

ROOTED IN WELLNESS

Deep Dive Focus 90-Day Journey

**90 days is the sweet spot where
New Habit becomes Lifestyle.**

Ignite profound transformation,
achieve laser-focused clarity on the vision,
get practical every day tools,
enjoy unwavering accountability support.

*For spiritually curious and enthusiastic
entrepreneurs and professionals
eager to commit to next level lives and missions.*

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The Journey:

30 Days:

Vision, Clarity and Grounding

Gain a crystal-clear vision for your life.

Discover the steps to turn your vision into reality.

Find your center, balance, and structure.

Embrace the energy of your goals and groove into a new reality.

60 Days:

Self-Awareness and Growth

Experience the rewards of self-commitment.

Boost your confidence and decision-making capabilities.

Trust your intuition and stay laser-focused on your path.

Start to master time management, accountability and celebrate progress weekly.

90 Days:

Sustainable Transformation

Witness a complete mindset shift - for keeps.

Find emotional balance, and react less to triggers.

Feel lighter and more enthusiastic about life.

Trust your intuition, seize opportunities, and confidently say 'yes.'

[Book a chat about this](#)

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The Vehicle:

- Weekly one-on-one coaching sessions.
- Unwavering support in self-care, focus, organisation.
- Accountability check ins.
- Energy Practices and Rituals.
- Practical tools and trackers to monitor your time and progress.

Be ready to be inspired, motivated, and empowered to achieve lasting transformation.

Your dreams are closer than you think.

**Book a chat about this -
Let's talk!**

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