



**SPARK, YOUR SEXY
AND EMBRACE A
LIFE ALIGNED WITH
YOUR PURPOSE**

Welcome, Beautiful Souls!



SECTION ONE: INTRODUCTION

Hi Beautiful!

ARE YOU READY TO RECLAIM YOUR FIERCE
FEMININE POWER
AND SOAR TO NEW HEIGHTS?

I'M ROSA, AND FOR OVER 20 YEARS, I'VE
BEEN EMPOWERING WOMEN LIKE YOU TO
BREAK BARRIERS AND EMBRACE THEIR
TRUE POTENTIAL. LET'S DIVE INTO THIS
POWERFUL JOURNEY TOGETHER!"

BESITOS, XO

RO

www.rosaosterling.com



Meet RO,

Rosa Osterling; an unstoppable force—visionary entrepreneur, and inspiring leader. With unwavering dedication, she empowers others to achieve extraordinary success in all areas of life. Her transformative journey and extensive education have led to unparalleled accomplishments and the freedom to live life on her own terms.

Having dedicated over 20 years to self-growth and personal development and worked with some of the top influential leaders worldwide, including Robbins Research International as a Results Coach (a Tony Robbins company), Industry RockStar, Legacy Education, and Rich Dad, Poor Dad (Robert Kiyosaki). She brings invaluable wisdom and experience to the table. Her story is proof that limitless possibilities await anyone, regardless of their circumstances. Being a single mom is simply part of the equation, showcasing her resilience and strength.

Dedicated to her purpose and mission of helping and supporting others to live life on their terms, she knows that when they reach the end of their life, they will not only feel fulfilled but also recognize that their life truly mattered.

www.rosaosterling.com

THE POWER OF BEING



"Forget the constant hustle and bustle!"

Embrace your inner goddess and connect with your true essence.

It's time to be, not just do!"



www.rosaosterling.com



Section Two:
Owning Your Communication
& Leadership



THE DISC ASSESSMENT TOOL: DISCOVER YOUR UNIQUE STYLE

*"Communication is like magic!
Uncover your unique communication style using the DISC tool
to level up your leadership game!"*

DISC Communication Styles: Cheat Sheet

Dominance (D):

Direct and assertive.

Quick decision-makers and confident communicators.

Influence (I):

Enthusiastic and sociable.

Charismatic communicators and natural storytellers.

Steadiness (S):

Patient and attentive listeners.

Empathetic and supportive communicators.

Conscientiousness (C):

Precise and analytical.

Detail-oriented and accurate communicators.

Example and Exercise:

Rosa's Communication Style: SC

Your Communication Style: _____

**How would you describe your communication style?
Take a moment to reflect on your natural tendencies when
interacting with others.**





**"SPEAK YOUR TRUTH,
AND THE WORLD WILL
LISTEN TO THE ROAR OF
YOUR GREATNESS."**

Rosa Osterling

www.rosaosterling.com

ADAPT AND CONNECT

"We've got the power to adapt! Learn to connect effortlessly with different styles using the DISC tool. Watch your influence skyrocket!"

Example and Exercise:

Rosa's Style to Adapt: DI

Your Style to Adapt: _____



Identify the communication style you find it easiest to connect with and think of situations where adapting to different styles would enhance your interactions.

SECTION 3: CULTIVATING HEARTWARMING RELATIONSHIPS



SCRIPTING YOUR IDEAL ROMANCE

"Scripting the perfect relationship is like writing a screenplay for our hearts, where we cast ourselves as the leads and let love steal the show."



Ready for a soulmate kind of love?

Script your dream relationship and manifest your heart's desires. You're a love magnet!

Example & Exercise:

Rosa's Ideal Relationship:

I feel super supported by my partner. We do date nights every Wednesday night, people think we are a new couple. He works out as much as I do, and he inspires me everyday. I never need to buy flowers because he is constantly bringing me a new bouquet. He is tall and handsome, I can stare into his eyes, forever! He is self-aware and a mix of Aubrey Markus and the guy from 365 the movie 😊 you get the idea! lol

Write down the qualities and characteristics of your dream relationship, and envision yourself living this loving partnership.

My ideal relationship is...





**"BELIEVE IT,
OWN IT,
AND LOVE IT!
YOUR DREAMS ARE
WAITING TO DANCE
WITH REALITY."**

- ROSA OSTERLING



www.rosaosterling.com

EMBRACE YOUR UNAPOLOGETIC IDENTITY

"Time to shine like the goddess you are! Embrace your true self, and fearlessly align with your dreams. You're fierce, baby!"

