



*unlock
your
potential*
Brenda

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your guide by
BRENDA DI BARI

'Bring Yourself Home'

- Brenda Di Bari -

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INTRODUCTION.

Welcome, to this new chapter and to the first page of our story together. I am so glad you're here!

My name is Brenda Di Bari, and it's a pleasure to meet you. It's been an incredible journey reaching the moment of writing these words to you. My life has been a voyage of discovery in many ways, and I believe very much that my explorations have become a significant part of who I am today.

Consider this book your permission to anchor for a little while, to take in the view of the ocean.

Consider this book your tool for practical guidance drawn from a mindful perspective. I am here to support you in moving forwards in your life. To do that effectively, I'd like us to get to know each other a little better. I want to share with you where I have been and the person I am, so that you can get to know the purpose behind everything I am going to share with you.

I am writing this book at a time in my life where I feel ready to share the lessons I have picked up throughout my career and my personal journey. My life has been rich with experiences! I am the kind of woman who embraces life in whatever form it takes. This has been the foundation from which I have built my life as it stands today.

So, who am I, really? Grab a coffee, make yourself comfortable, and let's get into it.

I am a real estate broker and life coach with over 18 years of experience. Yes, I really am both of those things! I have developed a unique - and much needed - bridge between the search people take up looking for their dream home, and the personal journey of discovering true desire. Over many years of real estate experience, I came to realize the powerful connection between the homes people chose and their self-identity - and I haven't stopped since!

I have discovered the powerful link between professional support and interpersonal connection.

My personal approach has grown from a belief in the potential of multidimensional perspective coaching. I specialize in aiding my clients to draw out their individual values, helping them to apply them in their lifestyle - including in the area of real estate. I have seen the impact that a happy, healthy home space can have on a person's self-esteem. This is what motivates me every time I step into my office!

I am a lifelong New Yorker, with a tremendous hunger for travel. I spent 4 years living in Italy recently, supporting clients looking at my home city as part of their real estate plans. I am a mother of 6 incredible children who have taught me the value of a happy home life - along with keeping my multi-tasking skills sharp!

I love to make my children proud, and to demonstrate the example that it's possible to achieve your dreams while nurturing others. They have seen me succeed in my business life while still managing to build a close-knit home environment for them. They see the true value of self-empowerment, which in turn serves to inspire me every day.

Consider the words you are about to read as my personal and professional gift to you.

I have a passion for the beauty that life offers us. I enjoy healthy living, fashion, and styling. I have a genuine passion for helping others in life. These elements are integral to the work I share with you. I believe we can all achieve the lifestyle we dream of. This empowered ethos is what inspires me each and every time I step out of my own home to head out and help others find their own dream spaces.

This book is not intended as a rigid manual. Think of it more as a facilitator for your life. It is a supportive guide in moments of uncertainty and curiosity. I am here to support you in your ongoing journey. I cannot promise it will be easy! But I will assure you that each step will be worth the leap of faith.

Consider this book in the same way you will come to know me - as a strong support to you.

You can consume this entire book in one sitting, if that suits you best. However, I really encourage you to take your time in reading what these pages hold. There may be some emotional releases along the way that will need time to settle and absorb. We never operate at our best when we are hurried.

Take a deep breath, roll those shoulders back, and remove any pressure you might be carrying.

I am excited for you! I want to close this introductory chapter by reiterating how glad I am that you have chosen to join me here. I have a feeling this is the start of something truly wonderful. I'm looking forward to being your agent for change!

Are you ready? Then let's get right into it.

CHAPTER 1.

Your Home, Your Temple.

I have spent my life and career helping my clients to find and secure their dream homes. During my 18 years of experience as a real estate professional I have met and worked with a huge variety of clients, all with differing requirements for their individual situations. But I didn't always work in real estate - I began my career in the fast-paced world of fashion and style consultation!

I studied fashion design and brand management at college which lead me to styling for runway shows and magazines. I didn't know it at the time, but these early creative experiences were to become a huge contributor to the type of businesswoman I was set to become. This particular chapter of my life taught me to appreciate great quality work, and to remain open minded to the individual needs of the clients and designers I worked with.

When I moved into real estate, it felt like a natural flow on from fashion styling in many ways. The product might not be quite the same, but the way I approached my work was highly comparable. Fundamentally, I was helping people to bring their initial ideas into full fruition, helping them to select homes that helped bring out their inner sense of unique self.

Life coaching has been an organic and very natural development in my career. I am continuing to help people to maximize their potential and to embrace the possibilities that lay ahead in their future. Using my extensive experience and personal passion, I help my clients to build on the foundations they arrive into my office with.

Here in this chapter, I am going to offer you an opportunity to start to do the very same!

