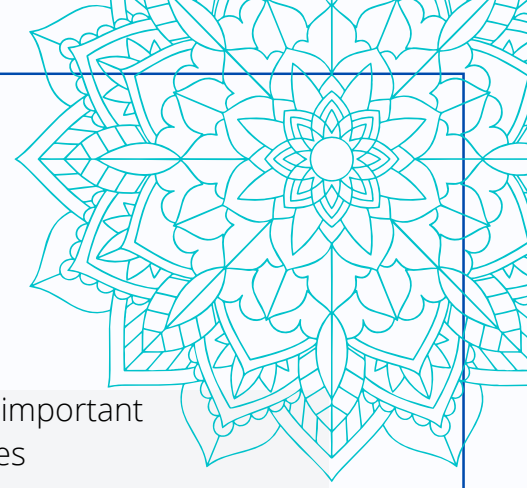


## 12 WEEK DEEP JOURNEY ADVENTURE

*Self-Love-Confidence-Self Empowerment*



### PHASE 1- AN ALIGNED MIND

- Explore what self-love means to you and why it's important
- Discover your own unique personal values
- Establish how you want to feel using all your senses
- Clarify your vision and set intentions
- Find out what is holding you back from having a healthy relationship with yourself
- Celebrate what you are currently doing to cultivate self-love
- Set realistic, fun goals to move forward and stay aligned with your authentic self
- Create a deep commitment to falling in love with yourself

### PHASE 2- BALANCING THE MIND-BODY

- Dive into self-awareness
- Become aware of your current thought patterns, habits and self-talk
- Learn how your brain works and how to use it to empower yourself
- Explore various stress reduction tools to balance the mind-body
- Learn how to make self-care care a priority in a way that works for you
- Transform your limiting beliefs and blocks from self-sabotaging to empowering and positive

### PHASE 3- STRENGTHENING THE EMOTIONAL SELF

- Explore your strengths and unique qualities
- Celebrate your past and current accomplishments
- Dive deeper into your authentic self and purpose
- Learn how to invite more 'self' into your life
  - \*Self-Acceptance
  - \*Self-Forgiveness
  - \*Self-Gratitude
- Create a set of personal boundaries
- Explore the power of intuition
- Further align yourself and your intentions with your goals and actions

### PHASE 4- A SPIRITUAL ADVENTURE

- Understand what fears are holding you back
- Learn to cultivate confidence through sharing your gifts with the world
- Create ways to invite vulnerability and courage into your life
- Get clear on your likes and dislikes
- Create your own unique bucket list
- Practice surrendering to what you cannot control, and get excited about what you can
- Learn what it means to embody your true self