Example and Exercise:

Rosa's Authentic Identity:

I am Confident, sexy, a morning person, health enthusiast. Everything I eat, my body knows exactly what to do with it.

I am constantly attracting wealth into my life in the form of health, relationships and money.

I am always attracting the most incredible aligned souls into my life and we share an incredible journey together where we feel supported, loved, seen and heard.

I speak confidently.

I am and I feel beautiful.

I am in flow, at peace and ease.

I love working out.

I love money and money loves me.

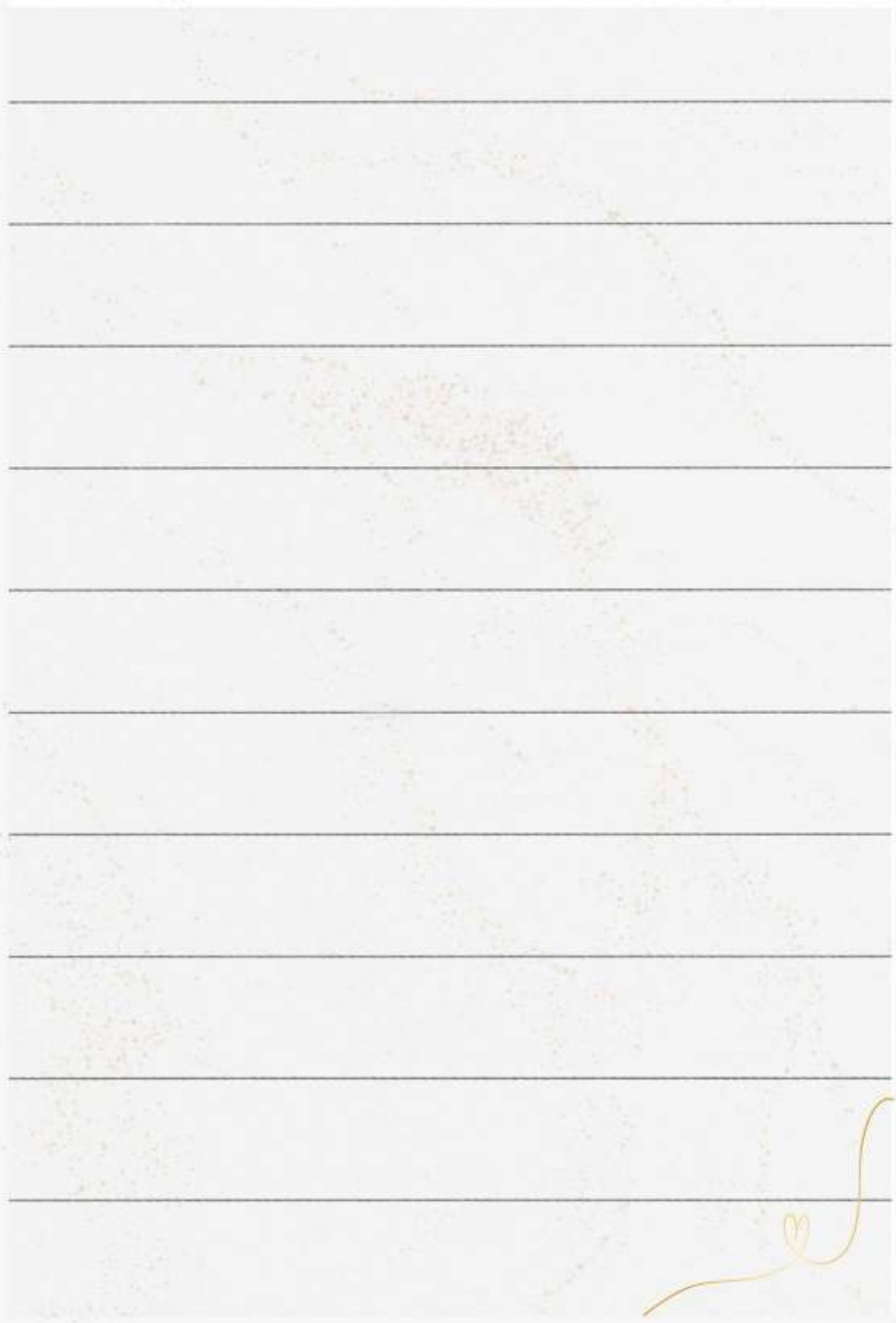
I always get sh*t done.

I have tons of time, I create my days.