Your home environment is the support system to your lifestyle in many ways. It is where you recharge. It is the space within which you start and finish your day, and where you choose the outfits, accessories and attitudes that you head out the door to face the world with. It's also a space where you invite in those you care about and spend time with loved ones.

Your home is not just where you lay your head at night, it's a natural extension of your personal identity. How you self-identify your value is closely tied in with how - and where - you spend your time. Taking consideration of this environment is as important as taking care of your health. In fact, I propose that it is actually a key component within your overall wellbeing.

Sometimes life can become chaotic. As a result, it can be hard to prioritize self-care. When life starts stacking up career stress, familial responsibilities and social obligations it can be really tough to find time to take care of your body and mind. What I believe, is that if you're able to create a home space you are happy to spend time in, then in turn your home can help to support you in the tougher phases when you need it most.

Imagine walking through your front door to find clutter because of a lack of storage and stepping into your kitchen only to feel deflated by the realization it's still the coloring and structure that feels like it belongs to someone else. Visualize heading into your bathroom and taking a look in your bathroom mirror and feeling strongly that the person looking back doesn't suit the backdrop that surrounds you.

If this feels at all familiar, then you aren't alone - consider this your starting point!

Before you rush after the first home that comes up from an online search (we have all been there) instead I encourage you to pause for a moment. When was the last time you checked in on what your true ambitions are for yourself and your home? When was the last time you really reflected on what kind of home would suit you?

We all change and develop as we move through life. Who you are now and what you want are likely very different to a year ago, let alone 10 years ago? What you were looking for when you moved to the home, you're currently living in is likely very different to where you'd really like to be living tomorrow.

To help you develop your sense of self, I am going to close this chapter with a short activity for you to try:

EXERCISE 1 | THE DISCOVERY CIRCLE.

Despite what you might be expecting, this exercise is not about lengthy explorations or drawn out analysis. This is sharp, no time to think, smart way of drawing out your inner desires without having time to stop and question them. Set aside an hour of your day for this, in a space where you are unlikely to be disturbed.

You will need:

- 1 x large piece of paper
- 1 x marker pen
- 1 x highlighter (any color)
- 1 x stopwatch

STEP 1.

Place your paper in front of you and set your timer to 10 minutes. Make sure the space you're in is free from distractions. If you're using your smartphone as your timer, then be sure to place it on airplane mode at this point.

STEP 2.

Draw a large circle on the page in front of you. For the timed 10-minute period, fill the circle with words that depict the things you value most in life. It could be family, friends, or values. It could be movies, fashion, and music. They can be as little or as large as you like, but just keep writing. Don't stop to think about what you're writing or take your pen off the paper for too long. Let it all go!

STEP 3.

After the 10 minutes is up, sit back from the circle in front of you. Go and take a short walk and refresh your mind. You might want to make yourself a hot drink, or head outside for a moment to get some fresh air. Don't leave the paper for longer than 20 minutes, so that you don't lose crucial creative momentum.

STEP 4.

Read your words aloud to yourself. You might be surprised what has surfaced and what you didn't expect to write down. Next, take your highlighter and draw out any of the elements in your circle that you hold as priorities. It might be that the lighter elements (such as music titles, foods, etc.) can be identified as values for personal time spent at home. The people you may have listed could be highlighted as those you want to keep close by.

STEP 5.

In the next few days, return to your circle a few times and reflect on the messages you are sharing with yourself. Consider how you could introduce more of the elements you value into your life, and how that could translate this in your future home space. Once this creative process has been ignited, it will soon start to connect up faster than you might think.

CHAPTER 2.

Liberating Your Vision.

In the previous chapter, we explored together what is most valuable to you. In the chapter exercise you discovered for yourself the elements of life that you most enjoy, and that you care about the most. Although at first this may have seemed like a lighthearted exercise, this circle holds an incredible amount of personal character and individual value. What is contained within your paper circle are all the elements that uniquely make up you!

There is no one else on this planet who has the exact same array of likes and dislikes as you, or that gather together the characteristics that you uniquely offer the world. Discovering and embracing what makes you so

individually you are what much of my work is all about. I am here to facilitate empowerment in many ways, and to be a guiding light in your personal development journey.

This chapter is designed to help you embrace all of who you are, down to the crucial small details.

No matter where you live or what personal or professional pathway you choose to take, these are the details that never change. It's important to remember that no matter what you might face in life, the integrity of your character can never be taken away. These are the individual components that make you, you.

When clients come to me with request for help in finding a property, I start with getting to know who they are. Instead of simply matching property descriptions to initial statements, I work with my clients on a more personal level in order to work out what would fit them best in the short- and long-term future. I can tell you, after a period of time working together it often works out to be a very different vision to what they thought they wanted, or even deserved.

