financially independent?

Starting your own business?

WINNING AT LIFE: 10 POWER PRINCIPLES

Winning at Life means that you are living your dream life, pursuing your goals and when you look back at your life when you are sitting on your rocking chair, you are calm and happy .

When you win at life you are living with authenticity and intention where you have created the balanced life that you want.

You have the confidence to know what matters to you and let go of what doesn't, and you are there for your loved ones by being the best version of yourself.

The Winning Wheel



Take some time to sit and reflect on these 10 Power Principles that will change your life.

WINNING AT LIFE: 10 POWER PRINCIPLES

ONE

WHERE YOUR FOCUS GOES YOUR ENERGY FLOWS

Focusing on what no longer serves you from your past or in the present is blocking the energy flow through you. Learn to let go of feelings and emotions that are holding you stuck where you are.

TWO

RISING TO NEW LEVELS OF ACCEPTANCE

Those really cool women who seem to have it all together have acceptance through healing and forgiveness of themselves and of others. Take ownership of your part and find the freedom to move on. Don't let your past define who you are.

THREE

DO IT FOR THE LOVE OF HER

We are all different. Winning at life means different things to different people with differing values and purpose in life. Have compassion for yourself, your unique qualities and strengths and accept that others are walking their own path.

FOUR

IN THE HERE AND NOW

To find balance in life find presence . We are only here once so let's give it our best shot. Take each role and task, let go of any guilt and be present in each living moment.

FIVE

NOTICE, ACKNOWLEDGE AND CHOOSE

Rise above the negativity, the noise and the colluding. It's not healthy to be a part of it. Pay attention to your thoughts, words and feelings with no judgement. Stay away from negativity because your thoughts affect your feelings which go on to affect your behaviour.



WINNING AT LIFE: 10 POWER PRINCIPLES

SIX

IT'S THEIR STORY

We all live by different values and expectations. What someone else does is in alignment with theirs not yours. Let go of any expectation that someone else will behave like you. The chances are they won't. It's their story... let it go.

SEVEN

YOU HAVE THE POWER

To choose who and what fills and drains your emotional bank account. Kindness and compassion fill; negativity and toxicity drain. By trying to please others all the time without putting your needs first will drain. You have the power to put the boundaries in place that will keep you focused and energised.

EIGHT

ELEVATE YOUR FREQUENCY

By coming from a place of abundance not lack. Finding gratitude and acceptance will raise your energy vibration and bring you more happiness and joy. Using positive language will become a learned behaviour and change your outlook on life.

NINE

HOLDING YOU STEADY

What are your non-negotiables and why are you here? Knowing these will help you in times of change and challenge and hold you steady when making tough decisions. Get clarity on what is important to you and let go of what isn't.

TEN

YOU'LL KNOW WHEN YOU ARE WINNING

Knowing your true values and purpose means that when the storms come you are deeply rooted and will not fall down. With your dreams as your North Star you can take the journey of life in the direction that you want and feel like you are in the driving seat.



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One final thought.

Is it selfish to be a woman who is **Winning at Life?**

The answer is NO.

Winning at Life is not about being better than anyone else. It is not comparing yourself to others but being the most authentic version of yourself and living in alignment with your values, what matters to you most and letting go of what doesn't. It is not selfish, to make sure you are looking after your mind, body, heart and soul so that you can be the mum, business owner, employee, daughter, wife that you truly want to be.

Life is hard and there are many obstacles or challenges along the way. I am here to help you feel empowered, resilient, confident and calm so that you are **Winning at Life**

Why? Because women who win at life take control, have clarity on their goals and they have the tools in place to protect their time and their energy, they create boundaries and they glide through all the roles they play with grace.



Join my FREE Facebook Group [Become HER](#) or follow me on Instagram
@suzy_malhotra_coaching for lots of free coaching tips and ideas



M U M R E S I L I E N C E C O A C H B U S I N E S S O W N E R

ARE YOU READY TO WIN AT LIFE?

NEXT STEPS

I help women to feel empowered, resilient, confident and calm so they are winning at life both personally and professionally.

I can offer you 1:1 coaching, programmes, workshops, courses and an innovative psychometric assessment to see how resilient you are.

Book an intro call with me to chat about your challenges (free)

Find out more about me and the benefits of working with the Become HER, Winning at Life signature framework

Send me a questions or find out about Wraw® (Workplace Resilience & Wellbeing) A unique science based assessment that gives you greater awareness of where your resilience or wellbeing might be dipping.

*If you are ready to lead at work in a new role or with your team
If you are ready to switch your brain off so you can actually get some sleep
If you are ready to lead in your own business with grace and ease
If you are ready to get some clarity on your career or relationships
If you are ready to put your past behind you and reignite your future*

DROP ME A MESSAGE TODAY

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