The more fun I have, the more abundant I feel.



List the empowering traits and characteristics that define your authentic self. Embrace who you truly are and let your light shine! Get excited to up-level your 2.0 version of yourself.





**"AUTHENTICITY IS YOUR
SUPERPOWER. WHEN
YOU OWN IT, THE
UNIVERSE ALIGNS WITH
YOUR BADASSERY."**

- ROSA OSTERLING

SECTION 4:

ACHIEVING GODDESS-LEVEL BALANCE



THE WHEEL OF LIFE

"No more chaos, queen!

Let's conquer the Wheel of Life and find balance in all areas.

It's time to reign supreme!"

The Wheel of Life is a visual tool designed for self-evaluation and goal-setting.

Represented as a circular diagram, it's divided into life areas such as career, health, relationships, and more.

The primary purpose is to assess life balance by rating satisfaction levels in each area on a scale from 0 (center) to 10 (edge).

By connecting the scores, an individual's "wheel" takes shape, revealing imbalances and priority areas for improvement.

This process guides goal-setting and helps prioritize actions for a more balanced and fulfilling life.

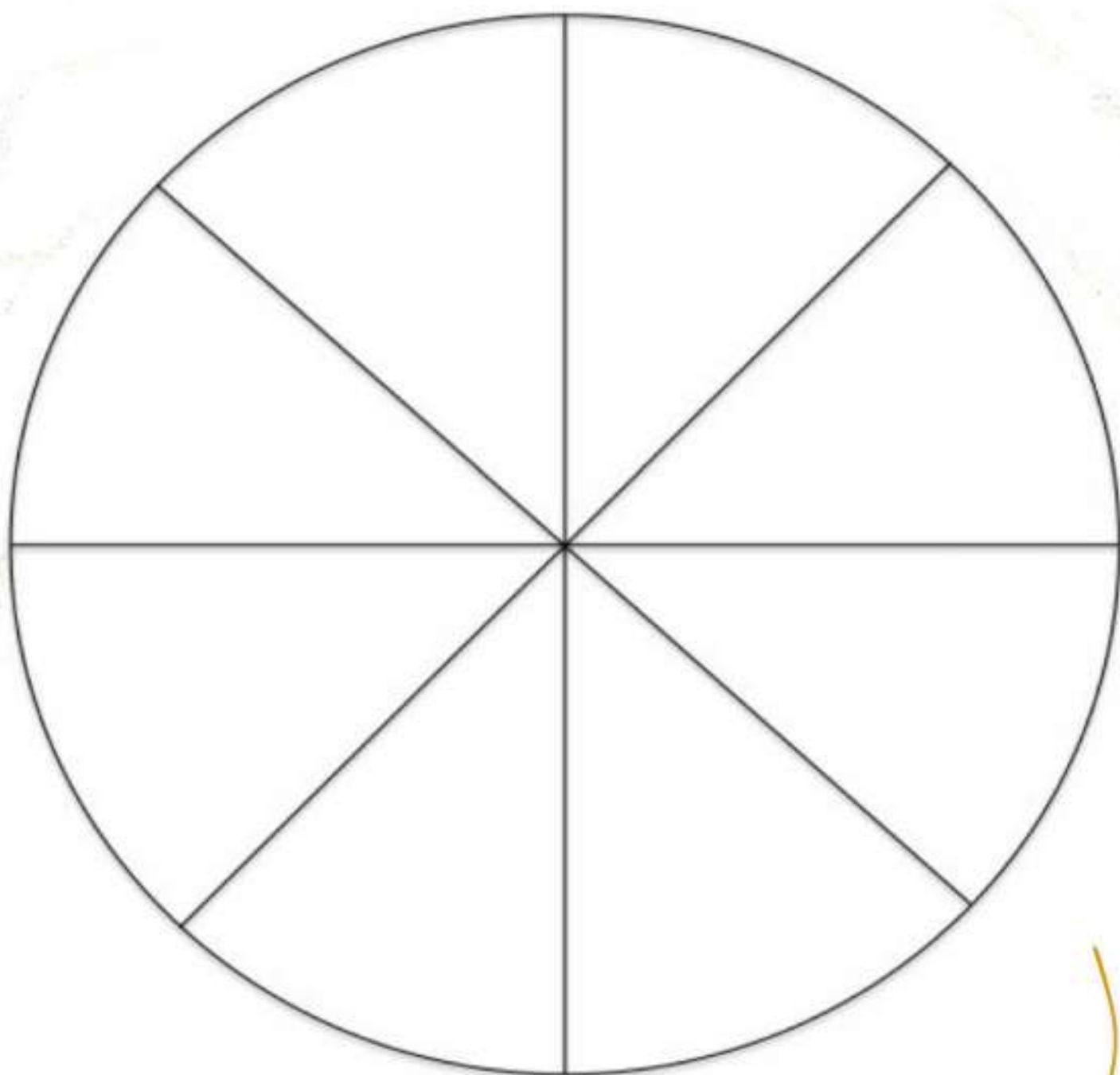
Regular use allows for progress tracking, motivation, and continuous personal growth.

