

CELEBRATION AND NEXT STEPS – "YOUR JOURNEY TO CALM AND CONFIDENCE"

Focus: Celebrate progress and plan for future growth.

REFLECT AND WRITE YOUR ANSWERS TO THE
FOLLOWING QUESTIONS ON THE NEXT PAGE:

Step 1: Reflect on Your Growth

Prompts:

"What has changed for me over the past 14 days?"

"What surprised me most about this challenge?"

"Which practices resonated most with me?"

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Step 2: Plan Your Next Steps

Prompts:

"What one practice will I commit to continuing daily for the next week?"

"What support do I need to keep growing?"

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Step 3: Take Action

Write a personal commitment:

"I commit to continuing my journey by [specific action] because [reason]."

"This challenge is a springboard—imagine the transformation you could achieve in 12 weeks or even a year."

12 WEEK TRANSFORMATIONAL PROGRAM



Unlock your potential with our 12-week transformational program.

Each week focuses on guiding you to dive deep and
discover unique personal insights.

Space is limited to ensure an intimate and impactful experience.

Secure your spot on our waitlist email michelle@itsallconnected.info



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