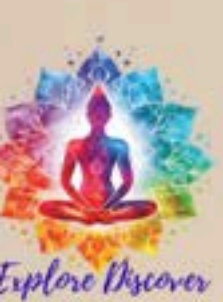


12 Week  
Mindset  
Transformation





# Module One The Mind Body Connection.....

*You will learn about the Mind Body connection and how your mind affects your physical health, and how changing your physiology can change your emotional state.*

*You will implement movement practices (exercise) that align with your needs and schedule, as well as self-love practices to honour this beautiful gift of a body that you have been given for this human experience.*



# Module Two

## Cleaning up your Environment..

*In this module, we explore how your external environment is a mirror of your internal world.*

*You'll learn how to create spaces—physically, digitally, and emotionally—that support your healing and expansion.*

*From decluttering your home to evaluating the energy of what you consume—what you watch, listen to, and who you surround yourself with—this week is about sacred space-making.*

*You'll begin to let go of what no longer serves you, clearing attachments to material possessions, toxic habits, and environments that drain your energy.*

# Module Three Identity...

*In this powerful module you will uncover and release your subconscious blocks, self-sabotaging patterns, and emotional wounds.*

*You will be guided to rewrite your story, to embrace your shadow self, and to step into self-love and empowerment.*

*This module brings deep self-realisation, liberation, freedom and hope.*





# Module Four Values...

*You will identify what your values are and where your wheel of life is at, and how they impact on the way you live your life.*

*Are you living a life aligned to your values?*

*What needs to change?*


*You will take action steps to find alignment and balance to ensure your version of success and quality of life.*



# Module Five Finding Joy & Purpose...

*You will identify what brings you joy, and what gives you a sense of meaning and purpose in your community and the world.*

*You will implement action steps to incorporate these things into your life – overriding limiting beliefs, people pleasing and self sabotage.*



# Module Six Manifesting...

*We will explore and discover what you actually want, and your why.*

*What limiting belief is holding you back, and what strategy you need to implement to make it happen.*

*You will learn about how to set goals and achieve them, along with the art of manifestation. We also touch on the wonders of the quantum realm.*