We all have past experiences that contribute to who we are and how we think. Often, our measure of self-esteem is defined by past traumas, individual successes, and everything in between. What you have been through and all you have experienced makes up a large part of your identity. But other people's opinions of you, or their responses to your movements, should never define your value.

You hold the empowerment keys to your life, no one else.

This next exercise is a question based one that will encourage you to venture a little further beneath the surface of the initial likes and dislikes you identified in the previous chapter:

EXERCISE 2 | MINDFUL MENTALITY.

We very rarely find the time to spend time exploring our true feelings about where our life is headed, and how we really feel about where we have already ventured in our past. The questions within this exercise are designed to encourage authentic, deeper consideration about your personal motivations. Quality questions lead to quality answers, although there is no 'wrong' or 'right' here.

You will need:

1 x notebook

1 x pen

STEP 1.

Open your notebook to an empty page. Take a deep breath and roll your shoulders back to allow space for your lungs to fully expand. Think about breathing deep into the base of your belly, to encourage a better quality of breath.

STEP 2.

List out the following questions, allowing a full page of space for each one;

- What did I think of first when I woke this morning?

- Do I have what I need to take my life where I want it to go?

- If my dreams were possible, where would I be in 5 years?
- Who and what makes me happy in my life?
- If money were no object, what would change in my life?
- When I feel like giving up, what keeps me going?

STEP 3.

When you are ready, answer each of the listed questions in turn. Remain honest as you do so. Remember, these answers are simply thoughts of yours surfacing and taking some light. You can modify your answers later on if you wish. For now, let the words flow without fear.

STEP 4.

When your writing comes to a natural finish, take a short break. You may find that you need a few breaks within the writing process, especially if any unexpected emotions are triggered. If you do become overwhelmed at any stage, be gentle with yourself and remind yourself that this is an incredibly empowering process - one that will lead you forwards in your journey in only positive ways.

STEP 5.

Read through your writing a few days after it has been completed. You may well be astonished at what you have shared with yourself and what true feelings have emerged. Keep hold of your notebook. This is your personal starting point. It could also become an incredible tool for us to work from if we are to work together in the future.

CHAPTER 3.
Optimizing Your Future.

Here we are, in our final chapter together. Thank-you for committing to this journey and reaching this point. I'm so glad you're here!

This final chapter is entirely dedicated to you. It is the portion of this guidebook where we build upon the foundations you have worked hard to lay down in the previous two chapters. Think of it as the culmination of this initial phase of exploration, although it is really only the beginning of your path forwards from here.

I want to talk to you about optimizing your life. I want to introduce to you the idea that there are steps you can take to level up your daily experiences, to maximize joy and expand your opportunities for continued satisfaction. This is all comes from a belief in your abilities, and from valuing the incredible person that you are.

Think of someone you truly love in your life. Someone that you would do anything for. Perhaps it's a relative you deeply cherish, a child you would walk through flames for, or a partner you couldn't imagine your life without. It could be a best friend of yours that has made your life vastly happier since they arrived in it. Whoever it is, focus on how much you love them for a moment. It's a nice place to be, so feel free to sit in this focus for a little while.

Next, consider whether you would want the very best for them, or just average. Would you want them to accept elements of their life that make them unhappy? Would you want them to experience a daily routine that they accepted, but that didn't reflect their true value? Unlikely. You would surely want them to have the best life can give them, and for their home and their personal choices to provide a sense of fulfilment that lasts.

What if that cherished person you're considering - was you?

Often, we find it easier to see what a beloved person in our life deserves more easily than we can for ourselves. When we place ourselves in the limelight, we can start to feel uncomfortable depending on our character. Or it might be the case that you have a high self-value - as you rightly should - but that your lifestyle currently gives you no space or opportunity to self-reflect enough to see where you could be making choices.

Well, this is your time, your opportunity and your space to do exactly that!

Personal development is not just about identifying your worth, it's about taking action to increase your experiences of joy and success in whatever way works best for you. It's about identifying what you feel matches your true desires and pursuing those things with your full energy and belief. In the earlier chapter of this book we worked together to identify the things you most enjoy and that you highly value within yourself. Now it's time to put those reflections into a forward moving motion.

You deserve a life that makes you happy, ultimately. As simplistic as that statement might seem, it is a far too often overlooked declaration of personal worthiness. You have one life, and the time you have here is pretty much non-negotiable. I should know - I am a qualified negotiator, it's what I do for a living! What I'm saying here, is that your time is precious, and it bears greater value than any currency on the planet.

