

LifeBuddy

Making the rest of my life, the best of my life



The Life Buddy Mission

We dream of a world where all women are making the rest of their life, the best years of their life.





A BIG VISION FOR OUR BEST LIVES

We aim to grow women's positivity and confidence to make the rest of their lives, the best of their lives.

We will provide inspiring, positive life skills, resources and advice. We will grow a supportive community of women living their best lives.

Our vision is to create a UK-wide community of local, accessible groups, run by LifeBuddy Leaders that provide face-to-face support, discussion and personal growth activity.

WHAT WE BELIEVE IN

Everything in life is connected: our physical, emotional, social and financial wellbeing are all linked.

If we focus on creating new habits, we can start to live our best lives.

We can achieve a balance across all elements in life.

Mindset is everything.

We can create new habits.

- We can make the rest of our lives, the best of our lives -



HEALTH

Understanding the basics and making sure you have some great habits firmly in place will help you deal with life's little challenges and improve your mood at the same time.

Living a positive and fulfilled life requires us to be in great physical shape and with our bodies and brains topped up with the very best nutrients.



GROWTH

'Don't go through life; grow through life.'

Eric Butterworth

We all have an approach to life that is a habit we have developed or an attitude to life that determines how we are likely to respond in any given situation.

But a Growth approach to life says that our brains and innate talent are really just the starting point.

We are never the finished article. We can all learn to adopt a Growth approach: it enhances relationships, helps us achieve our life goals and creates a life full of opportunities.



MINDSET

If you have a positive mindset and are willing to persevere, there is little that is beyond your reach.

Fear can often prevent us from progressing towards the life we want. We all need the special knowledge that will help us to overcome our fears and limiting beliefs. If we choose to live in the present and use our new found understanding, focussing on the positive, we can find real happiness and peace.

“Happiness has everything to do with your mindset, and nothing to do with outside circumstance.”

Steve Maraboli



CONNECTED

“Relationships are all there is. We have to stop pretending we are individuals that can go it alone. ”

Margaret J. Wheatley

Its not easy balancing work, family and relationships, but it is the quality of the relationships we develop and the connectedness we feel with others that will help us through.

Successful relationships, strong networks and plentiful support equals a positive, balanced life.

WEALTH

"We make a living by what we get.
We make a life by what we give."

Winston Churchill

It is really not our level of wealth that dictates our happiness. But we all need the peace of mind that having just enough money brings.

Getting it all in balance allows us to focus on creating a really great life.



PROFESSION

**"The best way to predict the future is
to create it."**

Abraham Lincoln

**The future of work is changing and so should
our skills and aspirations!**

**Work no longer has the same definition and we
know that if we find work we really love to do,
we will never work a day again in our lives.**

**We are all entrepreneurs now, no matter
how we get paid, we can live a purposeful,
professional life.**



A high-angle, top-down photograph of a group of people sitting on a green lawn. Their hands and feet are pressed together in the center, forming a circular pattern. The people are wearing various items like bracelets, a glove, and a sock. The image is used as a background for a text overlay.

OUR CHALLENGE TO YOU

Join us and the LifeBuddy community, where everyone believes its possible to take the steps to live their best life and where support and resources are always available.



REACH OUT

hi@lifebuddy.co.uk | www.lifebuddy.co.uk | @lifebuddyuk