The Journey into You

Letting go and living now - 6 steps to create an authentic life

This course is to face your fears, embrace change, stand up for your life, develop courage and reclaim the joy of living.

There is no other time than NOW. Now is all there is.

- Are you sick of feeling bad?
- Do you deny your feelings to keep the peace?
- Are you tired of the way things are?
- Do you feel stuck and can't move forward?
- Are you unable to make choices or do you make bad choices?
- Do you have self-sabotaging patterns?
- Are you afraid to speak up for yourself?
- Do you feel you aren't worthy or good enough?
- Do you say yes when you want to say no?
- Are you afraid of change?
- Do you know what your purpose is?

This course starts the most important journey of your life …The journey into YOU.

If you want your life to be different then you need to do things differently.

- Greater self-awareness
- Learn acceptance
- Take responsibility for your life
- Understand your energy and attitude
- Foster resilience and courage
- Cultivate better health and balance
- Define your purpose and passions

The journey of a thousand miles begins with one step ~ Lao Tzu

A Women's Course for Authentic Living

7 Week course 75 Minute phone seminar
Tuesday 7:00 -8:15 pm

October 27 -Week 1 - Personal Assessment

- Review the Exercise given before we start the program. Introductions to course work getting to know everyone

November 3 - Week 2 - What am I made of - Personal Development

- Identify Your Values and Traits

November 10 Week 3 - Responsibility and Acceptance

- Learn to take responsibility for your life and accept where you're at now

November 17 Week 4 - Your Energy Level and Behavior

- Identify your energy level profile. Your beliefs, assumptions, and self-sabotaging

November 24 Week 5 - Relationships and Communication

- Identify how you communicate and how it effects all relationships

December 1 - Week 6 - Health and Balance

- Health and a balanced life go hand and hand. Start making choices to improve health

December 8 - Week 7 - Purpose and Passion

- What is your purpose and how do you find out what's important in your life

Small Intimate Group. Limited to 4-6 Phone-in number to access the group call. This is a pilot program soft launch.

7 Week - Seminar Investment is ~~$399.00~~ * Includes all handouts and assessments

Special pricing for pilot launch is 50% off at $198.00
Special Bonus Offer – 30 Minute private coaching over the phone (A $100 value)

Dial-in Number: (641) 715-3580 Access Code: 316-170 -
All sessions will be available to download

YOUR **INNER** IMAGE



Course Application

Name_____ Date _____

Email_____ Cell phone _____

Why are you interested in the course?

_____

_____

- ❒ Have you taken any other self-development courses or had therapy?
- ❒ Are you committed to being part of the weekly group?
- ❒ Being open and engaging with others helps to make the program richer for everyone. You agree to be respectful of everyone's time and all discussions are confidential to the group.
- ❒ Would you be willing to give me feedback, review, or testimonial after the course is completed?

This is a pilot program offering a 50% discount.

There is a Bonus 30-minute phone consultation with the course enrollment. ($100 value). I understand that it is to be used within 3 months of the start of the program or it is forfeited. This can not be sold or given away.

This program is designed to create awareness and provide information based on several methods of improving life.

The material used is this course is written and owned by Kristi Speiser and is intended to be used only by those enrolled in the course.

Client (Print name) _____

Client Signature _____Date _____

Payment Method_____