How to Use:

- **Divide:** Label segments with life areas (6-8).
- **Rate:** From center (0) to edge (10), mark your satisfaction level in each area.
- **Connect:** Connect marks to form your "wheel."
- **Analyze:** Notice imbalances (uneven wheel) and identify priority areas.
- **Set Goals:** Plan actionable steps for lower-scoring areas.
- **Track:** Regularly reassess, adjust goals, and track progress.

THE WHEEL OF LIFE

Rate each area of your life on a scale from 1 to 10, identifying the ones that need more attention and nurturing. Take a pause as well and celebrate where you are succeeding!





**"BALANCE IS THE
SECRET SAUCE THAT
TURNS CHAOS INTO A
SYMPHONY OF
SUCCESS."**

- ROSA OSTERLING



SECTION 5: BONUS



Set Your SMART Goals

"Goddess, time to slay those goals!

Embrace the SMART framework, and you'll rock every aspiration with flair and finesse!"



The SMART acronym is a powerful tool for leaders in the business world. It helps set clear and achievable goals, ensuring progress and success in the corporate arena.

Embrace SMART goals to lead effectively and drive your team towards excellence and results.

SMART Goal Setting: Cheat Sheet

- **Specific:** Be clear and concise about your goal.
- **Measurable:** Set metrics to track your progress.
- **Attainable:** Ensure your goal is realistic and within reach.
- **Relevant:** Align your goal with your values and aspirations.
- **Time-bound:** Set a deadline to stay focused and motivated.

Example and Exercise:

Rosa's SMART Goal:

Specific: Release 10 lbs by October 1st (keep it no more than 3 mths away)

Measurable: 10 lbs

Attainable: yes, attainable by me. (no need for 3rd party!)

Time-bound: by Oct 1st.

Craft your own SMART goal, applying each element to ensure it's achievable and empowering.



**"DREAM BIG, AIM HIGH,
AND KICK SOME
SERIOUS GOALS!**

**YOU'RE
UNSTOPPABLE!"**



- ROSA OSTERLING

www.rosaosterling.com

THE SANDWICH FEEDBACK MODEL

"Let's dish out some growth sauce, warrior! Learn the Sandwich Feedback Model to give and receive feedback like a boss."

The Sandwich Feedback Model is an invaluable tool for leaders in the leadership, business, and corporate world.

Its power lies in its ability to deliver constructive criticism while maintaining a positive and supportive environment.

By starting and ending with positive feedback, leaders can foster a culture of appreciation, motivation, and growth.

This approach ensures that employees feel valued and encouraged, making them more receptive to improvement areas.

By sandwiching constructive feedback between two layers of positivity, leaders can inspire their team members to embrace challenges, learn from mistakes, and strive for excellence, ultimately leading to enhanced performance, productivity, and success in the corporate landscape.


Rosa's Feedback Example using the Sandwich Model:

Positive: "You're a fantastic communicator, and your enthusiasm inspires others."

Constructive: "I think you could benefit from being more concise in your presentations."

Positive: "But your energy and passion always shine through, making your message powerful."

Practice giving feedback using the Sandwich Model with someone you trust, focusing on specific behaviors and their impact.





**"HONESTY WRAPPED IN
LOVE IS THE SECRET
RECIPE FOR
EMPOWERED GROWTH."**

- ROSA OSTERLING



www.rosaosterling.com

**"You've come a long way, and the journey has just begun!
Embrace your goddess power & conquer the world!"**



"Awaken your lioness within and join the pride @rosaosterling.

Together, we empower each other and ignite the world"

www.rosaosterling.com



**"WITH EACH STEP, YOU
SPARKLE BRIGHTER, AND
THE WORLD BECOMES
YOUR RUNWAY. SEXY,
CONFIDENT & FILLED
WITH GRACE"**

- ROSA OSTERLING

www.rosaosterling.com