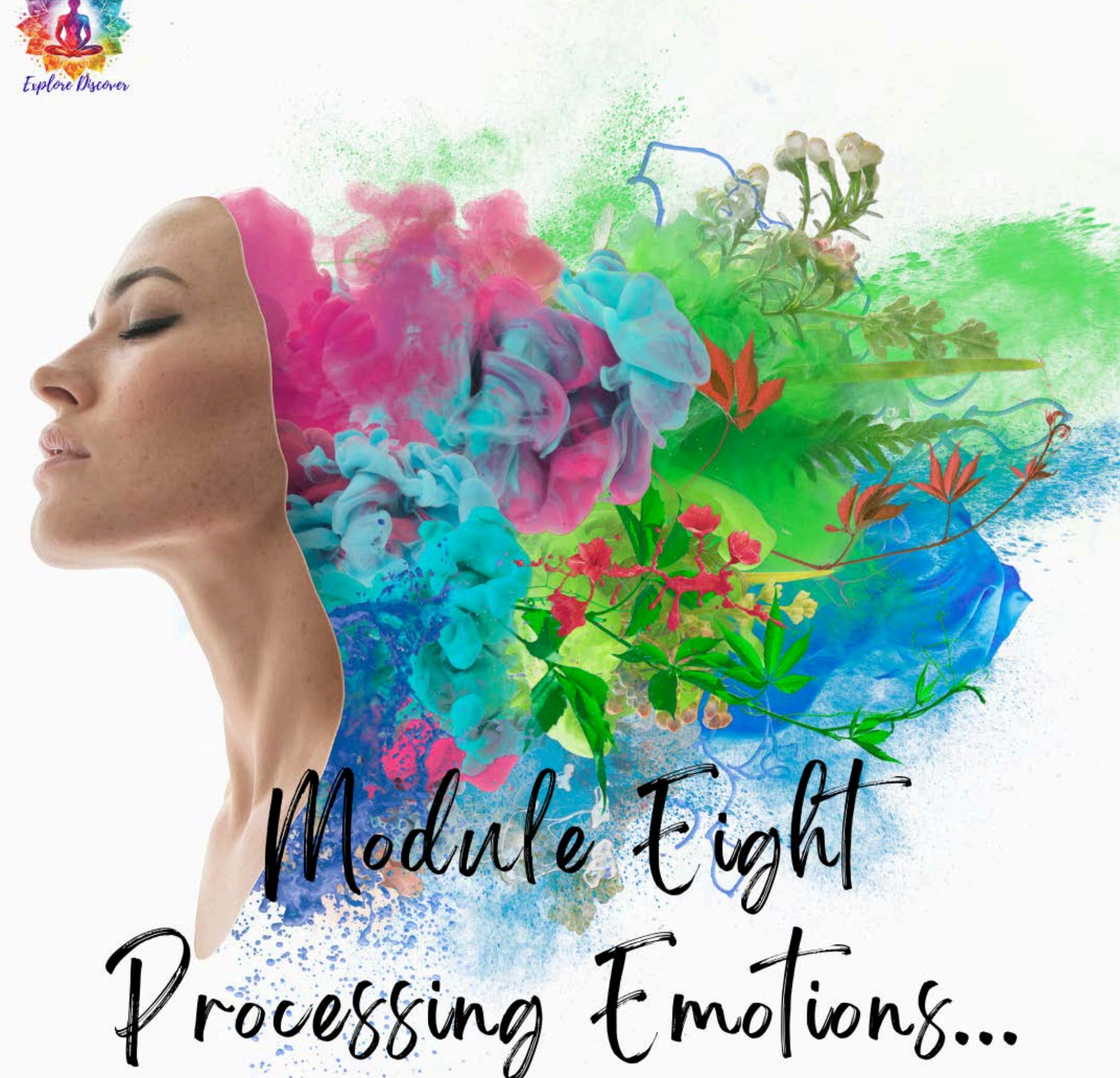


*In this module, we explore your relationship with food, hydration, and sleep—the foundational pillars of physical and emotional well-being.*

*You'll learn how to nourish your body with intention and care, rather than restriction or guilt.*

*We move away from the idea of “good” or “bad” habits and instead focus on what truly supports your unique body and energy.*

*You'll discover how to shift your environment for success and create habits that feel aligned and sustainable.*

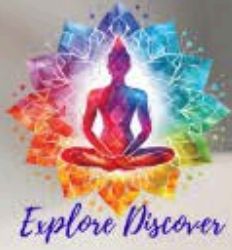


# Module Eight Processing Emotions...

*In this powerful module, we dive deep into the art of processing emotions & understanding the neuroscience & nervous system responses behind our reactions.*

*You will learn how to begin observing your emotions with compassion instead of judgment. By bringing awareness to your shadow self, learning from your emotional triggers, and embracing duality, you'll begin to regulate your emotional state with grace.*

*This module is also a journey into energy and consciousness—we'll explore the chakra system, the power of words, and how emotional suppression can manifest physically.*




# Module Nine

## Improving Relationships

*Our relationships reflect how we communicate, set boundaries, and respond to the world around us.*

*In this module, you'll develop deeper self-awareness and emotional maturity by understanding personality differences, perceptions, and energetic dynamics.*

*You'll learn how to respond with intention rather than react from old patterns — creating healthier, more connected relationships in all areas of your life.*



# Module Ten

## Forgiveness & Letting Go


*Holding onto resentment, blame, or unmet expectations keeps us emotionally stuck.*

*This module gently guides you through the process of forgiveness — not as something you force, but as a way to release what's weighing you down.*

*By letting go of old wounds and emotional attachments, you create space for peace, self-compassion, and a renewed sense of freedom.*

*We also consider the spiritual energetic release process of radical forgiveness.*





# Module Eleven Relationship with Time...

*In this module, we'll explore your relationship with time—shifting from feeling overwhelmed and stretched thin to feeling empowered, intentional, and at peace with the never-ending to-do list.*

*You'll learn how to reframe “I have to” and “I should” into “I get to” and “I choose to,”. We'll uncover where time is being wasted, how to manage it more efficiently, and why rest and space to think are just as vital as productivity.*

*Together, we'll address over-controlling tendencies, set meaningful boundaries, and explore what can be outsourced or released.*



# Module Twelve

## Money Mindset...



*In this powerful final module, we shift your relationship with money from fear and lack to worthiness and energetic alignment.*

*You'll learn how to rewire the internal dialogue that holds you back, understand money as energy, and embody the belief that you are worthy of abundance.*

*We'll explore practical tools like budgeting and investing, alongside deeper spiritual truths around value, success, and forgiveness of financial wounds.*



# THIS 12 STEP MINDSET TRANSFORMATION PACKAGE ALSO INCLUDES...

- Live Online Welcome Call
- 12 x Live Online Women's Circles with include group Coaching Support
- Soulful Private One on One Coaching Call upon completion
- Daily Accountability Support
- Nurturing community of like minded women who are on the same path

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