I would like you to consider what you want in life - and then go a little beyond that. Think of what you've always wanted, and then reach just a few inches further. Alter your mindset from one of ambition that is based on what you can likely expect, to one that ponders the possibilities just around the bend that you might not be able to see quite yet. Cultivate faith in the potential of your future, and your life automatically upgrade in quality standard.

This next exercise is designed to help you to shift your dreams and desires up a gear, to help you see the life you could be living. Why shouldn't you make selections and decisions that bring you joy? You are worthy of a life that best represents who you are and all that you stand for. Life isn't a pastime - it's your time to fill with the people, activities and moving parts that will make you feel the very best version of yourself.

Without further ado, let's get started!

EXERCISE 3 | WAGERING YOUR WORTH.

We very rarely find the time to spend time exploring our true feelings about where our life is headed, and how we deeply feel about where we have ventured in our past. The questions within this exercise are designed to encourage authentic, deeper consideration about your personal motivations. Quality questions lead to quality answers, although there is no 'wrong' or 'right' here.

You will need:

2x pack of post its (contrasting colors)

1x marker pen

1x empty wall in a private space

STEP 1.

Take your first pack of post-its and your marker pen. On separate post-its, note down any dreams or ambitions you currently hold. They can be small, such as a desire to visit a certain fancy restaurant, or to learn a new skill at work. They can also be larger, such as wanting to start up a business, securing a certain amount of savings, or buying a dream home you have seen somewhere. Take your time with this step, there's no need to rush. Savor the process.

STEP 2.

Stick up the post it-its on your blank wall. Leave at least 5 inches of space between them, so that you can see them all clearly. Don't worry about how many you have, but if you remember something you've missed then feel free to add it at this stage.

STEP 3.

Stand back and read each post-it aloud to yourself. Visualize what these successes would look like, or what it might feel like to achieve each of them. Consider what positives might be triggered in your life if any of these dreams were to come to true fruition.

STEP 4.

Now, take your second pack of post-its and write down a 'level up' for each of the notes on your wall. For example, if you had written down that you would like to have been promoted within your office, level this up by writing down the next position up from the one you identified. Or if you had described a comfortable, easily achievable property purchase on one of your notes, then upgrade this to a more luxurious and more

spacious home with all the features you've deep down always desired but weren't sure you were capable of having.

STEP 5.

Once your wall is full of your dreams and their correlating 'upgrades' stand back once again and read them aloud. By reading them out to yourself, you will be confirming their validity and encouraging yourself to embrace what you have prescribed for yourself. With just a few simple steps, you have been able to completely transform your idea of what your future could hold. Congratulations!

CONCLUSION.

What an incredible journey this has been. It has been an honor for me to share these chapters with you. Only a short time ago, I was welcoming you into the introductory pages of this book. Now here we are, concluding our time together in the final notes of this particular journey!

As you will have learned by now, I am a deep believer in quality. Throughout each stage of my career I have placed incredibly high value on client satisfaction. My fashion industry experiences taught me to apply creativity and innovation to every project. My time working Europe taught me new perspectives on an industry I already knew well. Finally, my varied experiences in real estate are what bring me to be writing these words to you now.

I am inspired to want to help my clients to achieve the very best in every area of their lives.

My family have continued to inspire me to strive for more in life. Setting my children an example of personal empowerment has been a privilege and a joy for me. My 6 children continue to be my inspiration. As a team, we work together! My family appreciate how hard I have worked to build my companies, and to develop the ethos and values I now proudly represent.

I am so excited to share all that I have learned in this capacity!

I hope that while reading my words and experiencing the activities I have provided; you will have been able to discover more of your unique value. Whatever amount you have found - I promise you, there is even more in there to bring to the surface. With the aid of these chapters and the exercises contained within them, you're now very equipped to leap forwards in your journey.

Has a light been switched on for you?

If the words I have shared with you have stirred curiosity about what could be possible for you, then I encourage you to get in touch with me. I would love to hear what you personally discovered while working through this guide, and what ideas you might now have that you would like to further explore. I look forward to supporting you in the very near future, to help you build the life that best reflects the incredible person you really are.

I'm really excited to get started together!

You can find more of my work on my website <http://www.brendadibari.com/> and you're welcome to join me also over on my social media pages: [LinkedIn](#) or [Instagram](#), also. I would be very happy to arrange a discovery call with you in order to help me get to know you a little better. From there, I will be able to recommend what options will suit you best, sharing with you which services would best match your needs and individual ambitions.

Are you ready to unlock your potential? I thought you might be!

Thank-you for joining me here and sharing this space with me. I am really looking forward to hearing all about your ambitions and working with you to optimize every opportunity that comes your way. I have a feeling this could be the start of something truly incredible.

- Brenda Di Bari.
