

The Jumpstart Journey

A 30 day program to help you create and maintain your personalized self-care routines.



Is this for me?

IF YOU ARE FEELING GUILTY ABOUT DOING THINGS FOR YOURSELF OR BY YOURSELF

IF YOU DON'T KNOW HOW TO BALANCE OUT BEING A CARE-GIVER AND TAKING CARE OF YOURSELF

IF YOU ARE FEELING BURNT OUT

IF YOU NEED WAYS TO PRIORITIZE YOUR NEEDS AND WANTS

IF YOU FEEL LIKE YOU NEED SOMEONE TO HELP KEEP YOU ACCOUNTABLE AND MOTIVATED

What's included?

- WEEKLY GROUP CHECK-INS EVERY SUNDAY AT 8PM EST!**
- DIGITAL COPY OF THE SELF-CARE JUMPSTART 12-MONTH PLANNER!**
- ONE ON ONES WITH ME TO DISCOVER WHAT TYPE OF PERSONALIZED SELF-CARE IS THE BEST FIT FOR YOU!**
- DAILY AFFIRMATIONS, MINDFUL EXERCISES, MEDITATION GUIDES, AND A GUIDED SELF-CARE ACTIVITY 30-DAY CALENDAR!**
- ASSISTANCE WITH SEEKING PERSONALIZED RESOURCES TAILORED TO YOUR NEEDS!**

The investment for this program is \$55. This is somewhat of a coaching program, but I would like to consider it more of a partnership!

XOXO, AEB.

SIP. READ. SHOP. HEAL.

