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# Spring Clean Your Life - Refresh & Renew

OUT WITH THE OLD, REFRESH & RENEW!

- **SESSION 1 GET CLEAR on what's not working** - Take an honest life audit - What needs changing ASAP?
- **SESSION 2 SPRING CLEAN sabotaging beliefs** - How is your own mindset stopping you? Start clearing & updating beliefs with EFT!
- **SESSION 3 LET GO of the past** - What are you holding onto that doesn't serve you? Start letting go with EFT!
- **SESSION 4 BOOST confidence** - Do you have a negative voice inside that criticizes you or your body? Start the journey of self-love & compassion with EFT.
- **SESSION 5 ENVISION your ideal life** - What do you WANT your life to look & feel like? Use this powerful exercise to make it happen.

**SPECIAL LIMITED TIME SPRING PACKAGE OFFER!**

~~795€~~ **497€**



## TIME TO SPRING CLEAN YOUR LIFE + MINDSET

It's Springtime! If you're like many people, 2022 might not exactly feel like it's gotten off the ground for you yet. The last few years have been really hard on everyone and many people feel stuck in a constant cycle of stress, uncertainty, stagnancy & lack of fulfillment. You can't always change the world around you but you can start changing yourself to show up better and adapt to everything. If you feel dissatisfied, you're not alone. Would your life be different today as the world is opening up if you had focused on your personal growth during the last few years? But you CAN start making changes to improve your life starting now.

Are you where you want to be? Or are you still holding onto past beliefs, habits, or behaviors that aren't helping you move forward in alignment with your goals, purpose, and happiness?

### **WHY TRANSFORMATIONAL LIFE COACHING?**

This special Spring Cleaning Package for your Life & Mindset is an exclusive combination of transformational life coaching and EFT Tapping (Emotional Freedom Technique) that will kick-start your personal growth so you can start making changes in your life starting from the first session. You'll get clear on what's not working, uncover where your own mindset is sabotaging you to start replacing those beliefs with more helpful, motivating ones; start letting go of past issues and experiences that still affect how you see yourself today; uncover your strengths to quiet that mean little voice that criticizes you, compares you to others, or tells you that you're not good enough. Lastly, you'll do an exercise to envision the life you want along with a transformational life coaching future pacing exercise to make it all real in your head.

### **WHAT IS EFT TAPPING AND WHY DO WE 'SPRING CLEAN' WITH IT?**

The Emotional Freedom Technique is a form of energy psychology that uses tapping on acupuncture points on the body's energy meridians that calm the body's fight or flight response in the brain so we can re-wire the brain for new beliefs & relief stress and fear